CULTURAL EXPLORATION

Equipment
✓ Saos and vegemite (Australia)
✓ Pappadams (India)
✓ Bruschetta (Italy)
✓ Baguette (France)
✓ Pita bread (Middle East and Africa)
✓ Tsatziki (Greece)
✓ Hummus (Middle East)
✓ Refried beans (South America)
✓ Salsa (South America)
✓ Tahini (Middle East)

Wholegrain crackers and bread are healthier versions which provide more fibre.

Check beforehand to ensure that you are aware of any allergies/intolerances.

NB: These are just suggestions – parents/carers can suggest foods that are relevant to them.

Activity
- Taste test and explore one type of food and how this varies in different cultures. For example, this activity uses dips, crackers, bread and biscuits.
- Provide a variety of dips and breads at snack time
- Discuss geographical information about where the food originates from.
- Turn this into a cooking experience.
- Invite family or community members to conduct cooking experiences with the children, or to share in meal times.
- Include cutlery and crockery from a variety of cultures.
- Provide dramatic play resources from a variety of cultures.
- Research different cuisines and cultural traditions.

Facts
In Australia we are truly fortunate to have access to such a vast array of multicultural culinary delights. We can explore foods from different cultures in many ways.

Questions
Ask parents/carers to share their culture and foods.

LET’S TALK ABOUT FOOD

The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts Healthy Eating and Active Play at Playgroup manual and case studies, and the NSW Ministry of Health Munch and Move program and Local Health District resources.

www.healthykids.nsw.gov.au