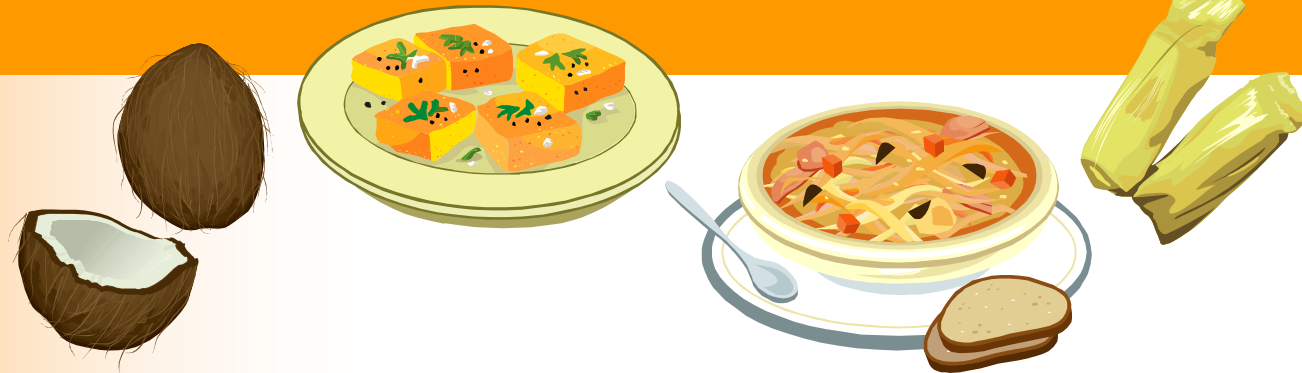




Snacks from Around the World





As You Begin

- This self-study should take you about two hours to complete. Besides reading and reacting to the course content, you'll visit some websites that relate to foods, cultures and nutrition . And, you will prepare one of the snacks.
- This exploration of additional information is an important part of the course and it allows you to decide how far you want to pursue the topics presented.
- We are enthusiastic about ensuring your learning experience is inspiring and valuable. Please contact us if you have questions or comments about the study material at sstraining@ccdsmetro.org or call us at 503-489-2599. We also encourage you to use our student to student and student to instructor discussion forums. Visit <http://207.5.88.94/blog/forums/>

Snacks from Around the World

When you have completed this self study, which is in the Core Knowledge Category of Health, Safety and Nutrition you will be able to:

- ❖ Further children's good health by preparing healthy, multi-culturally inspired recipes that they will enjoy at snack time.
- ❖ Provide children with motivating learning opportunities that will help them appreciate diversity and broaden their food tastes.
- ❖ Use the CACFP meal pattern to insure that snacks served meet USDA requirements.



We'll start the self-study with some general information about choosing, preparing and serving healthy snacks.

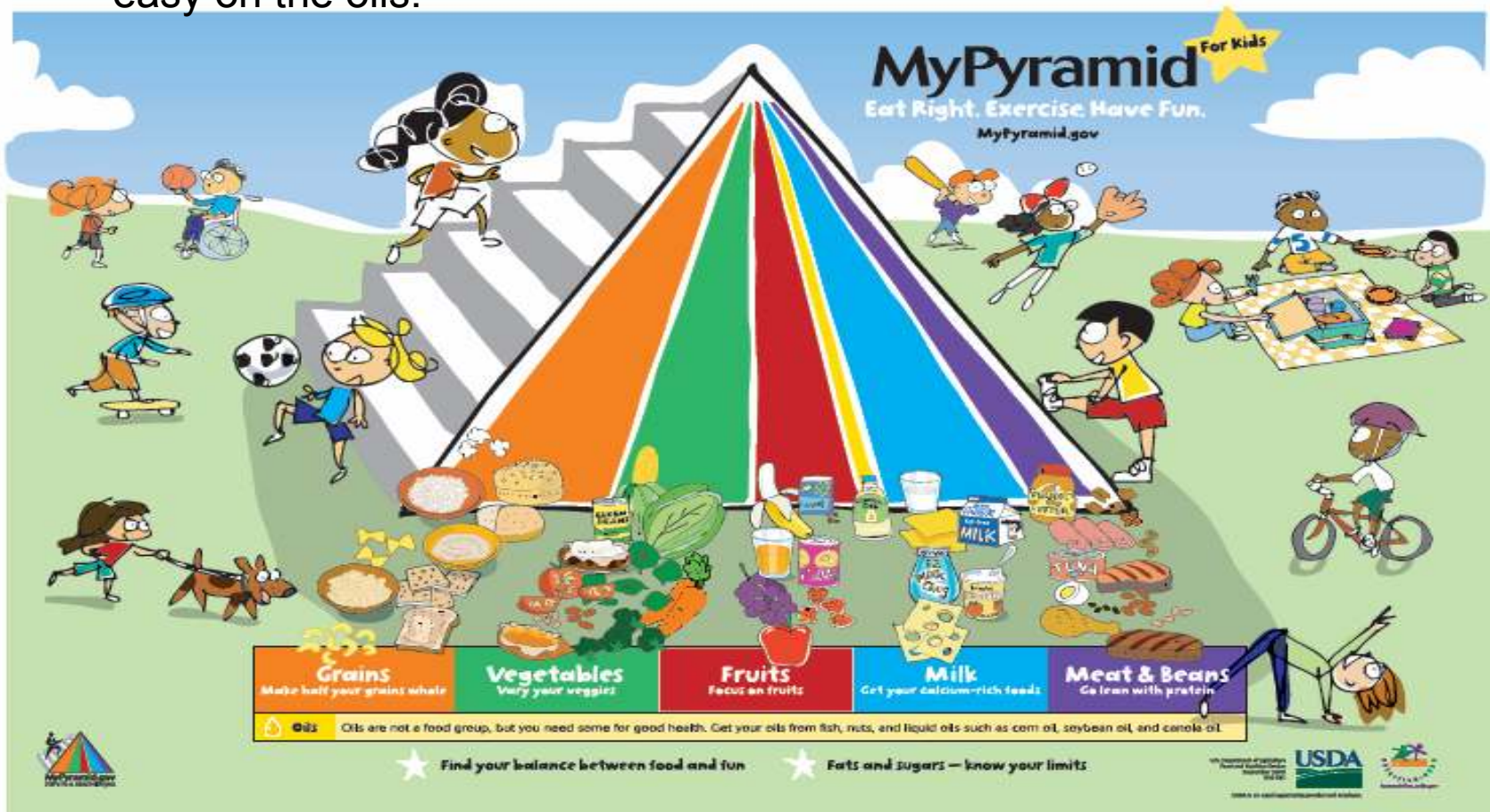
Oregon Registry Set One
Standards:

Introduction to Nutrition

Identification of healthy activities
for children

Selecting Snacks

Select snacks from the five food groups. Remember to go easy on the oils.



Kids will like the My Pyramid game at http://www.mypyramid.gov/kids/kids_game.html It's a blast!



Hints for Snack Planning

- ❖ Use snacks to supplement daily meals, not to replace them.
- ❖ Develop a plan-include what will be eaten, how much, and the time for snack.
- ❖ Make appropriate snack choices available-fresh fruits and veggies rather than cookies and chips.
- ❖ Choose snacks that don't stick to the teeth and that are low in sugar.
- ❖ Include children in the preparation. They will be more likely to try new foods if they are involved in the fixing and invested in the outcome of the snacks.
- ❖ Don't be too strict. In small amounts, sweets or fried food can still have a place in a healthy diet. Just serve them as occasional treats. Of course, you want to be sure it is OK with parents.



Time for Snacks

- ❖ Serve snacks when children are hungry.
- ❖ Children need snacks between meals because of their growth needs and physical activities.
- ❖ Small children have less stomach capacity than adults.
- ❖ Plan snacks at regular times. Kids are more secure when they are in a predictable environment.

Choking Hazards for Very Young Children

Do not serve these foods to children under three!

Hard to Chew

- ❖ Nuts, peanuts, popcorn

Slippery and Smooth

- ❖ Hard candy
- ❖ Grapes

Coin Shaped

- ❖ Carrot coin-shaped slices
- ❖ Hot dogs cut in coin-shaped pieces
- ❖ Nougat candy



Snacks Are About More than Food

- ❖ Use snacks as an important time for social interactions.
- ❖ Exploring ethnic foods at snack-time provides an effective way to stimulate further interest in different cultures and geographies.



Exploring Ethnic Cuisine Activities



- ❖ Have the children pick a different country or region each month or every other month.
- ❖ Locate that place on a map, and investigate what foods grow in that area. Also find out about eating related customs. You will find helpful links at the end of this self-study.
- ❖ See if there are specialty food stores and/or restaurants in your area that feature these foods.
- ❖ Find a recipe for a snack food from a culture of the country chosen, and have the children read the recipe as you cook that food. Include them in the preparation, if possible.
- ❖ Discuss the food and culture while you eat. Talk about the differences and similarities of typical food as your kids eat the snack from another cuisine.
- ❖ If a child is a picky eater, focus on color, shape, aroma, texture rather than taste.
- ❖ This activity will teach awareness, acceptance, and appreciation of food from other cultures.

Special Touches

- ❖ Eat the snack in a culture specific way, such as using chopsticks or fingers to pick up food. The following video, “Table Manners Across Cultures” by Norine Dresser, is very informative but is geared to adults and older children. Viewing this video is part of the completion process for this self-study. Click on the link to view the video.



<http://www.videojug.com/interview/table-manners-across-cultures-2>

- ❖ Children can decorate the table or eating area with crafts and artwork representative of the place of origin for the snack.
- ❖ Sometimes party stores sell miniature flags from different countries. If you can't get one for the country of origin for the snack, have the kids make one.
- ❖ Include utensils such as chopsticks in the dramatic play equipment. Some toy stores and online sites offer around the world food sets.

Shopping Activity



- ❖ Visit an ethnic food store.
- ❖ Purchase several products. Let the children help you decide what to buy.
- ❖ Try the foods as you discuss differences in texture and taste.

Food Prep with Kids:

Experiment to See What Works Best for You

- ❖ Have your young chefs help you to locate, measure, cut and mix as you prepare foods.
- ❖ Older kids can read the recipes.
- ❖ Introduce young children to following cooking directions by using pictorial single portion recipes (look in the resources section of this self-study to find out about recommended single portion recipe books).
- ❖ Provide kids with an activity center where they can put together snacks that aren't cooked. (***Nutrition Education for Young Children: Strategies & Activities*** ISBN 0-13-627423 has a section on Snack Centers)





Action Plan for Involving Kids in Snack Preparation

Take some time to evaluate how much the children you care for are participating in making snack choices and preparing snacks. Make a plan to increase their involvement in the snack process. You'll be asked to share a summary of your plan when you take the quiz.

Snack Portions

Guidelines from the CACFP (Child & Adult Care Food Program for snacks are to **select 2 of the 4 snack components** listed below.

“A recipe is a pattern for success in food preparation.” *Menu Magic for Children*
USDA Child & Adult Care Food Program

Ages	Veggie/Fruit or Juice	Grains & Bread	Meat	Milk
1-2 yrs.	½ cup	Bread ½ slice Whole grains/cereal ¼ cup Cooked noodles ¼ cup	meat ½ oz. Cheese ½ oz. Egg ½ Beans 1/8 cup Nut or seed butters 1 Tbsp. Nuts or seeds ½ oz. Yogurt 2 oz.	½ cup
3-5 yrs.	½ cup	Bread ½ slice Whole grains/cereal 1/3 cup Cooked noodles ¼ cup	meat ½ oz. Cheese ½ oz. Egg ½ Beans 1/8 cup Nut or seed butters 1 Tbsp. Nuts or seeds ½ oz. Yogurt 2 oz.	½ cup
6-12 yrs.	¾ cup	Bread 1 slice Whole grains/cereal ¾ cup Cooked noodles ½ cup	meat ½ oz. Cheese 1 oz. Egg ½ Beans ¼ cup Nut or seed butters 2 Tbsp. Nuts or seeds 1 oz. Yogurt 4 oz	1 cup



Ready for Recipes

- ❖ These recipes come from a number of sources. Some are from an earlier printed version of Multicultural Snacks. Some were found in books available through CCDS or local libraries. Others were discovered on the internet.
- ❖ As much as possible, the books or websites are in the resource list that accompanies this self-study.

Where In the World? Recipe List



Germany – Crispy Potato Pancakes

Nigeria – Nairobi Fruit Salad

Japan – Edamame and Carrot Pickle

Greece – Tzatziki

China – Egg Drop Soup

Middle East – Hummus

Russia – Strawberries Romanoff

Australia – Oat Cakes

Mexico – Pepitas (Pumpkin Seeds)

Vietnam – Hanoi-Style Bananas

German Cooking

- ❖ Many think that German food is an endless succession of sausages and sauerkraut working up to a grand climax of Sauerbraten and dumplings, finished off with a heavy pastry dish. True enough, traditionally Germans are basically meat and potato eaters and you will find these dishes, yet subtly different in flavor and in an incredible variety of forms.
- ❖ Because German foods are not highly spiced, you'll find that your children will enjoy trying them! Germans love the root veggies: turnips; kohlrabi; Brussels sprouts; cauliflower and asparagus. Try steaming the veggies and serving with a yogurt dip.



Crispy Potato Pancakes

This meets **CACFP** guidelines for a veggie snack component.

You could serve with milk or plain yogurt or increase egg in recipe to two (also increase flour to 4 Tbsp) so that it also meets the protein or milk component..

2 pounds all purpose potatoes, peeled
1 large egg, beaten
3 tablespoons all purpose flour
½ teaspoon salt
2 tablespoons butter or margarine



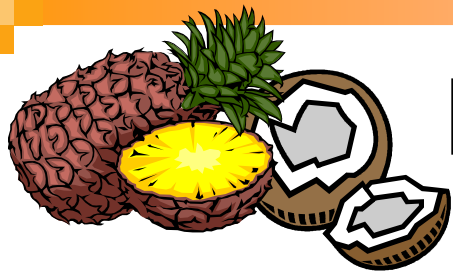
1. Using a grater, coarsely shred potatoes.
2. In large bowl combine grated potatoes, egg, flour, and salt until well mixed.
3. In 12 inch nonstick skillet or griddle, eat butter over medium heat until hot.
4. Spoon ¼ cupful potato mixture into skillet; using the back of a spoon, spread mixture into a 3 inch round.
5. Cook about 4 minutes each side until golden brown and crisp.
6. Serve with applesauce.



Nigerian tripod cooking vessel

West African Cooking

- ❖ Africa is made up of 54 countries, Africans speak over 2,000 languages and dialects. The food and the way it is prepared, is as diverse as the people. There are vast varieties of fruits grown in Africa. Rice, corn, squash, peas, spinach, okra, eggplant, pumpkins, nuts and yams grow abundantly. A lot of the food is spicy hot. Many of the cultures rely on peppers to help the body resist infection and disease.
- ❖ West African dishes tend to be mostly starch, with some meat and fat included. Groundnut Stew is a peanut stew with chicken. Calaloo, a seafood, vegetable and rice dish may be the forerunner to the Cajun dish, jambalaya.
- ❖ In Nigeria, fruit salad is served as a first course at special occasions.



Nairobi, Nigeria Inspired Fruit Salad



Swahili Saladi ya Matunda Variation

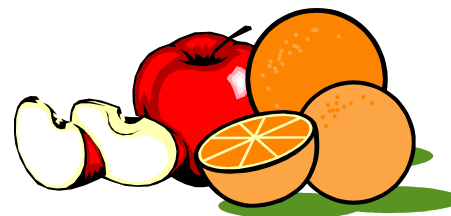
- 4 ripe papayas or mangoes, peeled, seeded and cut into bit size pieces
- 2 ripe bananas, peeled and sliced
- 2 red apples, cored and chopped
- 1 16 oz can pineapple tidbits, well drained
- 1 cup fresh orange juice
- 1 tbsp granulated sugar or honey
- ½ teaspoon ground cinnamon
- 1/3 cup sweetened shredded coconut

This meets **CACFP** guidelines for a snack fruit component.

You could serve with peanuts or other nuts so that it also meets the protein component.

In a large bowl combine all ingredients but the coconut. Toss to mix well. Cover and chill until ready to serve. Sprinkle with shredded coconut when ready to serve.

Makes 6 servings



Japanese Cooking



- ❖ Fish and rice are traditional staples of the Japanese diet.
- ❖ Fish is eaten in a variety of ways: fried, steamed, boiled, broiled, and raw.
- ❖ The Japanese diet also includes nori (a type of sea weed), sea urchin, kelp, squid, eel, and prawn. Umeboshi is a special type of pickled plum that is sometimes eaten with rice.
- ❖ Desserts are not served after a Japanese meal. Sweet desserts are usually purchased and served with tea. Fresh fruits are typically enjoyed after a meal.
- ❖ Japanese cooks are especially concerned with making food look attractive on the plate.

Edamame and Carrot Pickle

Edamame, young soybeans in the pod, can be found in many grocery stores. The frozen packs are already cooked and ready to eat when defrosted. Serve

Carrot Pickle Recipe

A few small carrots (about 2 “)

1 Tbsp. low sodium soy sauce

1. Cut the carrots lengthwise. Make cuts in the surface of the carrot so it will absorb the soy sauce.
2. Use a shallow dish and soak the carrots in the soy sauce for 30 minutes.
3. Serve together with the edamame. Have fun arranging them on a plate.



One-half cup of a mix of edamame (shelled) and carrot meets the **CACFP** guidelines for the veggie snack component.

You might want to serve with enriched or brown rice crackers..



Greek Cooking

- ❖ The warm climate and rugged terrain of Greece is well suited for raising sheep and goats. Lemons, eggplant, tomatoes, olives, and herbs such as oregano, rosemary, cinnamon, and anise are also abundant.
- ❖ Greek food is a variant of the food of the Eastern Mediterranean.
- ❖ Lamb is the basis of the Greek diet.
- ❖ Olive oil is used both for flavor and as a major ingredient in food preparation. Lemon is also used a lot with their food, sometimes to cut the heaviness of the oil.

Tzatziki



4 cups fresh yogurt, unflavored
1 medium cucumber, peeled and coarsely grated
4 cloves garlic, crushed 2 tbsp. olive oil
½ tsp dried dill weed Salt and pepper to taste

Place a piece of cheesecloth in a colander and pour in the yogurt. Allow the yogurt to drain for several hours. This process thickens the yogurt to an almost cheese like consistency. If you don't want to spend the time, you can skip this step; your sauce will be a little thinner, but just as tasty.

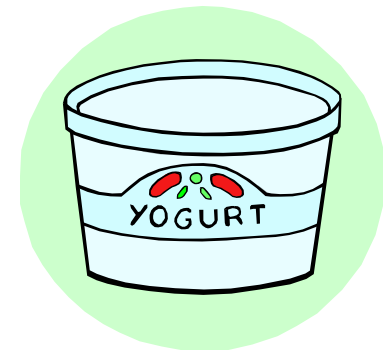
Place grated cucumber in another colander and allow to drain for a couple of hours. Mix together all ingredients and chill.

Serves: 10-12

Meat Alternate at snack

This meets the **CACFP** guidelines for the meat alternative and the veggie snack components.

You might want to serve the tzatziki with whole grain pita bread .

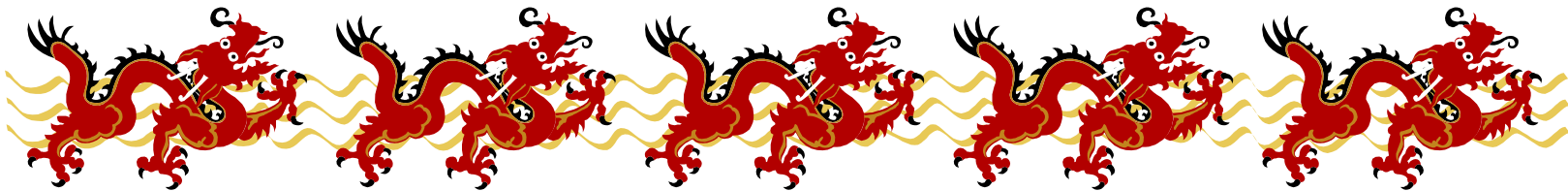


Chinese Cooking

He that takes medicine and neglects diet, wastes the skills of the physician."

(Chinese proverb)

- ❖ Chinese food is popular in many countries today. There are thousands of dishes. This is due to the vast size of China and the great range of climates these styles are each unique.
- ❖ Chinese dishes are chosen for contrasts in colors, textures, and tastes. You may want to find out more about how Chinese cooks balance the yin and yang and the five elements of foods.
<http://asiarecipe.com/chihistory.html> Asia Recipe has a wealth of information about food and Chinese culture.
- ❖ The Chinese grains of choice are long grain rice, wheat and millet. Little dairy is eaten. Soy products are used extensively. Protein and veggies are usually cooked together.
- ❖ Desserts are practically unknown in China except perhaps for fruit following a special meal.



Egg Drop Soup

1 egg
2 ½ Cups Chicken Broth
1 Tbsp. Corn starch mixed with 1 Tbsp. water
1 tsp. finely chopped tops of green onions
Pinch of grated ginger
Splash of soy sauce
Pinch of white pepper
Dash of sesame oil



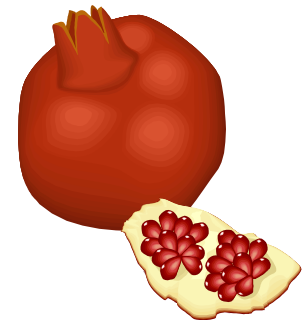
Egg Drop Soup meets **CACFP** guidelines for the protein component of a snack.

Brown rice or enriched wontons could be served with the soup to fulfill the second component of the snack pattern.

In a small bowl, beat egg slightly; set aside. Bring chicken broth to a boil over high heat. Put in the ginger and soy sauce. Add corn starch mixture to the broth stirring until it comes to a boil again. Reduce heat to medium-low. Hold the pan with beaten egg about 12 to 15" above the pan and slowly pour egg into the pan while stirring in one direction. Remove pan from heat as soon as the egg is poured. Sprinkle soup with green onion, pepper and sesame oil.

Middle Eastern Cuisines

- ❖ There are 20 separate countries that make up the Middle East. Most are Muslim and do not eat pork or drink alcohol.
- ❖ Hummus, tahini, and eggplant are eaten with pita bread and together form the staple diet for many people.
- ❖ Pomegranates, lemons, dates, almonds and olive oil are often used in food preparation.



Hummus

Arabic: حُمُّص; Hebrew: סוּסַמֶּן;
Armenian հումփու

1 can (16 oz) chickpeas, drained and rinsed
1 clove garlic, chopped
Juice of ½ lemon
1 tbsp. olive oil
2 tbsp. skim milk
1 tbsp. toasted sesame seeds

Combine all ingredients in a blender or food processor. Process until smooth. Serve with pita bread or raw vegetables.

Makes 2 cups
¼ cup servings.

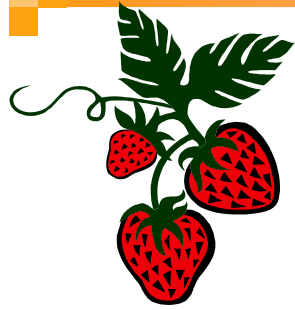


Hummus meets **CACFP** guidelines for
a meat alternative snack component.

Russian Cooking



- ❖ Over the centuries, many foods and customs have been brought to Russia from other places. Bread is an important part of the Russian diet. Beets have also been part of the Russian diet for centuries. Beet soup is a famous Russian dish.
- ❖ The Strawberry Romanoff recipe is named for the Romanoff's, the ruling dynasty of Russia from 1613-1917. You can also use frozen strawberries.



Strawberries Romanoff



- 1 pint fresh strawberries, stems and leaves removed
- ¼ cup fresh orange juice
- 2 teaspoons grated orange peel
- 1 cup whipped topping or
½ cup heavy cream, stiffly beaten

To meet **CACFP** guidelines for snacks

Serve with almonds or other nuts.

If strawberries are large, cut each in 1/2 . In a large Bowl toss strawberries with orange juice and grated orange peel. Top with whipped topping.

Australian Cooking

Australia is the 6th largest country in land mass and the smallest continent in the world. Most of the population are in cities along the southeastern seaboard. The vast inland regions are sparsely populated. The Aborigines arrived on the continent some 40,000 years ago, then the British settled. Germans, Chinese, Italians, Greeks, Asian and South African immigrants also settled in Australia, bringing both recipes and plant stocks to “Oz”.



Lamb, Vegemite, anzac biscuits, and macadamia nuts (native to Australia) are some of the foods we can find in well stocked markets.

Australian Foods and Cuisine: English Tradition to Fresh Innovation

The infinite variety of foods in Australia reflects the diversity of its land and provides for a rich cuisine. In the South, dense pine forests and lush green pastures cover the land that is used to grow cattle and prime lamb, whilst its cold, clean southern waters provide delicious lobster and scallops. Grazing gives way then to the vineyards growing on the Terra Rosa soil of the Coonawarra, and cropping lands of the upper south east with their majestic red gums. The mighty River Murray turns red desert sand into a market garden and orchard as it wends its way from our northern border to the sea on the south coast at Goolwa. Along its length grow citrus, grapes, stone fruits, melons, tomatoes and a cornucopia of vegetables crops for local, interstate and international markets. World class wines grow in the slightly cooler climate of the Adelaide Hills, McLaren Vale and Barossa Valley. Sharing the lower slopes of the hills are apple and cherry orchards, berry farms and almond orchards, whilst the west coast has a wealth of seafood such as whiting, oysters and tuna.

By Margaret E. Walker



Australian Oat Cakes

1 tbsp butter	2 tsp brown sugar
Pinch of baking soda	1/8 tsp ginger
1/4 tsp water	1/4 cup rolled oats

To meet **CACFP** guidelines
for snacks

Serve with milk, fruit juice or a
piece of fruit.

Mix butter and brown sugar. Add baking soda, ginger, water, and oats. Mix well. Press into 2 squares, on buttered cookie sheet. Bake at 325 degrees for 12-15 minutes or until light brown. Cool slightly on rack before eating.

This recipe is for a single portion. You can multiply it to feed more than one or you can have each child measure and mix their own portion.

Western Australia oats are higher in protein and dietary fiber than oats grown in other parts of the World.



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Mexican Foods

- ❖ Tomatoes, corn, beans, turkey, chilies, pumpkins, vanilla and chocolate are all important ingredients in Mexican cooking and all are native to the area that is now Mexico.
- ❖ Coriander, plantains, dairy products, beef, chicken and cinnamon were brought by Europeans, especially the Spanish settlers.



<http://www.mexicanmercados.com/food/foodhist.htm>

“A Thumbnail History of Mexican Food

Pepitas Roasted Pumpkin Seeds

Pepitas are sold all over Mexico from carts on the street and bags in the store.



Only serve to children 5 years & older!

INGREDIENTS:

1-2 cups fresh pumpkin seeds, rinsed to remove pulp.

1-2 Tbsp oil

½ -1 teaspoon salt

PREPARATION:

- 1) Heat oven to 350 degrees.
- 2) Rinse the seeds under water to remove as much pulp as possible.
- 3) Use a towel to dry them well and put seeds in a bowl.
- 4) Drizzle oil over the seeds and toss them with the salt until they are evenly coated.
- 5) Spread in large baking dish or cookie sheet and bake for about 15-18 minutes or until they are lightly golden and crunchy.

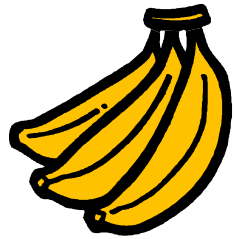
Pepitas meet the **CACFP** guidelines for a meat alternative snack component. Remember that you need 2 components to have the snack meet the CACFP pattern for snacks.

Vietnamese Cooking

Vietnamese food is a mix of flavors from other countries. There are 2 countries that have had the most influence on cooking, China and Thailand. North Vietnamese foods have a Chinese or Mongolian origin. Foods in the central region of Vietnam are known to be the spiciest. Southern Vietnamese cooking is influenced more by Thailand, whose cooking influence is India. Curry and coconut flavored dishes are found in the southern region.

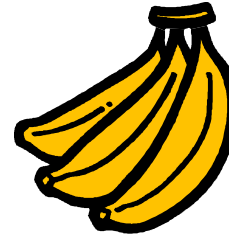


The French who ruled Vietnam up until 1954 influenced Vietnam's 3 largest cities, Saigon, Hue, and Hanoi. Here you will find French bread, pastries, butter, ice creams and coffee, along with European vegetables.



Hanoi-Style Bananas

A Treat for a Special Day



2 medium bananas

2 Tbsp butter or margarine

2 Tbsp firmly packed light or dark brown sugar

Peel bananas; cut each banana into ½ inch thick slices. In a 12 inch skillet over medium heat, melt butter; stir in brown sugar until smooth. Add banana slices in a single layer. Cook about 2 minutes until banana slices are lightly browned, turning once. (In Hanoi, this would be served with coconut ice cream).

Makes 4 servings.



Exploring Customs Online

Wikipedia has a comprehensive section about cuisines from around the world. Each entry includes info about customs related to eating. Below are some excerpts from some of the articles.

- ❖ In traditional Chinese culture, cold beverages are believed to be harmful to digestion of hot food, so items like ice-cold water or soft drinks are traditionally not served at meal-time. Besides soup, if any other beverages are served, they would most likely be hot tea or hot water. Tea is believed to help in the digestion of greasy foods.

http://en.wikipedia.org/wiki/Chinese_cuisine

<http://web-japan.org/kidsweb/cook/index.html>

Cookbook - Kids Web Japan - Web Japan

- ❖ <http://www.einaudi.cornell.edu/curriculum/monkey/food/>

This page is part of a lesson plan and has very clearly written information about symbolism in Chinese Cuisine.

- ❖ <http://www.mexicanmercados.com/food/foodhist.htm>

“A Thumbnail History of Mexican Food”



Website Links

- ❖ http://www.kidshealth.org/kid/stay_healthy/food/pyramid.html

This website, **Kids Health**, includes information and links, in both English and Spanish, that help readers understand the updated food pyramid.

- ❖ <http://www.healthy-kids-snacks.com/recipes/about-us/>

Healthy Kids Snacks has an extensive easy and healthy recipe collection

- ❖ <http://zrecs.blogspot.com/2007/08/twenty-secrets-for-engaging-young.html>

Twenty tips for Engaging Young Children in the Kitchen

- ❖ http://www.nncc.org/Curriculum/fc46_cook.kids.html#anchor545086

Cooking with Children: Kids in the Kitchen is on the National Network for Childcare website.

Hold down the control key and right-click on the link. If that doesn't open your browser and take you to the site, type the website address in a search engine.



Books

- ❖ ***First Book of Sushi (World Snacks)*** by Amy Wilson Sanger Tricycle Press
ISBN: 9781582460505

The World Snacks Series are board books and work well with toddlers. Other books in the series include: Yum, Yum, Dim Sum; Hola Jalapeno; Mangia, Mangia; Let's Nosh; A Little Bit of Soul Food.

- ❖ **Bread, Bread, Bread** by Ann Morris Ages 5-8 Mulberry Company
ISBN: 9780688122751

- ❖ **Snacks Versus Treats** **Developer:** Kids First, Inc.
Author/Editor: RI Team Nutrition Training Institute 1997 more info at website

http://healthymeals.nal.usda.gov/schoolmeals/Resource_Cafe/Resource_SetSearch.php?Audience14=&Format=&TN=0&State=&PubDate=&Language=&Text=&Sortby=Title

- ❖ **Everybody Cooks Rice** by Norah Dooley Carolrhoda Books
ISBN: 0876145918

- ❖ **Cook and Learn** by Beverly Veith & Thelma Harms
Addison-Wesley Publishing **ISBN: 020109424X**

- ❖ **Good Food For Kids** by Dr. Penny Stanway
Creative Publishing International **ISBN: 0865731527**

- ❖ **Many Hands Cooking: An International Cookbook for Girls and Boys** by Terry Touff Cooper & Marilyn Ratner **ISBN: 0690005369**

- ❖ **Multicultural Snacks** by Susan Hedges and Kathy Kotomaimoce
Totline **ISBN: 1570290253**

- ❖ **American Heart Association Kids' Cookbook**
Clarkson/Potter Publishers **ISBN: 0812919300**