

AUDIO SCRIPT

[M1: Radio Host; F1: Guest]

M1: Good morning, listeners. Welcome to The Nutrition Show. My guest today is Christine Hobbs, author of *Fast Food World*. Christine, welcome to the program.

F1: Thanks for having me, Neil.

M1: Now, you've just returned from Asia and the Middle East. What was the purpose of your trip?

F1: Well, Neil, I'm writing a book about international street food. Asian and Middle Eastern countries have a very long tradition of street food. And it's simply amazing.

M1: What is "street food" exactly?

F1: Well, street food is usually cooked onsite in public places such as markets, sidewalks, and squares. Vendors prepare and sell the food themselves. They are often small family businesses. The vendors normally own a cart, van, or small truck that can easily be pushed or driven away. People sometimes conclude that street food isn't safe to eat, but as long as it's well-cooked ...

M1: Why is street food so popular?

F1: Well, street food is a healthy fast food. It's widely available and ready to eat. It's convenient for busy employees on short lunch breaks. Street food is cheaper than restaurant food. And it's usually made with fresh ingredients, which is a plus! You can find a quiet place outside to sit and relax while you eat.

M1: So, tell us about some interesting street food you discovered, Christine.

F1: Certainly, Neil. Near the top of my list is Vietnamese *bánh mì*. It's a sandwich filled with various items such as meat, cucumber, cilantro, and mayonnaise. In Thailand and Malaysia, I ate a lot of delicious *satay*. The meat is marinated in coconut milk, turmeric, and other spices. In Beijing, I enjoyed *jian bing*, a kind of crepe stuffed with eggs, cilantro, and crispy wonton crackers. Finally, I went to Fukuoka. Now, Japan is not well known for its street food, but I really liked *okonomiyaki*, a kind of pancake. It's filled with just about any items you can think of.

M1: So, that's Asia. How about the Middle East?

F1: Well, first I stopped in Istanbul for a few days. I loved *dürüm*, a flatbread stuffed with spicy lamb, tomatoes, onions, cucumbers, herb-flavored yogurt, and hot sauce.

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M1: Then you went to Lebanon, right?

F1: Yes, of course the Lebanese are famous for their *shish kebab*—pieces of lamb served with garlic and onions. You find them all over the Middle East. Very good.

M1: Mmm, my mouth is watering. Christine, we could talk for hours, but unfortunately we've run out of time...