

# Introduction

This is a collection of recipes from the learners of the former Age & Opportunity EAL (English as an Additional Language) for Older Adults program. Some recipes also came from the administration, instructors and Community Liaison Workers.

The instructors worked hard to teach the vocabulary and formats of recipes. The learners worked hard as well to understand the strange notion of “writing a recipe down”.

Some of the recipes have not been tested. The creativity of the cook (the reader!) can make the necessary adjustments to suit tastes.

The book is divided into geographic areas: Africa, Americas (North, Central and South), Asia (including the Middle East) and Europe. In each section, recipes follow the order of appetizers, salads, soups, main courses, and sweets.

This cookbook wants to honour and celebrate the ethnic backgrounds of the contributors through the recipes and stories they submitted. It is a real community effort in which people from many different countries and cultures came together to celebrate and learn about a commonality we all share: the food at our tables.

**THE  
WORLD  
AT MY  
TABLE**

A collection of recipes from the learners in  
Age & Opportunity's EAL for Older Adults classes