

Eating around the world

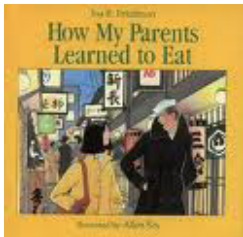
Tasting passports

Let's play and talk together

- ❖ Talk with your child about how different countries have different foods.
- ❖ Try exploring foods from different countries. For instance:
 - exotic fruits like mango, tangelo, avocado, Asian pear and eggplant
 - breads such as French bread, pita, tortillas, chapattis, naan and Portuguese buns
 - cooked grains such as rice (Asia), couscous (North Africa) or bulgur (Middle East).
- ❖ Make a "tasting passport" and use it to keep track of different countries you "visit" as you try their foods.



A good read-together book



How My Parents Learned to Eat
by Ina R. Friedman

You will need small amounts of foods from other cultures that your child has not tried before. You will also need materials to make passports such as paper, a stapler or ribbon, old stamps, old magazines, scissors, glue and crayons or markers.

This activity is good for learning about different cultures, new foods and different ways to eat.

Hints for success

- ❖ Try only one or two new foods at a time.
- ❖ Allow your child to choose which foods to try from the foods you offer. If your child doesn't want to try a food, avoid making comments.
- ❖ Never force a child to eat.
- ❖ Talk about the polite way to spit out food if your child tries something and doesn't like it (e.g. spit it quietly into a napkin).

This is a tortilla from Mexico. Would you like to try some?

This fruit is called a mango. I think it tastes sweet and also a little sour

Ways to say it

More ideas for Tasting passports

Try this way

- ❖ Try a bit of plain cooked grain, then taste it when it is used in a recipe, e.g. in rice pudding.
- ❖ Make recipe cards together of foods or dishes that your child really likes. Decorate the cards with pictures of the ingredients and the flag or shape of the country where it is popular.

Let's make—a passport

What you need

- Small blank books (you can make books by stapling paper sheets together or punching holes in paper and tying the sheets together with ribbon)
- Old magazines
- Old postage stamps
- Glue
- Your child's picture or a drawing; crayons or markers; stickers (optional)

How to

- Give your child a blank passport. Decorate the cover using the materials.
- For each country you "visit," decorate a new page with drawings, pictures, stamps or stickers.

Physical activities

Explore some music and dances from around the world. Dress up and move around! Try the Salsa and the Conga (South America) or a stomp dance (Africa) to get started.

Book link

Let's Eat: What Children Eat Around the World
by Beatrice Hollyer



Safety tips

- If your family has a history of allergies, introduce one new food at a time to your child. Watch your child for signs of allergy such as vomiting, hives, swelling, itchy lips or throat or a hard time breathing.
- If your child is having a hard time breathing, call 911 right away. For more information on allergies, call HealthLink BC (811) or visit www.anaphylaxis.org/content/whatis/qa.asp.