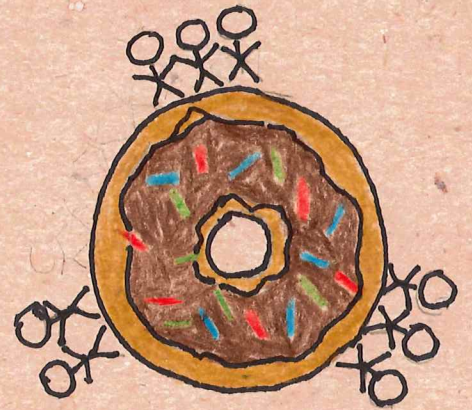


FOOD

- Food brings people together from all around the world.

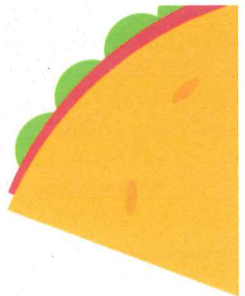
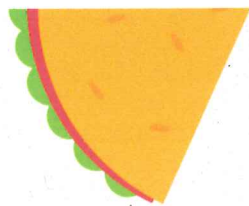
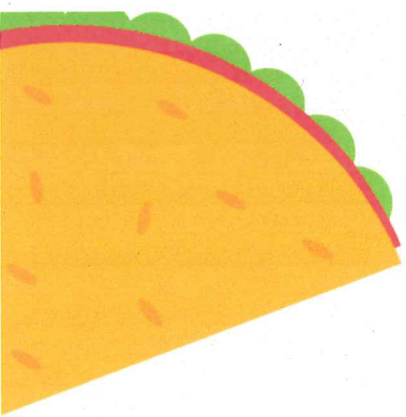


Justin Cobarras
Ms. Smith
EN305LE
27 January 2023

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The front cover of my project highlights my thematic statement, "Food brings people together from all around the world". The drawing of two donuts with stick man figures represents humans on Earth and how food brings us joy and happiness.



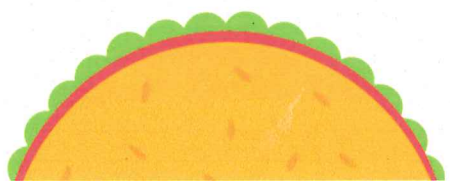
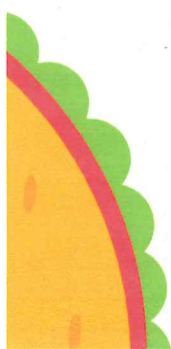
Your Invited to

TACO TUESDAY

with the Cabaneros family!

All-you-can-eat tacos!
Tuesday, October 30 at 6PM
at the Cabaneros castle!

RSVP ~ 123-456-7890

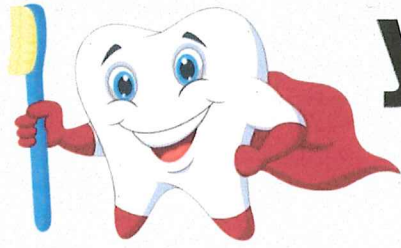


To-do list: Taco Tuesday Party

- Clean the castle
- Decorate the castle
 - Inflate cactus balloons
 - Put up party streamers
 - Set up lights
- Hang up pinata
- Food preparation
 - Get soft and hard shell tortillas
 - Get drinks
 - Cook ground beef
 - Cut lettuce
 - Grate cheese
 - Dice tomatoes
 - Sour ~~creme~~ cream
- Prepare dining table
 - Plates, cutlery, cups, and napkins
 - Put a new tablecloth
- Book Mariachi band
- Buy sombreros for everyone



How to brush your teeth



1

Apply a pea-sized amount of toothpaste onto your toothbrush

Purchase toothpaste that is recommended and approved by dentists.

2

Brush the outer surfaces of your teeth in a circular motion

Brushing in a circular motion prevents receding gums.

3

Brush the inner surfaces of your teeth in an up-and-down motion

Food particles and bacteria can be hiding in places where they are not seen.

4

Brush your tongue using the same up-and-down method

Your tongue can trap bacteria and produce odors leading to bad breath.

5

Finally, spit out the toothpaste and rinse your mouth with water

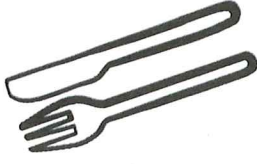
Repeat the entire process at least twice a day.

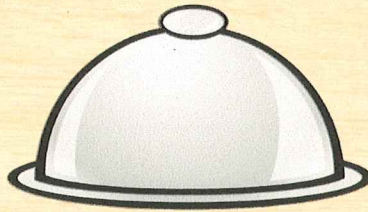
**CONGRATULATION, YOU JUST PREVENTED
CAVATIES!**





Make Your Own Pasta!





INTERNATIONAL DESSERT MENU



Today's Special 

PHILIPPINES

PUTO (5) \$8

Steamed rice cake topped with cheese

ITALY



\$12

TIRAMISU

Ladyfinger sponge cake layered with whipped eggs, sugar, and mascarpone

AUSTRALIA



\$14

PAVLOVA

Baked meringue garnished with fruit and whipped creme

FRANCE



\$12

CRÈME BRÛLÉE

Creamy baked custard topped with a caramelized sugar crust

SPAIN

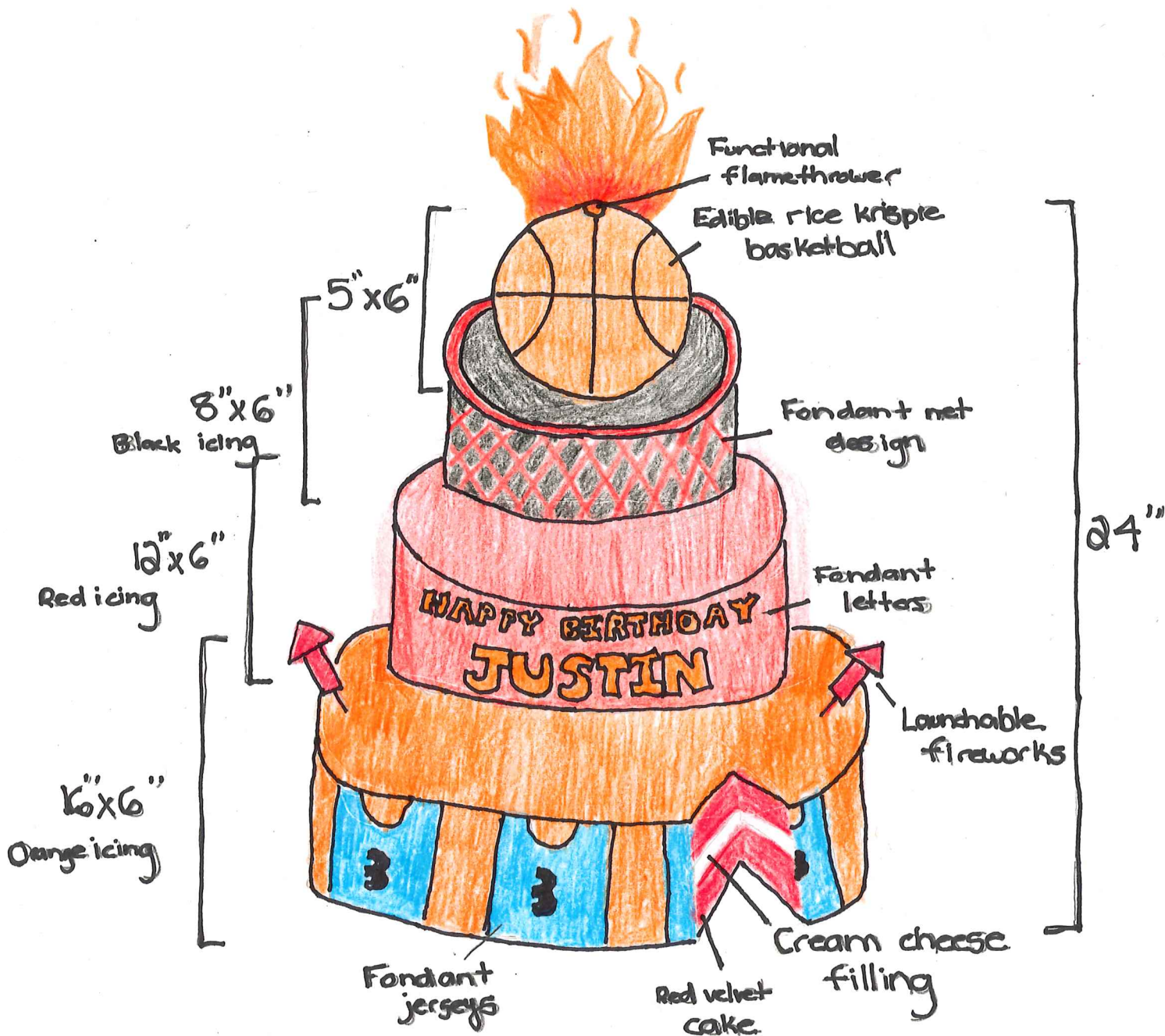


\$10

CHURROS (8)

Deep-fried dough sprinkled with cinnamon sugar





Justin's Dream Birthday
Cake Diagram!



Sweet Filipino Spaghetti



Ingredients

1 tsp chopped garlic
1 chopped onion
250g lean ground beef
3 sliced hotdogs
1 cup of water

Salt & pepper to taste
2 cups of sweet Filipino spaghetti sauce
500g spaghetti pasta
1/4 cup of grated cheese

Directions

1. In a pot over medium heat, cook spaghetti pasta in salted boiling water for 10 minutes or until firm to bite.
2. Drain water from the pot and set it aside.
3. In a pan, saute garlic and onion until brown.
4. Add ground beef and cook until brown.
5. Add sliced hotdogs until cooked.
6. Add sweet Filipino spaghetti sauce and 1 cup of water to cook for another 3 minutes, stirring occasionally.
7. Add salt and pepper to taste.
8. Combine the pasta with the sauce.
9. Serve with grated cheese.



Top 10 Places I've ^{Eaten} ~~Eat~~ at

1. **Jollibee** — Simply there is nothing that beats fried chicken from Jollibee. It has always been the go-to spot after a long day or basketball practice. Something about their famous fried chicken makes them special and number one on this list.
2. **White Castle** — Whenever my family and I travel to the states, stopping by a white castle became an errand. Their famous cheeseburger sliders are a must-try and won't disappoint.
3. **Sbarro** — Sbarro is one of the only Italian fast-food places I eat at. My typical order consists of spaghetti and meatballs with 2 slices of cheese bread. Sounds basic, but it is more than enough to get me full.
4. **Porto's Bakery** — Porto's Bakery is one of the smaller fast-food chains, but it doesn't change the fact that they have the best pastries on this list.
5. **In-N-Out** — In-N-Out has by far the best burger I have ever tried. If only I could still live in California and stop by an In-N-Out, life would be much simpler. Instead, I'm stuck in Manitoba and have nothing more than the basic McDonald's Big Mac.
6. **Krispy Kreme** — Eating sweets was never really my thing, but my only exception was a Krispy Kreme donut. Something about them makes them special and different than any other typical donut.
7. **Popeyes** — Although I still think Jollibee has the best chicken, Popeyes's famous biscuits put them on this list. Whether they are made fresh or just microwaved, the biscuits never disappoint.
8. **Max's Restaurant** — I've been to many Filipino restaurants in my life and Max has to be one of the best. Filipino food is not easy to make and to have it taste authentic is something Max has mastered.
9. **IHOP** — I never really have time to eat breakfast, but when I do having bacon and eggs with pancakes is the perfect way to start the day. However, because I always manage to wake up late, eating the same meal in the evening at IHOP still hits the same.
10. **Rainforest Cafe** — the Rainforest Cafe was my favorite restaurant as a kid. However, I'll admit that the food wasn't the best, but the experience was amazing. Only a few restaurants that I know put effort into decorating the place, and the Rainforest Cafe tops them all.

Definitions

Gourmet / [goor-mey]

noun

A high-quality dish made to deliver an exquisite taste on an elegant display.

Cuisine / [kwi-zeen]

noun

A style of cooking that portrays specific culture's ingredients, traditions, or techniques.

Restaurant / [res-tuh-rahnt]

noun

A place where food is cooked and served to customers.



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