

Import	To bring goods or ingredients into a country from abroad.
Spice	A dried part of a plant (seed, bark, or root) used to add flavor (e.g., cinnamon, ginger).
Commodity	A raw material that is bought and sold, like sugar, tea, or silk.
Provenance	Where a food comes from (its place of origin).
Fusion	Mixing British ingredients (like oats or apples) with Empire ingredients (like ginger or sugar).

- Why did the British Empire have to import crops like sugar and tea instead of growing them in the UK?
- What are the "4 Cs" of food safety, and which one prevents cross-contamination?
- Based on the Eatwell Guide, why should "Empire" ingredients like sugar be used as a treat rather than a main meal?
- How did the British Empire create fusion dishes?

