

Nutrition Bits and Bites!

Enjoying Foods from Different Cultures

Trying, Sharing, and Enjoying Different Foods

For breakfast Sanu in India had rice and lentil curry. Olivia in New Zealand had toast with Vegemite and a fluffy (hot milk mixed up into foam). Koki in Japan ate miso soup, rice, fish and pickled vegetables. What was on your family table for breakfast?

Every family has its own customs and culture. The foods you eat and enjoy reflect your culture. Some families opt for sweeter foods like cereal or toast in the morning. However, many families in different parts of the world prefer savory, sour or fermented foods for breakfast. Our taste is shaped by the food environment we grow up in. Through repeated exposure and copying their caregivers, children adjust to new tastes.



Why try different foods?

Trying foods of other families and other cultures helps your child....

- Learn about and enjoy new foods
- Get the health benefits from different kinds of foods
- See how people are alike and different
- Know and respect others

Cook and Enjoy! Cooking Tips!

Activities and ideas to enjoy foods from around the world:

- Have your child help you find a recipe from another country. Include your children in preparing the food.
- Discuss the food and culture while you eat. If your child is a picky eater, focus on color, shape, aroma and texture rather than flavor.
- Eat food in a culturally specific way such as using chopsticks or fingers to pick up food.
- Cooking meals at home allows you to adapt the recipe as needed. This might mean adding more vegetables for a nutrition boost or altering the spices or sauces to help your family ease into new foods.
- Visit an ethnic food store. Let the children help you decide what to buy. Try the food together at home and discuss how it is similar and different to typical foods you eat.
- Create a cultural cookbook with your family. Save recipes so you can make your favorite meals again and share with others!

RECIPE

Huevos Rancheros

Ingredients:

1 can (540 ml) black beans

1 cup salsa

4-6 eggs

Corn or whole grain flour tortillas

Cilantro

Sour cream or shredded cheese (optional)

Directions:

1. Open can of black beans and rinse in colander.
2. Place black beans and salsa in a large frying pan. Heat over medium heat until simmering, stirring occasionally, about 5 minutes.
3. Break each egg into a small bowl and carefully pour it into the frying pan. Continue to simmer until the eggs are poached (the whites are no longer liquidy), about 5 more minutes.
4. To serve, place a tortilla on your plate and scoop 1 egg with the bean/salsa mixture onto the tortilla. Top with cilantro and sour cream or cheese if desired.
5. Roll up the tortilla and enjoy!

**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**