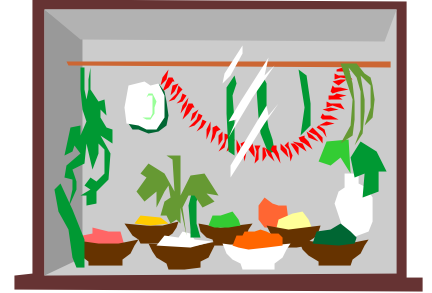




CHINESE FOOD

Most Chinese live in the countryside and are farmers.

Chinese food varies from region to region.



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There are four main regions:
Cantonese, Peking, Szechwan
and Shanghai.

The Chinese eat with thin poles of wood called chopsticks. They hold both sticks in one hand, and pinch the tips together to pick up the food.

CANTONESE

From the south

Light and less fatty food

Famous for seafood and sweet and sour dishes.

Provides largest variety of food.

PEKING

Wheat, corn & maize

Lots of noodles,

Pancakes & dumplings

SHANGHAI

Lots of fruit & vegetables

Lots of nuts

Pickled and dried food

SZCHWAN

Strong flavours and hot spices

Sugar and oil used lots

Strong tasting food