

Facts Page

Let these words, facts and concepts enhance your lesson.

cafeteria – cough-eh-teh-REE-uh (the “r” sounds almost like a “d”, slightly rolled)
empanada – em-puh-NAW-duh
fiesta -- fee-ES-tuh
gazpacho – gah SPAH-cho
paella – paw-AY-yuh
pollo – POY-yo
que maravilla – kay mahr-uh-VEE-uh (again, the “r” needs to be slightly rolled)
que pena – kay PAY-nuh
sardinas – sahr-DEE nuhs
sevillanas – seh-vee-YAWN-uhs

Eating together strengthens each family member’s sense of belonging. Children feel more secure when there is a routine, such as family meals. When families eat together, parents can teach children table manners, social skills, family values, a sense of community and basic cooking skills. Family mealtime is a chance for family members to be together on a regular basis.

Iowa State University Extension
PM 1842 October, 2000

Multiculturalize Your Program

A multicultural program values cultural diversity at all times. Children are encouraged to share their favorite foods and meal traditions in an atmosphere of acceptance. In a multicultural program, children are taught to acknowledge and respect both similarities and differences. Even if all the children in your program come from a similar background and share a common cultural heritage, you can introduce children to a wider world and encourage them to explore other cultures. Introduce objects and stories from many cultures as part of everyday reading and learning – not just at holiday time.

Everyday TLC –
Learning Respect
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Related websites:

Keep Kids Healthy about brown rice:

http://www.keepkidshealthy.com/experts/fb/brown_rice.html

Mayo Clinic: <http://www.mayoclinic.com/health/whole-grains/NU00204>

Support information:

The Kids’ Multicultural Cookbook: Food & fun around the world by Deanna F. Cook.

See Book in a Bag information on We Eat Dinner in the Bathtub by Angela Shelf Medearis. The Facts Page includes more info on family meals, related activities.



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