The Gift of Bread

At the Last Supper, bread was the food Jesus chose to consecrate and offer to his disciples. Bread is one of humanity's oldest foods. Here is a list of some of the countries of the world and the breads that are popular in those countries.

**France – Baguette.** Long, thin loaves of white bread. The French people go every day to the bakery for a fresh baguette.

**Italy – Italian bread.** Crusty, wide loaves of white bread. Sometimes Italians dip this bread into olive oil and seasonings.

**Middle Eastern Cultures – Pita.** A flat bread with little or no yeast. Sometimes pita bread is served with a dip called hummus. Pita is also used instead of a fork or spoon to scoop up stew from a common bowl.

**Israel – Challah.** Braided bread with a shiny crust, made with sugar and lots of eggs. This bread is eaten on the Sabbath and on other holy days.

**Ireland – Irish soda bread.** A round loaf of bread sweetened with raisins. This bread is often served with tea in the late afternoon.

**Korea – Gyeongju.** A bread made with flour and red bean paste. Red bean paste is used in many Korean snacks and desserts.

**Ethiopia – Injera.** A bread pancake made from a grain called teff. Teff is harvested from savanna grasses.

**India – Chapati.** Chewy bread rounds made in a frying pan.

**Latin American Countries – Tortillas.** Flat, round, thin breads made with corn or wheat. These may be baked or fried.

In each of these countries, offering bread at a meal is a sign of hospitality. While the bread nourishes our bodies, the hospitality feeds our spirits.

Invite your family to join you in making a loaf of bread. You may want to make the bread from scratch, by hand, or you may choose to use a bread machine. When your loaf of bread is ready, serve it at a meal. Talk with your family members about what makes bread a special blessing in your life.