Every nation on Earth has its own history, traditions and, of course, features of the national f..d. The choice of ingredients depends on the region or country. For example, the Greeks use lots of tom..o.s, olives, lem..s and seafood in their dishes.Today, if you want to taste the food of different countries, it’s not necessary to fly there. I live in London and there are lots of Chinese, Japanese, French, Greek, Italian, Spanish and even Mexican restaurants here. Chinese food is mostly made of r.ce and n..dles. The thing that I like about this food is the variety of green and herbal teas. Japanese food is based on fresh seafood, soybeans and white rice. I have already tried several types of r.lls and s.shi with soy sauce and it was rather delicious. I have never tried French food but I’d love to. They say French ch..se, wine and pastries are really good. Greek food is delicious. My favourite food is the Greek s.l.d with fresh tomatoes, olives, bell peppers and tofu ch..se. I also like Italian food. It mainly offers different types of p.z.as and p..ta. Spanish food offers lots of dishes from seaf..d and fresh ve.etab.es. A good example of this food is paella. Mexican food uses lots of spices and chili pepper. Famous Mexican dishes are tacos and quesadillas.