

P f s h a p e s t a h i d a g i d e s o
a o n u h d n a l l T s e C n t l s r l
s s d d s o f s e i 5 i b i i t o t a d
t n r e e c u a h a 9 s i n r o e n e
a e f l s a d i t n 2 n r e a a h o y
i z y i t h f f d t 1 o c s p d T o 0
s o o w e r e e n r n t s e m i w d 0 0
t d u e n e a g v a i t e f o s e l e 4
a e c p t d t e e n a r d o c h n k s e
s r o a s l p l l i e u o o y h e y a r
t a o h a u a o l h t l d b a a d a
y e k s u o s t e C h o o s i t l r e
h r e t c c t g r m o u P s m s a p o
e e d n e u a n M a r g h l i l a r t
a h a e e o 3 i d r f a i e v a r e v
l T d r v y 6 5 r c o t n h i s T t a
t k i e e y a d o c P s a p t h g h h
h o f f r y d a y c o l o b r o u e r
y o c o t y s a s A h s i d e m a s e
a n d v e r y e a y e a r a n d n e v

Pasta is tasty, healthy and very easy to cook. There are dozens of shape and hundreds of sauces. If you cooked a different shape with a different sauce every day, you could eat pasta 365 days a year and never have the same dish!

According to legend, the Italian traveller Marco Polo brought pasta from China in 1295. This is not true, though; in his Travels, Polo described a Chinese food similar to pasta by comparing it to a dish he already knew. The oldest noodles are 4000 years old!