

Food and Culture

This month the students learned how many different cultures prepare foods. While everyone needs to eat, what we eat and how we eat may be different depending on where we live, what food is available to us, and our traditions or religions.

Many things influence the foods we eat:

Finances



What we can afford?

Climate



What we can grow?

Geography



Is there access to land,
clean water or a market?

Other things like religious practices, time, personal preferences, and advertising can influence our food choices too.

Learning about other cultures introduces us to new foods, and helps us better understand and respect other people's eating habits and lifestyles.

Here's a healthy, fun and easy recipe for an old favorite: rice! Try this for something a little *different!*

Aloha Rice

- 1 ½ cups dry brown rice
- 8 oz can of pineapple chunks
- ½ cup juice from can of pineapple chunks
- 1 cup chicken or vegetable broth
- 15 ounce can of black beans, rinsed



Place rice, pineapple juice and broth in a rice cooker. Set to "cook" setting. Or place rice, pineapple juice and broth in a pot, cover, and bring to a boil. Reduce heat to low and simmer until done – about 45 minutes. When rice is done, stir in pineapple chunks and black beans. Enjoy!!