

Sticky Knowledge

A chapati is a classic, **staple** flatbread which originated in India. It has a distinct **flavour** and **aroma** due to the use of a whole wheat flour called atta. It is often served with spiced dishes like curry and **dhal**.



Chapati



Indian onion salad



Cucumber raita

Vocabulary

Staple	A food that makes up the dominant part of a population's diet. Food staples are eaten regularly—even daily—and supply a major proportion of a person's energy and nutritional needs. Food staples vary from place to place, depending on the food sources available.
Aroma	A distinctive, typically pleasant smell.
Flavour	The distinctive taste of a food or drink.
Dhal	A dish made with lentils



New Cooking skills:



Kneading



Shaping



Fine chopping



Peeling with confidence



Mixing to form dough