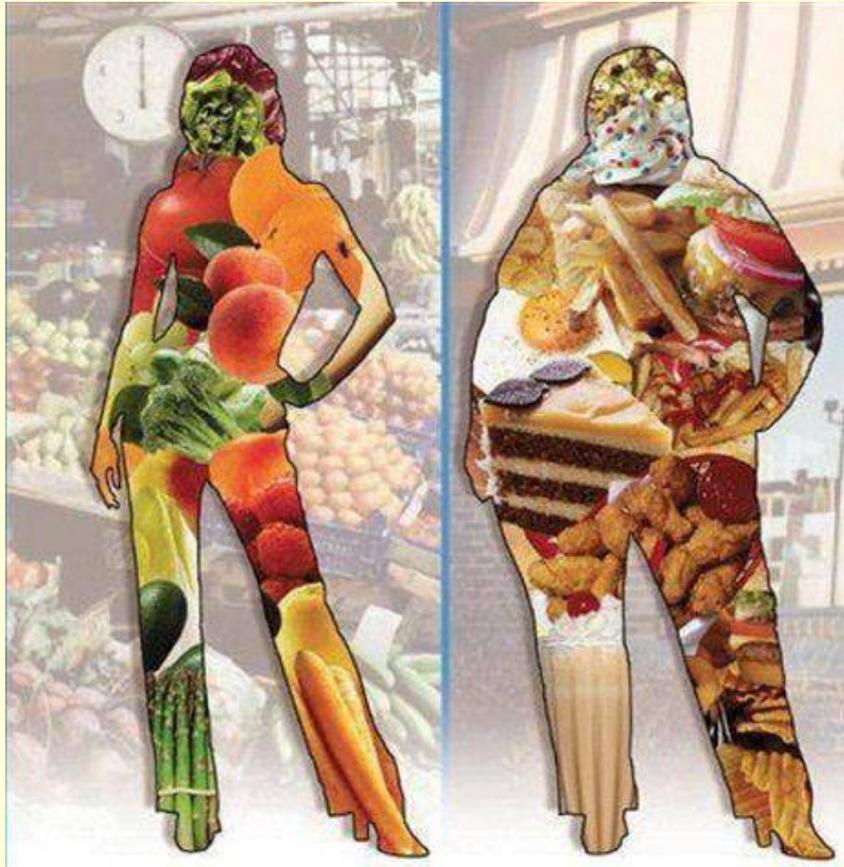


FOOD

WE ARE WHAT WE EAT



DO YOU AGREE?

FAMILY PODDING BEANS



By Julian Vigil Cases

Some families grow their own beans to cook Fabada.

*WHITE BEANS COOKED WITH PORK MEAT,
CHORIZO AND BLACK PUDDING IS A
TRADITIONAL ASTURIAN DISH CALLED
FABADA.*



- What do you think *Fabada* says about Asturian people?
 - What is your national/regional dish? /What ingredients is it made with?
 - What does your traditional cuisine say about you?
 - Have eating habits changed over the last 10/20 years in your country?
 - If so.. Why? How? Has it been for the better or for the worse?
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