This is a picture of Haleema. Haleema is from the Sindh district, in the south of Pakistan. She is making chapatis, a common type of bread eaten in Pakistan. Haleema and her family like to eat chapatis for breakfast. Preparing meals is an important job, and Haleema likes to help her family get the healthy, delicious food they need to start their days.

Did you know?
Flatbreads exist in many cultures throughout the world. Like other types of bread, they are one of the oldest prepared foods in the world. Most are made with flour, water, and salt, and possibly other ingredients. Flatbreads can range from a few millimeters to a few centimeters thick. Rather than using a spoon or fork, many cultures use a flatbread to scoop or wrap food.

Here is a list of a few flatbreads and where they come from:

- **Pakistan – Chapati**, traditional whole wheat flatbread cooked on a pan.
- **Israel – Matzoh**, a very thin, cracker-like bread, used during the Jewish Passover feast. Often eaten with maror.
- **Norway – Lefse**, made of potato and flour, often with butter and cream added.
- **China – Shaobing**, a baked flatbread made of water, flour and lard and usually topped with sesame seeds.
- **Mexico – Tortilla**, made of maize (corn) or wheat flour and usually used as a wrap.
- **Ethiopia – Injera**, made with teff flour and very similar to a pancake. Often eaten with stew.
- **Ireland – Potato farls**, made with mashed potatoes, flour and milk.

Match it up!
Which toppings are typically eaten with which flatbread? (Answers below)

- **injera**
- **tortilla**
- **pancake**
- **matzoh**
- **chapati**

- **butter**
- **maror (horseradish)**
- **stew**
- **cheese**
- **syrup**

Think, Think, Think...
Can you think of other types of flatbreads? Have you ever eaten any kind of flatbread?

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