

Culturally Appropriate Menu Planning

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- Adopt some _____ food ingredients and preparation methods from other cultures.
- Ethnic groups you may see in Missouri are Chinese, Indian, Persian-Arabian, _____, African-American, and _____.
- A child who eats food with her fingers may be from _____.
- Many Hindus are _____, meaning they don't eat meat.
- Coconut milk is high in _____.
- A child from Iran will probably be very familiar with this commonly consumed cheese: _____.
- Some "soul foods," such as _____ and _____, are high in nutrients.
- African or African-American diets usually include a low intake of _____.
- _____% of the U.S. Latino population is NOT Mexican-American.
- Complex carbohydrates like _____, beans and _____ are common in the diets of Mexican-Americans.
- Pork is prohibited for someone of the _____ faith.
- Simply cooking vegetables with ginger, garlic and soy sauce will add a (name the country) _____ flavor.
- The vegetable _____, also called "Mexican turnip," is peeled and most often eaten raw or added to salads.
- Olive oil, common in Mediterranean diets, is high in _____ fat, a healthier type of fat.
- One new food/spice/preparation method I would like to try is _____.