



TUNISIA
Tunis

Ionian Sea

Mediterranean Sea

Tyrrhenian Sea

Adriatic Sea

ITALY
Rome

FRANCE
Corsica

FRANCE

MONACO

FRANCE

BOSNIA AND HERZEGOVINA
Sarajevo

CROATIA

SLOVENIA
Ljubljana

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Biella

PIEDMONT
Bra

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FRANCE

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MONACO

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Corsica

FRANCE

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CROATIA

SLOVENIA
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AUSTRIA

LIECHTENSTEIN
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Mangiamo!

(Let's Eat!)

Snack Your Way Through Italy

Welcome to *Mangiamo!* — which means “**Let’s eat!**” in Italian.

Italy is famous for its food, but what many people don’t realize is that Italian food changes from place to place. Italy is divided into regions, and each region has its own history, geography, and special foods.

In this activity, you’ll explore Italy by learning about its regions, cities, and snacks. Instead of using a map alone, you’ll use **food clues** to figure out where each snack comes from. Mountains, coastlines, islands, and history all play a role in why people eat what they eat.

As you read, match, and discuss, you’ll discover that food can tell us a lot about how people live — and where they live.

Instructions

1. **Read the snack descriptions carefully.**

Each snack card explains what the food is, but does *not* tell you where it comes from.

2. **Study the region descriptions.**

Look for clues about geography, climate, history, and daily life that might connect to the snack.

3. **Match the snack to a city and region.**

Use logic, discussion, and clues — not guessing — to decide where each snack belongs.

4. **Work together and talk it out.**

Many answers make more sense when you explain your thinking to others.

Coccoli (koh-KOH-lee)

Translates to "cuddles"



Light, puffy pieces of fried dough that are crispy on the outside and soft on the inside. They are usually served warm and paired with salty or creamy foods, making them a favorite comfort snack.

Cicchetti (chee-KEHT-tee)



Small snack-sized bites meant to be eaten in just a few mouthfuls. They are often served on bread or toothpicks and can include seafood, vegetables, or creamy spreads. People usually enjoy them while standing and chatting, rather than sitting down for a full meal.

Suppli (soo-PLÉE)



A fried snack made from cooked rice mixed with sauce and stuffed with cheese. When you bite into it, the melted cheese inside stretches, making it fun to eat as well as delicious.

Frittatina (free-tah-TEE-na)

Translates to "little frittata"



A crispy, golden snack made from cooked pasta that has been mixed with a creamy sauce, shaped, and fried. It's a clever way of turning leftovers into something new and exciting.

Mondeghili (mohn-deh-GHEE-lee)



Soft meatballs made by mixing chopped cooked meat with bread, eggs, and seasonings. They are pan-fried until lightly crispy on the outside and tender on the inside.

Farinata (fah-ree-NAH-tah)



A flat, baked food made from chickpea flour, water, olive oil, and salt. It's thin and crispy at the edges and soft in the middle, often eaten by the slice.

Canederli (kah-neh-DEHR-lee)

*Italian word for German
knödels*



Large, soft, filling dumplings made from bread mixed with ingredients like cheese or cured meat. They are often served warm, sometimes in broth or with melted butter.

Sebadas (seh-BAH-dahs)



A dessert made by filling pastry dough with cheese, frying it, and then topping it with honey. The mix of sweet and savory flavors makes it especially memorable.

Popizze (poh-PEET-zeh)



Tiny balls of dough that are fried until puffed and golden. They are usually eaten hot, straight from the fryer, and shared from a paper cone or bag.

Vitello tonnato (vee-TEHL-loh tohn-NAH-toh)



Thin slices of meat served cold and topped with a smooth, creamy sauce made from fish, oil, and seasonings. It's an unusual combination that surprises many people the first time they try it.

Crescentine (kreh-shen-TEE-neh)

*Translates to "little rising
bread"*



Small round breads that are cooked until lightly golden, then sliced open. They are designed to be filled with different spreads, meats, or cheeses, turning them into a handheld snack or mini sandwich. Also called Tigelle (tee-JEHL-leh) in other regions of Italy.

Italian Regions

Veneto (veh-NAY-toh)

Veneto is a region in northeastern Italy where land and water mix together. Some cities are built on solid ground, while others rise straight out of canals and lagoons. Because the sea is nearby, people have long depended on fishing and trade. Merchants once traveled from here all over Europe and beyond, bringing back new ideas, ingredients, and traditions. Food in this region often comes **in small portions**, almost like Italian-style appetizers, **perfect for tasting several** in one afternoon. You might find yourself choosing just one... and then another... and then another, because tasting is part of the adventure here.

Toscana (toh-SKAH-nah) – in English we know it as ‘Tuscany’

Tuscany is known for its rolling hills, vineyards, and some of the most famous art in the world. During the Renaissance, artists and thinkers gathered here and changed history. The food of Tuscany reflects the same idea: simple, thoughtful, and focused on quality rather than fancy decoration. Cooks use **just a few ingredients** and let them shine, turning ordinary foods like bread and dough into something special. This region loves snacks **that feel like a cozy hug**, especially when **paired with something salty or creamy**.

Lazio (LAHT-see-oh)

Lazio sits in the center of Italy and has been important for thousands of years. Ancient Romans built roads, aqueducts, and cities that are still standing today. Because of its long history, the region has learned how to feed large crowds using **clever, filling foods**. Many local snacks are designed to **be easy to eat while walking** through busy streets filled with ruins, markets, and modern life all mixed together. One popular treat looks ordinary on the outside—crispy and neat—but inside, it holds a **melty secret** that stretches like a little food trick when you take a bite.

Emilia-Romagna (eh-MEE-lee-ah roh-MAH-nyah)

Emilia-Romagna stretches across northern Italy and is often called the country’s food capital. This region has rich farmland and has been home to farmers and cooks for centuries. People here take great pride in their food traditions and pass recipes down through families. **Bread, meat, and cheese** are treated with care, and even the simplest foods are prepared with attention and respect for the past. Emilia-Romagna is a region where food is built like a craft project. People love taking **something small and round, opening it up, and filling it with rich flavors**. It’s the kind of snack that feels like a pocket you can eat.

Campania (kahm-PAH-nee-ah)

Campania lies along the southern coast of Italy and is shaped by the sea and nearby volcanoes. The land is fertile, and cities here are lively and loud, full of energy. Life moves fast, and food needs to keep up. Street food became popular because it was affordable, filling, and easy to eat on the go. Many dishes here are **bold, comforting, and a little dramatic**—just like the region itself. Here, yesterday’s **dinner might come back as today’s crunchy masterpiece**, turning into something **crisp, golden**, and totally unexpected.

Lombardia (loh-m-bar-DEE-ah) – in English we know it as ‘Lombardy’

Lombardy is one of Italy’s most modern and industrial regions, with large cities and busy schedules. But its food traditions come from a time when **nothing could be wasted**. Cooks learned how to reuse leftovers and turn them into comforting meals. Here, cooks have always known how to **turn leftovers into something special**. One snack is **small, savory, and comforting**—like a familiar recipe that has been **rolled into a bite-sized form**.

Piemonte (pee-eh-MON-teh) – in English we know it as ‘Piedmont’

Piedmont is surrounded by mountains and borders other European countries. Because of its location, it has been influenced by both Italian and foreign cultures. The region is known for careful cooking and **unexpected flavor combinations**. Meals here are often calm and thoughtful, showing that food can be both surprising and elegant at the same time. One local specialty feels almost like a culinary riddle: **land and sea meeting on the same plate**.

Liguria (lih-GOOR-ee-ah)

Liguria is a narrow strip of land squeezed between steep mountains and the sea. There isn’t much room for farming, so people learned to make the most of what they had. **Olive oil, simple grains, and legumes** became important. The food reflects the geography: simple, clever, and shaped by the land and sea working together. One famous snack here **is flat and golden**, almost like a slice of sunshine baked into shape

Puglia (POO-lyah)

Puglia forms the “heel” of Italy’s boot and is known for sunshine and long coastlines. Life here has traditionally centered around farming and community. Many foods were created to feed families using **basic ingredients like flour and oil**. Street food is common, and sharing food with others is an important part of daily life. In Puglia, snacks are often tiny and joyful, meant for sharing. Imagine little **golden puffs** that appear in batches, disappearing just as quickly as they arrive. They’re the kind of treat you eat without realizing you’ve had five.

Sardegna (sahr-DEHN-yah) – in English we know it as ‘Sardinia’

Sardinia is an island that feels separate from the rest of Italy. Mountains and open land once made travel difficult, so communities developed strong local traditions. Shepherding became important, and cheese played a big role in the diet. Sardinian food often mixes **sweet and savory flavors** and reflects the island’s independence and creativity.

Trentino–Alto Adige (tren-TEE-noh AHL-toh AH-dee-jeh)

This northern region is very different from southern Italy. It sits in the Alps and has cold winters and mountain villages. Because it is so close to Austria and other **German-speaking areas**, the culture and food here feel a little different from what many people imagine as “typical Italy.” Because of this, people **needed** warm, **hearty foods** to give them energy. One classic dish here is **soft and hearty**, like something you’d want after a snowy hike. It comes in **round shapes, almost like edible snowballs**.

Answer Key

Snack → Region (City in that Region)

- Cicchetti — Veneto (Venice)
- Coccoli — Toscana (Florence)
- Suppli — Lazio (Rome)
- Crescentine / Tigelle — Emilia-Romagna (Bologna)
- Frittatina — Campania (Naples)
- Mondeggili — Lombardia (Milan)
- Vitello tonnato — Piemonte (Turin)
- Farinata — Liguria (Genoa)
- Popizze — Puglia (Bari)
- Sebadas — Sardegna (Cagliari)
- Canederli — Trentino–Alto Adige (Trento)