

# Celebrate a World of *Flavors*



Sisi had rice cakes filled with beans. Timmy ate cheese grits. Juan ate a scrambled egg wrapped in a soft tortilla. They all drank milk and nibbled on fruit – orange, peach, or a mango. What's on your family's table?

Families have their own customs and culture, no matter how long they have lived in a place. Your family foods reflect your culture. Some foods may be different than what other people eat and enjoy. Some foods are about the same. That's true about people, too. We are alike. We are different.

## Sharing family foods with others helps them...

- Learn about your family's customs and cultures.
- See how people are alike and different.

## Trying foods from other cultures helps your family...

- Learn about and enjoy new foods.
- Get health benefits from different kinds of foods.
- Know and respect others.

## Babies learn culture, too.

Families use foods that are familiar and part of their culture when it is time to begin solid foods for babies. Breastfed babies taste different flavors all the time, as the flavor of their mom's milk changes according to what mom has been eating.



## Cooking teaches

- Cooking together is fun family time and creates lifelong memories.
- Kitchen tasks give your child a chance to measure, count, and see food change. That's early math and science learning.
- Small muscle skills develop when your child uses his or her hands to help with kitchen tasks. Let children help with simple, safe tasks like stirring or tasting.
- Cleanup teaches responsibility. It's part of many creative, messy things we do.

## Cooking builds self-esteem

- Helping in the kitchen builds confidence and early skills of independence. Most children feel proud and important when they help prepare food.
- Sharing family tasks helps them feel that they belong.



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## Using foods from other cultures for variety

Enjoy all kinds of foods. When children learn to enjoy many foods, they have more choices for healthy eating throughout life. Different foods promote growth and health in different ways.

- Food variety makes eating more interesting and fun.
- Ask about color, shape, feel, smell, sound, and taste...not whether you or your child "likes" a food.
- Urge trying one bite, but do not force.
- Set an example by trying new foods, too.

## Using WIC Foods in cultural dishes

Attached recipes use foods that can be purchased with your WIC Card.

- **Asian Dish:** brown rice, onion, carrots, broccoli, red bell pepper.
- **Mediterranean Dish:** strawberries, blueberries, pineapple chunks, pineapple juice, low-fat yogurt.
- **Latino Dish:** canned low sodium black beans, whole wheat tortillas. (You can shred block Colby and Monterey Jack cheeses.)
- **Middle Eastern Dish:** garbanzo beans.



## Celebrate World of Flavors Quiz

1. T F I cannot use my WIC Card to purchase the ingredients for dishes from other cultures.
2. T F Infants should be offered cultural foods from my family and other families.
3. T F It is not worthwhile to offer my family foods from other cultures.
4. T F Cooking with my family may take longer, but will build good family memories.
5. T F Trying foods from different cultures lets my family experience new flavors and new ways of eating some of the same food items.

Circle the recipe you will try with your family:

Asian                  Mediterranean                  Latino                  Middle Eastern

Name one thing you can do to help your family try new recipes. \_\_\_\_\_

Would you like to speak to a health professional? Yes    No

TIP: Sisi's rice cakes are rice buns.

**Celebrate time with your family creating a new recipe. Celebrate a world of flavors!**