



Weekend Passport:

Italian Dressing

Ready to Travel the World?

Food can tell us a lot about the culture of different countries. We can celebrate each other's heritages and learn about their culture through food.

What kind of traditions do they have?

What cooking techniques are specific to them?

What are the flavors that are unique to this culture?

Food is a way for generations to pass down important parts of their culture.

Activity:

Sit in a relaxed position, close your eyes.

Imagine you are in Italy. Walking down a cobblestone path. You pass a small café with outdoor patio seating. You walk in and sit down. What do you think of ordering? A homemade pizza? Maybe gelato for dessert? In the same way you can picture the food that is culturally significant to a country, you can also imagine the country when eating a culturally specific food.

Did you know? Italian Cuisine

In Italy, olive oil is a key ingredient for salad dressings. Citrus fruits such as lemon and dried herbs are also heavily incorporated in Italian recipes. This Italian Dressing is a great way to learn to make your own salad dressings! What toppings will you add to your salad?

Try the Recipe!

Italian Dressing

<https://bit.ly/3fF1w8j>

Make the recipe yourself and be sure to share your picture on Facebook, Instagram, or Twitter. Tag @chefsanantonio and we just might share your photo!

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