

# Pipe

[Science](#), [Social Science](#)



Reflection Last night, I had banana bread with tea for dinner. The ingredients of bread were white flour, sugar, oil, sultanas, bananas, vanilla essence, salt, walnuts, resins, baking powder, eggs, milk, and baking soda whereas the ingredients of tea were water, tea, sugar, and milk. I got all the ingredients from the local grocery store. I baked the bread and made the tea myself. The tea was made on the stove whereas the bread was baked in a well-greased tin placed inside the oven at 180C for 1.5 hours.

My dinner primarily came from my own country except for some of its ingredients; walnuts and sultanas were imported from India, and milk was imported from Canada. Other than these two ingredients, the rest were all locally produced.

When it comes to food, “more is traded than wheat, lumber and oil” (Patel 75). In the case of my recipe, it was the dry-fruits that were imported. The tea I consumed has a very special significance in the global food system; “It is through tea and sugar that many of today’s soft drinks trace their ancestry” (Patel 77), although neither tea nor sugar has a very long history of appearance in the international scene. Moreover, Patel claims that “International trade transformed the world” (Patel 81). This trade is not just happening through exchange of food ingredients, but also through exchange of food recipes. I took the recipe of banana bread from Youtube and the person I learned the recipe from was Australian.

Works Cited:

Patel, Raj. ‘Just a Cry for Bread.’