

In Jordan, food reflects cultural diversity through a rich tapestry of culinary traditions influenced by Bedouin heritage, Levantine cuisine, and regional variations, highlighting the nation's historical role as a cultural crossroads. Through its diverse food practices, Jordan not only preserves its rich heritage but also demonstrates its dynamic cultural identity, shaped by historical interactions and contemporary global influences. Other staples like falafel, hummus, and tabbouleh demonstrate the shared culinary practices with neighboring Levantine cultures, while the widespread use of spices like sumac and za'atar adds distinctive regional flavors. Seasonal and festival foods, such as dates and sweets during Ramadan, further illustrate the integration of religious and cultural practices into the culinary landscape.