

## Glossary:

- **UNESCO:** The United Nations Educational, Scientific and Cultural Organization .
- **Pasta:** Pasta is a universally enjoyed food, and almost every country serves a type of noodle. Staple food item in America and Europe. (Italian pronunciation: ['pasta] is a staple food of traditional Italian cuisine, with the first reference dating to 1154 in Sicily.
- **Staple food :** Staple food is the name for a food that can be stored easily, and eaten throughout the year. Different kinds of staple food are used in different parts of the world (In Italy a staple food is pasta, it can last for a long time).
- **Rotini** ("Spirals" or "Twists") - Rotini's twisted shape holds bits of meat, vegetables and cheese, so it works well with any sauce.
- **Durum wheat** or **macaroni wheat** (*Triticum durum* or *Triticum turgidum* subsp. *durum*) is the only tetraploid species of wheat of commercial importance that is widely cultivated today.
- **Jumbo Shells** - Best when stuffed with your cheese, meat or vegetables
- **Bow Ties, Farfalle** ("Butterflies") - Bow Ties brighten any meal with their interesting shape. Thick enough for any sauce, or make into a salad or soup
- **Spaghetti** or "A Length of Cord" - Spaghetti Bolognese – The UK and USA's favourite pasta dish.
- **Wagon Wheels, Ruote** or "Wheels" - Wagon Wheels make interesting salads, casseroles and stir-fry dishes. Add to soups, or simply top with sauce and enjoy
- **Lasagne** - Create new Lasagne casseroles by using chopped vegetables, cheeses and any kind of sauce.
- **Rigatoni or "Large Grooved"** - Rigatoni's ridges and holes are perfect with any sauce, from cream or cheese to the chunkiest meat sauces .
- **Dry pasta:** Dry pasta is made from finely ground semolina flour and water (no egg, usually) that is mixed into a paste, pushed through molds, and cut into the multitude of pasta shapes.
- **Cereal :** A **cereal** is any true grass cultivated for the edible components of its **grain** (botanically, a type of fruit called a caryopsis),