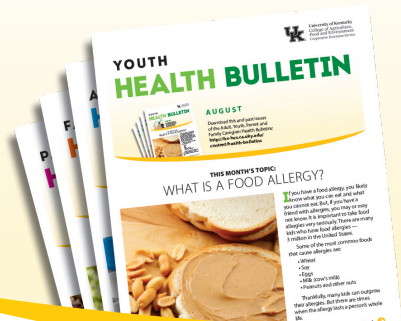




University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

YOUTH HEALTH BULLETIN



MARCH 2022

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THIS MONTH'S TOPIC:

LEARN ABOUT OTHER CULTURES THROUGH FOOD

Have you ever considered how the food we eat is part of our culture? Our favorite foods make us think of warm feelings and family members. Like grandma's _____. When we move or travel to a new place, a homecooked meal can comfort us and keep us in touch with our roots. During National Nutrition Month® this March, we can start to have an interest for other cultures' food traditions with family and friends.

Cooking and eating together feeds our bodies but also our hearts. Have you ever tried a new cuisine or explored foods from other places? You can start by sharing your own family food traditions with friends. Or taking part in your friends' family traditions to



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Disabilities
accommodated
with prior notification.

Be open to new ideas, new foods, and have fun learning about different cultures through meals with friends or family.

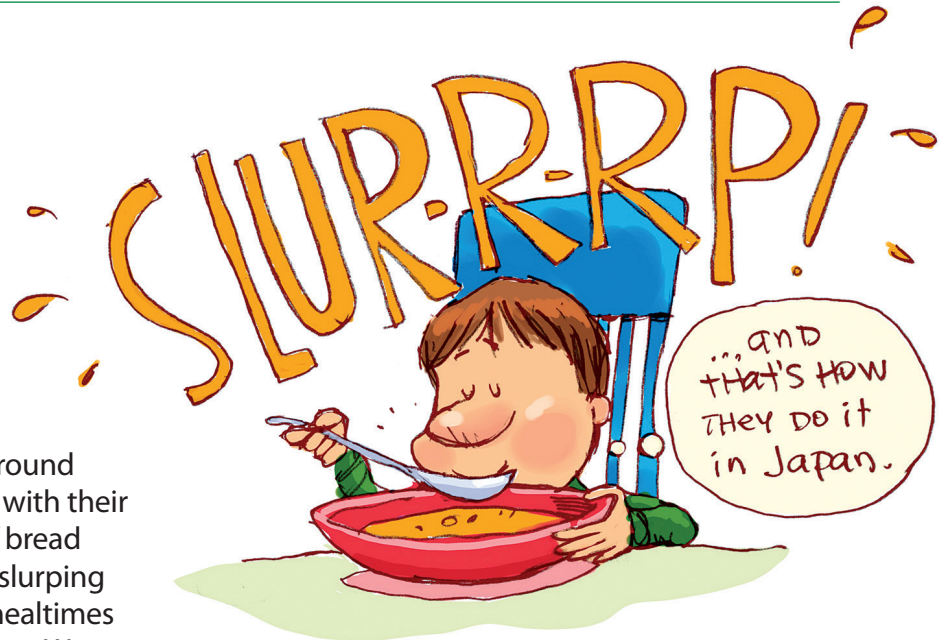
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show how much you care for and respect them. Family recipes are passed down from one generation to the next, and can be a way to show your cultural identity. Sharing those family recipes can be a source of pride and a simple way to celebrate one's culture with others.

Food traditions are very different around the world. In Ethiopia, people eat food with their right hand only, usually with a piece of bread called injera. In Japan, it is OK to make slurping sounds when eating soup. In France, mealtimes are long and can last longer than an hour. We even connect foods to different countries. For example, when we have pizza or pasta, we think of Italy.

The way some people eat is because of religious beliefs. Around the world, during the month of Ramadan, Muslims don't eat during daylight hours. They break their fasts by sharing meals with family and friends each night. Orthodox Jews and some conservative Jews follow a kosher diet, discussed in Jewish scripture. Many followers of Buddhism and Hinduism are vegetarian and don't eat meat.

Some families in the United States also eat these ways because they moved here from different



countries. Food is how they have continued their traditions. So be open to new ideas, new foods, and have fun learning about different cultures through meals with friends or family. Try a new recipe from a different country or tradition this week. And remember, it is important when talking about other cultures to be respectful of differences and people who do things another way.

RESOURCES:

- Food - Food And Culture - Family, People, and Families - JRank Articles
<https://family.jrank.org/pages/639/Food-Food-Culture.html#ixzz7IYhyaCHo>
- <http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3631/FCS3631.pdf>

I Love
TRYING
new
FOODS!



Can you unscramble these words?

OLWRD: _____

OODF: _____

TAIRTSINO: _____

TRULEUSC: _____

ANSWERS: WORLD, FOOD, TRADITIONS, CULTURES

YOUTH
HEALTH BULLETIN

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