

TITLE : Multiculturalism Podcasts : Yummy !

Produced by : Lenna, Rosine, Briana, Emilienne, Arsiane.

The objective of our podcast was to share different cultures through various dishes. Each dish was symbolic and traditional to the country we chose, while using their chosen language as a means of communication.

Lenna started with Italy. She presented « **margherita** » pizza and explained its composition, focusing on the most famous type of pizza
« I picked Italia because I really like this country, I find it beautiful and I particularly find their food delicious . »

Then, Arsiane talked about Senegal and introduced Thieboudienne, mostly known as « **tchep** » a traditional Senegalese dish.

« I choose Senegal because I love their country, tradition and people. »
After that, Emilienne presented two dishes from Brazil: Churrasco and Feijoada.

Next, Briana presented Gabon. She introduced local foods from her ethnicity as well as other traditional dishes such as « **nkumu** » and « **nyembwé.** »

Finally, Rosine chose Russia and showed us a traditional dish called « **pelmeni** ».

We transformed our podcast into a conversation.
The idea was to share different cultures through a simple discussion, showing that there is no specific moment to share with others. It also highlighted how enriching it is to discover new cultures while still valuing our own culture.

We all are foodies !

8 Words and phrases in 5 languages :

« **Margherita** » : Is an Italian word which is the name of the most famous pizza, made with tomatoes, mozzarella cheese, garlic, fresh basil and extra-virgin olive oil.

« Ciao » : Greeting in Italian.

« **Tchep** » : Is a Senegalese word which is the name of the national dish of Senegal. It is the traditional meal made with fish, rice and tomato sauce.

« **Asalaam aleekum** » : Greetings in Senegalese.

« **Churrasco** » : **Brazilian barbecue with different grilled meats, very popular throughout the country.**

« **Feijoada** » : **A stew made with black beans and pork, often considered the national dish.**

« **Nkumu** » : **it's a gabonese dish made from nkumu leaves, fish or meat with a thick sauce.**

« **Nyembwé** » : **Also a traditional gabonese dish, made with palm nut paste and chicken or fish.**

« **Pelmeni** » : **Russian traditional dumplings stuffed with juicy ground meat, onions and simple seasoning.**

« **Radost'** » : **it means hapiness in russian.**

Being a « **foodie** » means : When someone says she/he is a foodie, it means they like eating food, they really enjoy it.