<http://www.kidrex.org/>

 <http://www.factmonster.com/> or

<http://www.timeforkids.com/around-the-world>

<http://www.sciencekids.co.nz/sciencefacts/countries.html>

<http://www.factmonster.com/countries.html>

<http://www.countryreports.org/maps/World.htm>

Food by adult less than 3 minutes:

<http://www.youtube.com/watch?v=pzFAFw8li-Q>

Food by children video:

<http://www.youtube.com/watch?v=XnV8nKDiQxE>

Ancient Roman cake:

<http://www.youtube.com/watch?v=-3k1Xl7eriw>