

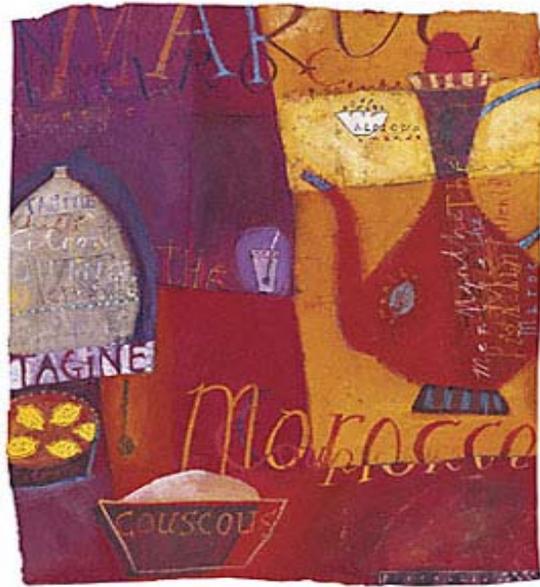
Training provided by

# Missouri Team Nutrition

[www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/)



# Culturally Appropriate Menu Planning



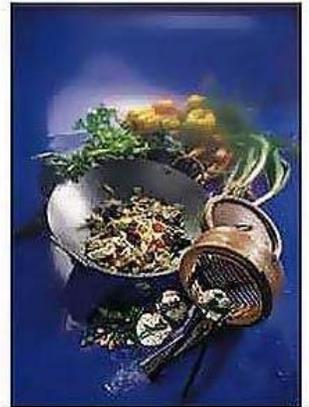
Jean Trae, RD, PhD.

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Child Nutrition Program

Missouri Department of Health and  
Senior Services

# Training Objectives



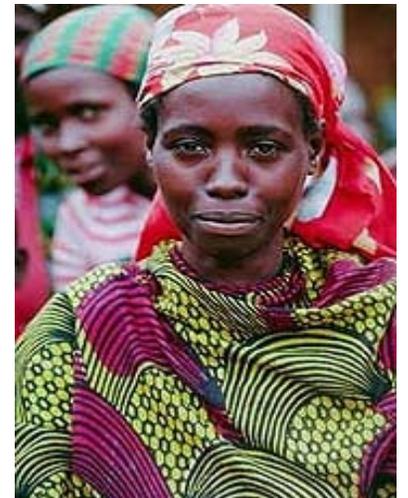
*It's Mauer-Hatchin'*

- Stimulate awareness of different cultural groups
- Reduce cultural barriers that may inhibit child and adult care food program or licensed child care providers from enhancing their capacity
- Adopt some simple and culturally appropriate food ingredients and preparation methods



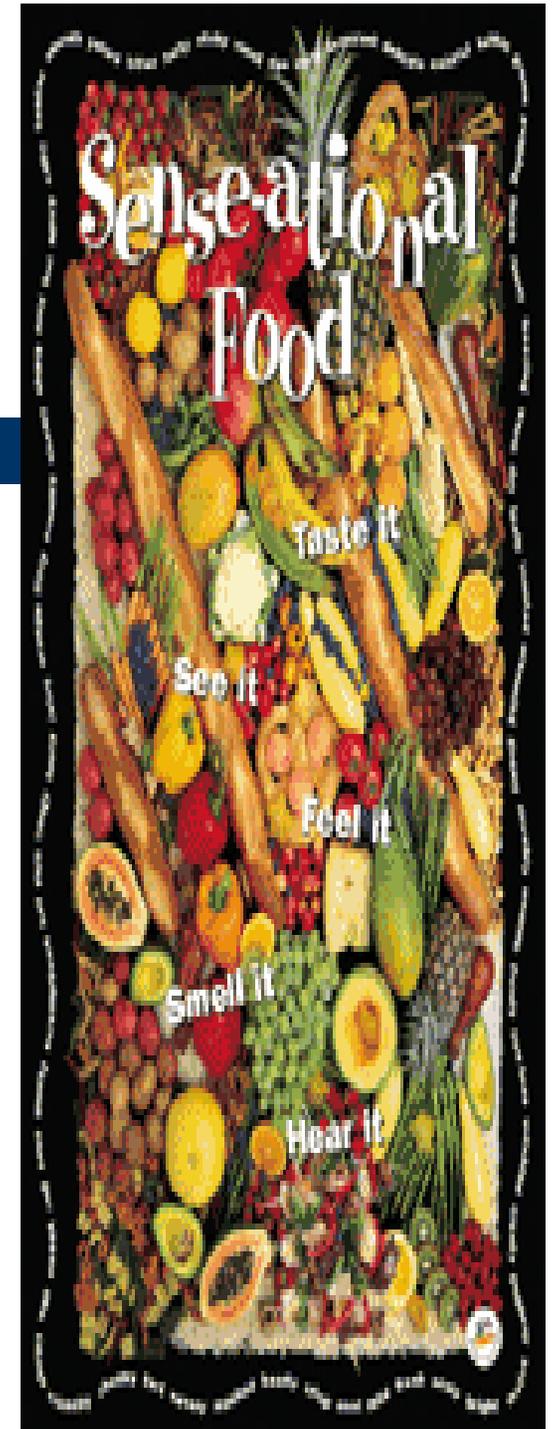
## Definition of an Ethnic Group

- Share fundamental cultural values that differ from other groups
- Communicate and interact together to reaffirm their ethnic identity
- Recognized as a distinct group



# Food and Ethnicity

- Chinese
- Indian
- Persian-Arabian
- African
- African-American
- Mexican-American



# Map of Asia

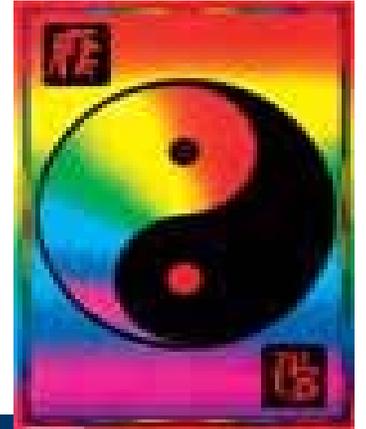


# Chinese Food Practices



- Confucius said “ A man can’t be too serious about his eating, for food is the force that binds society together”
- Balance and Moderation
- Plant-based, dairy-free diets with a variety of vegetables and fruits
- Stir frying by wok with small amounts of oil, soy sauce, and spices (garlic, ginger, green onion)

# Chinese Food Beliefs



- Foods are consumed for medical purposes
- Yin and Yang in harmony and balance
- Cold foods: raw vegetables and fruits
- Hot foods: cooked with oils, garlic, ginger, chili
- Combination of meals
- Cooking techniques



# Chinese Common Foods



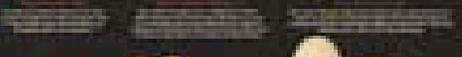
- Steamed rice
- Cooked long noodle
- Dumpling with fillings
- Soy products-tofu, dry bean curd, fresh soy bean, bean spout
- Pork, beef, chicken, fish
- Cooked or pickled leafy vegetables
- Bamboo shoot, water chestnut, lotus root, black mushroom
- Orange, apple, pear, melons, mango





# KEN HOM'S ASIAN INGREDIENTS

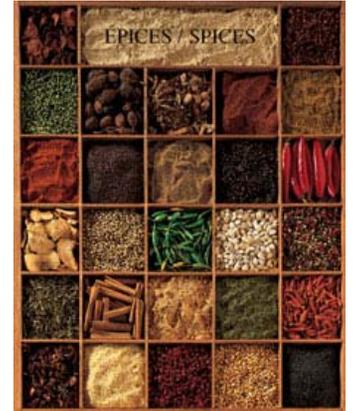
Ken Hom's Asian Ingredients



Ken Hom's Asian Ingredients



# Indian Food Practices



- Hindus don't eat beef because they believe that cows are sacred; but consume milk, yogurt, cheese and butter
- Chicken, lamb and mutton are the most common meats
- Spices are used for flavoring and digestive aids
- Custom of eating food directly with fingers

# Indian Food beliefs



- Hindus avoid all foods which are thought to inhibit physical and spiritual development
- Many Hindus are vegetarian which comes from the principle of ahimsa (not harming)
- Foods considered pure: milk, yogurt, clarified butter
- Foods considered polluted: alcohol, pork

# Indian Common Foods

- Cooked rice with curry
- Pureed lentils
- Baked or fried flat bread
- Lamb, mutton, and chicken in thick sauces based on coconut milk, curry and other spices
- Fresh mango with yogurt







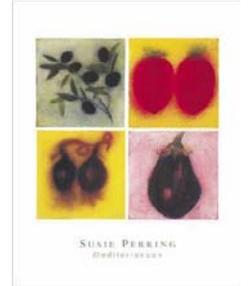
## Persian-Arabian Food Practices

- Eating is a matter of faith
- May not eat or cook milk and meat together
- Grilling, frying, grinding, and stewing are the common ways of preparing meats
- Fruits and vegetables are preferred raw or mixed in a salad
- Wide use of olive oil in food preparation

# Persian-Arabian Food Beliefs

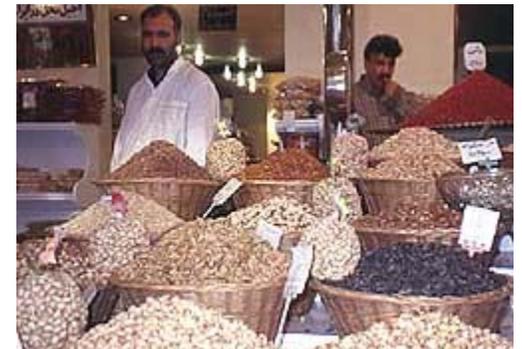
- Eating is a matter of faith in Islam and Judaism
- Overindulgence is discouraged
- Fasting considered an opportunity to earn the approval of Allah
- “Clean” and “unclean” foods - Jewish dietary law
- Permitted and prohibited foods - Islam dietary law





# Persian-Arabian Common Foods

- Kosher beef, kosher poultry, herring, sardines, lox (smoked salmon)
- Unleavened bread, pita bread
- Vegetables stuffed with rice and meats
- Roasted leg of lamb
- Dill, garlic, mint, cinnamon, oregano, parsley, pepper, lemon are common spices
- Green and black olives
- Olive oil



# African Women



# African Food Practices



- Starchy staples served with soups, relishes and sauces (high-carbohydrate, low-protein, low fat diet)
- Relishes are composed of vegetables, beans, nuts, fish or meat as protein sources
- Milk is scarcely consumed
- Unequal food distribution within the household

# African Common Foods



- Boiled cassava with leaves
- Baked sweet potatoes with beans
- Sorghum gruel with groundnut paste
- Millet with onion, yam, peas and tomato relish
- Groundnut soup with potatoes
- Plantains with beans and cabbage
- Wild leaves and fruits

# Couscous

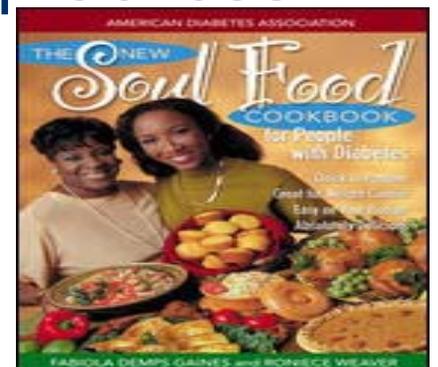


# Locust Attack



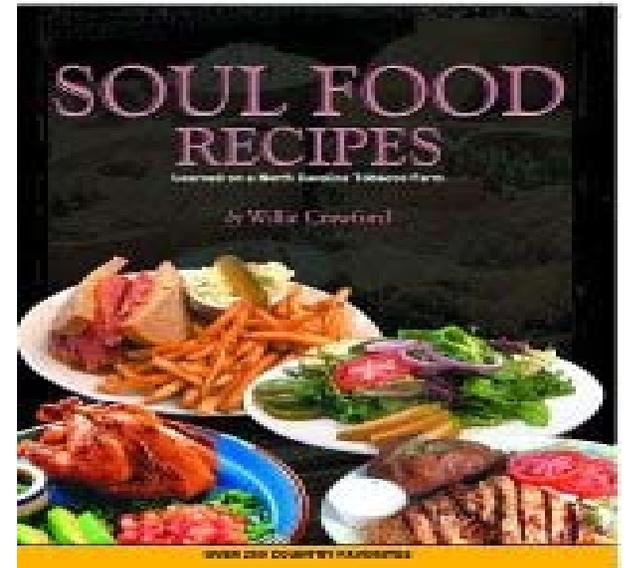
# African-American Food Practices

- Frying, boiling, and roasting dishes using pork, pork fat, corn, sweet potatoes, rice, and local green leaf vegetables
- Chard, collard greens, kale, mustard greens, spinach, and turnip greens are consumed
- Frying and barbecuing are common practices
- Low intake of dairy foods in the diet

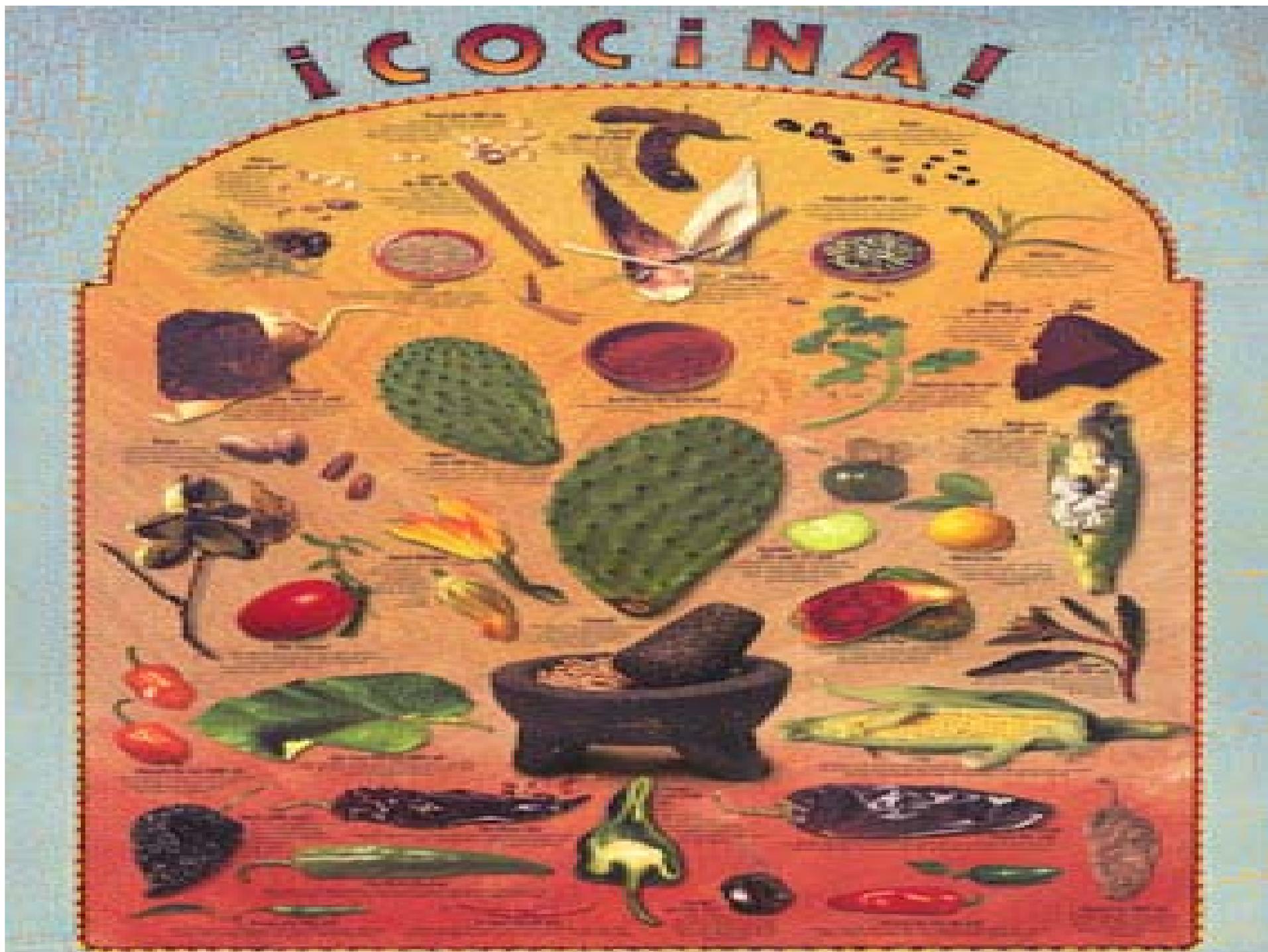


# African-American Common Foods

- Frying chicken
- Barbecued ribs
- Corn bread
- Sweet potato pie
- Greens with ham
- Black-eye peas
- Fried or stewed okra
- Grits
- Fried sweet potatoes
- Fruit-flavored drinks, coffee, tea



# COCCINA!





## Mexican-American Food Practices

- Diets are rich in complex carbohydrates such as corn, corn products, beans, rice, and breads
- Meats include beef, pork, poultry, goat and fish
- Corn and beans are staple foods
- Chili peppers are commonly used in Mexican foods
- Fresh vegetables and fruits are consumed





# Mexican-American Common Foods

- Tacos
- Tortillas
- Chili
- Salsa
- Boiled or fried beans
- Tamales
- Egg with tomato sauce
- Meat stewed with vegetables
- Fresh tropical fruits



# Food and Religion



# Roles of Food in Religion

- Communicate with God
- Demonstrate faith through acceptance of divine directives concerning diet
- Develop discipline through fasting



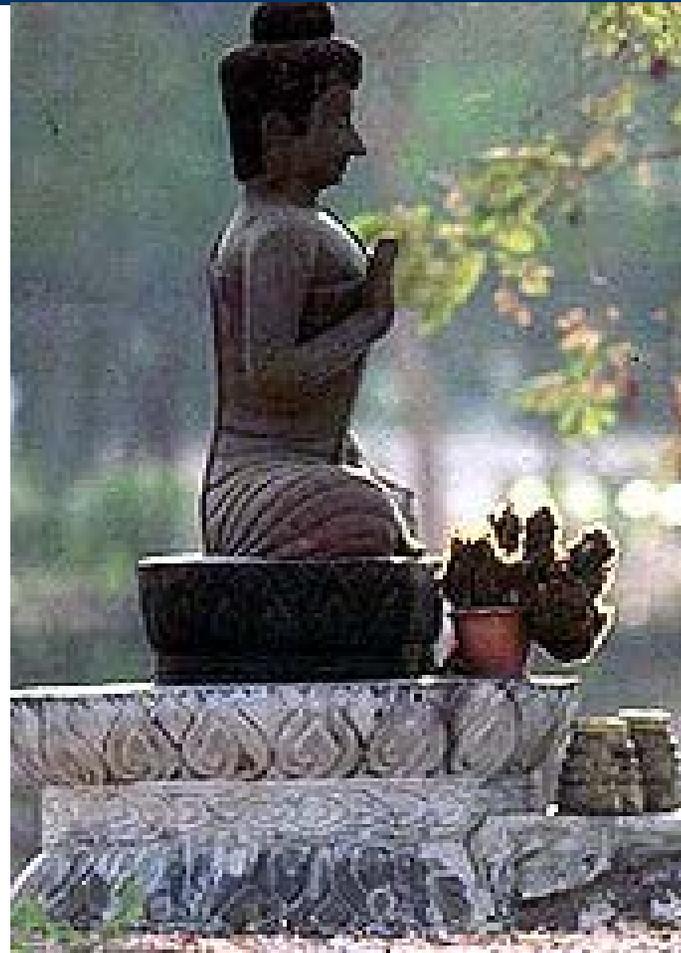
# Dietary Restrictions

- Certain foods are prohibited or strongly discouraged
- Foods are allowed to eat on certain days of the year
- Time of day to eat
- Specific food preparation
- When and how long to fast



# Religious Food Practices

- Buddhism
- Hinduism
- Islam
- Judaism

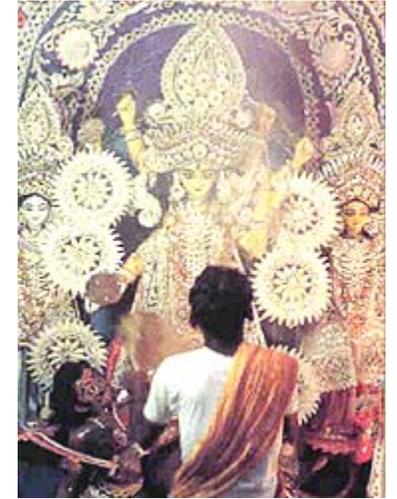


# Buddhism (China, Japan, Korea, Thailand, Vietnam, Laos, Cambodia)

- Most Buddhist vow to abstain from killing all lives, large or small
- Many are vegetarians
- Some only abstain from beef, some may eat the meat if they personally slaughter an animal
- Buddhist monks may fast twice a month (new moon and full moon), most do not eat after noon



# Hinduism (India)



- Vegetarianism became established in Hinduism because of Buddha's emphasis on respect for life
- Cow is sacred and beef is forbidden
- Milk and ghee (clarified butter) are sacred
- Forbidden foods: domestic fowl, salted pork, onions, garlic, turnips, mushrooms, tomatoes



## Islam (Moslems, Middle East)

- Eating Halal(lawful) is obligatory and eating Haram(unlawful) is forbidden for every Muslim
- Pork, bird of prey, carnivorous animals,blood are prohibited
- Prohibited common food ingredients: animal shortening, bacon, gelatin, ham, hydrolyzed animal protein, lard, pork, alcohol and alcohol beverages

# Judaism (Jews, Israel)



- Dietary laws: “Kosher” means “fit”, permitted foods which have been prepared appropriately
- Only animal with cloven hooves and which chew the cud may be eaten (cattle, sheep, goats, deer); only those fish which have scales and fins; chicken, turkey, duck are allowed
- Dietary prohibitions are similar to Islam law

# Culturally Appropriate Menus



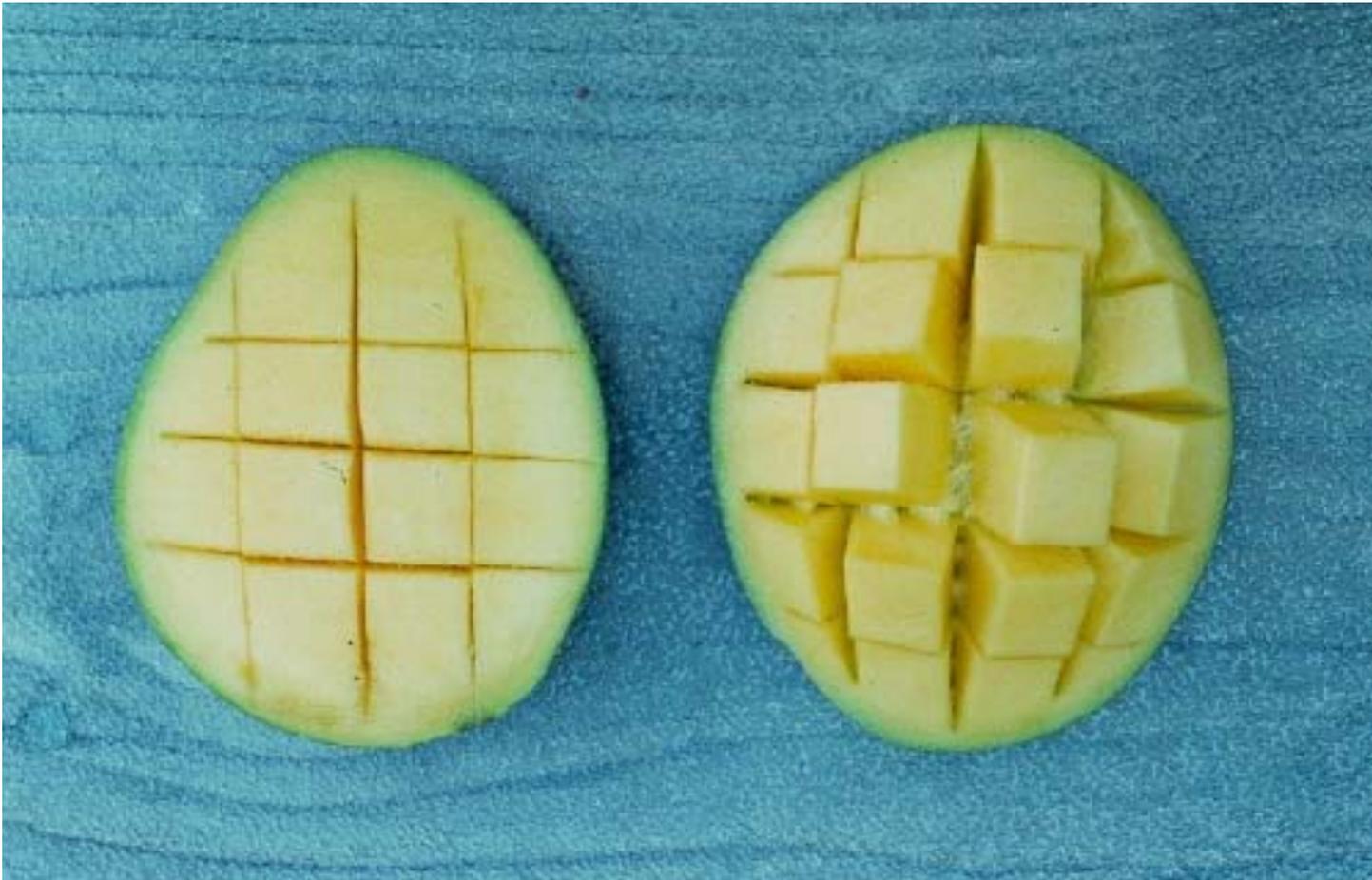
- Respect people with different ethnic background, customs, and beliefs
- Use a variety of culturally appropriate, readily available, and affordable foods in the local markets
- Adopt simple and culturally appropriate food preparation techniques



# Tropical Fruits



# Mango



# Jicama (Yam Bean, Mexican Turnip)



# Chayote



# Dates



# Dried Fruits



# Edible Soybean (Edamame)



# Food Preparation Methods

- Stir Frying: small amount of oils; meats and vegetables cut in small bite size; high-heat; fast cooking
- Braising: small amount of water and oils; meats and vegetables in small pieces; low-heat; slow cooking
- Steaming: no oils, vegetables in small pieces; medium to high-heat; fast cooking

# Wok



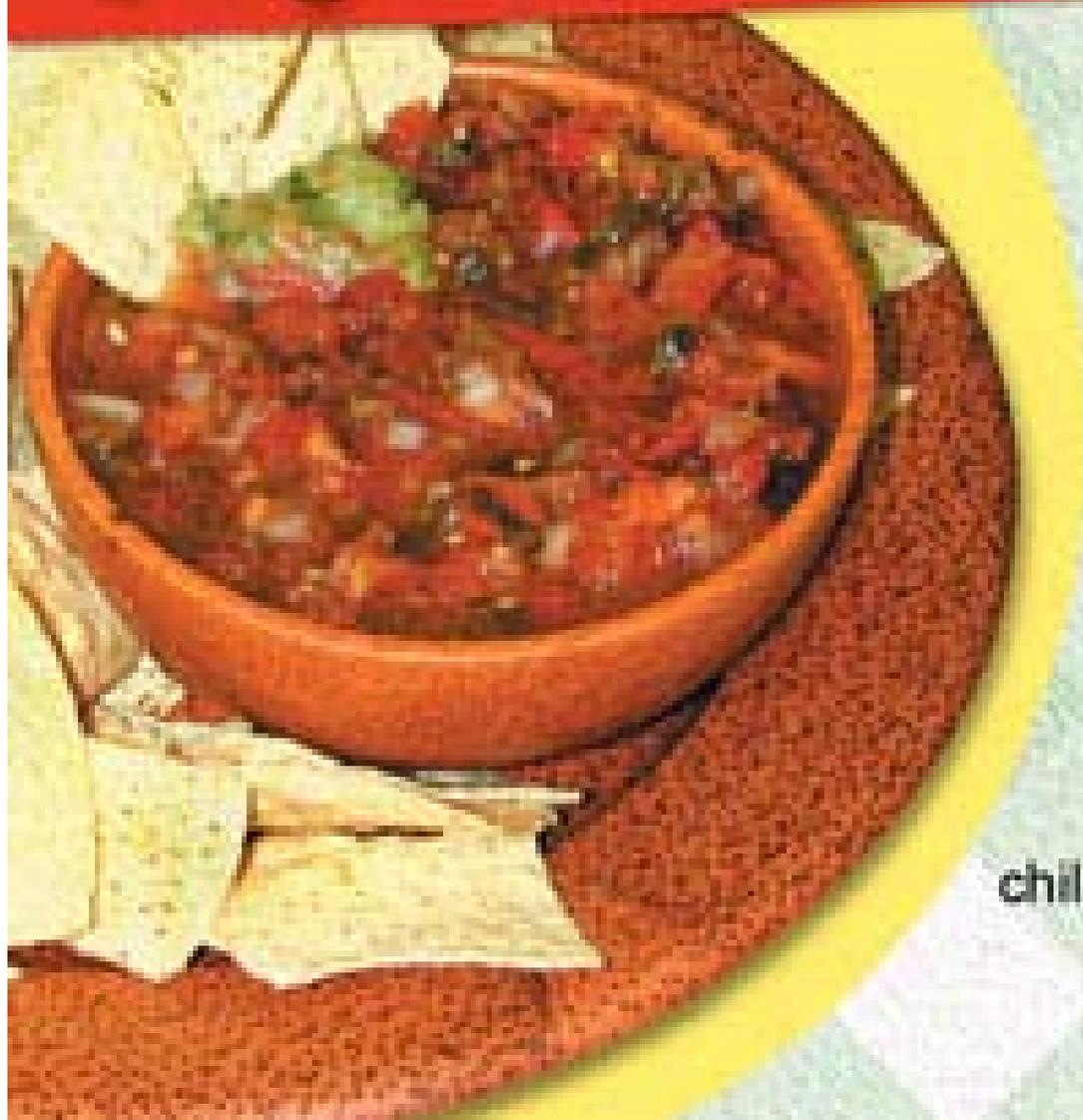
# Unique sauces, oils, spices(\*Hot)

- Chinese: soy sauce, sesame oil, green onion, ginger, garlic
- Indian: \*curry, \*chili, coconut milk
- Persian-Arabian: \*hot peppers, black pepper, clove, cinnamon
- Spanish: tomato sauce, garlic
- Mediterranean: olive oil, black pepper, garlic
- Italian: tomato sauce, rosemary, basil, Parmesan cheese
- Mexican: \*chili peppers, salsa
- African American: barbecue sauce





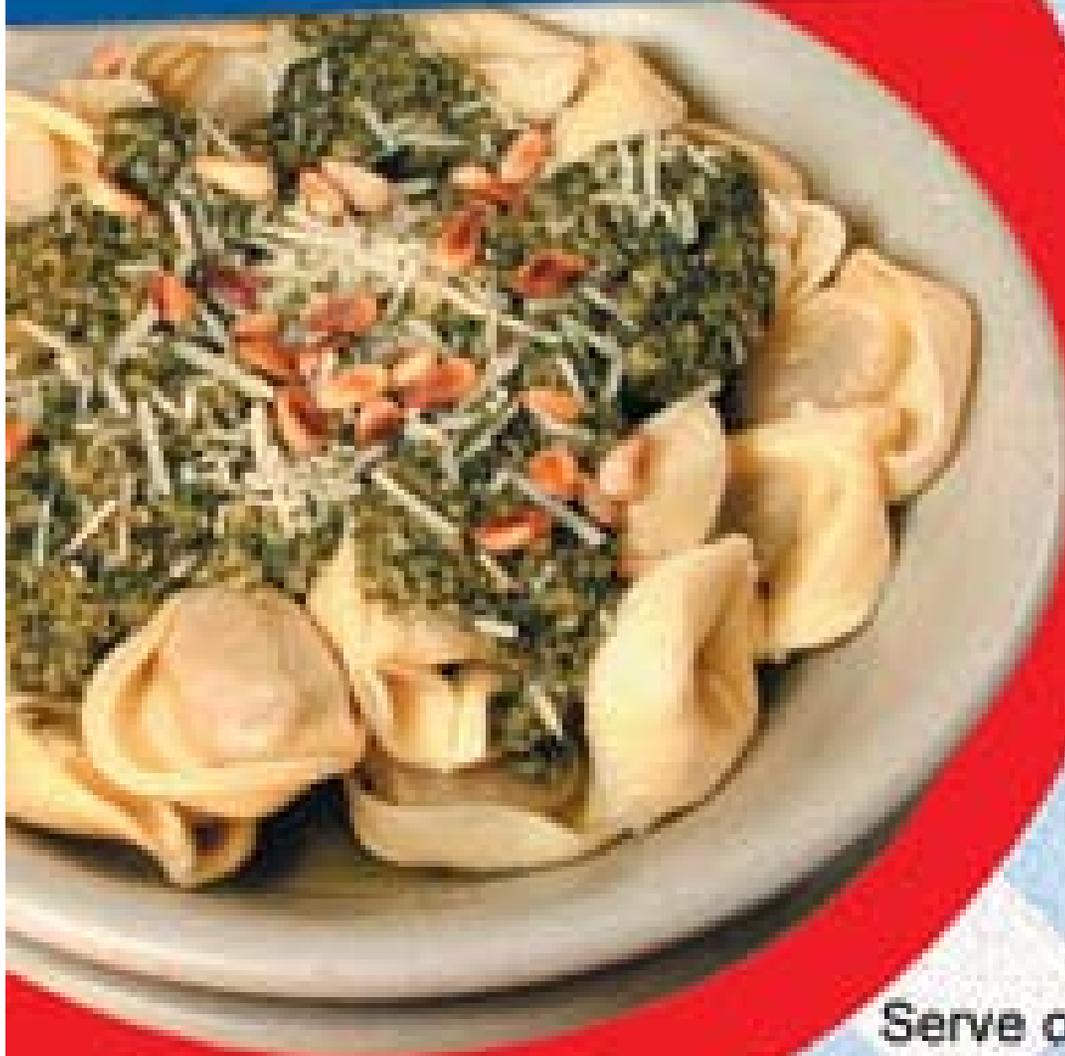
# FRESH SALSA



3 tomatoes, chopped  
2 cloves garlic, minced  
 $\frac{1}{4}$  cup onion, chopped  
1 red or green pepper,  
seeded and chopped  
 $\frac{1}{2}$  cup cilantro or parsley,  
chopped  
salt and pepper to taste  
lemon juice to taste

Mix all ingredients together,  
chill and serve with tortilla chips.

# Pesto Sauce



- $\frac{3}{4}$  cup olive oil
- $1\frac{1}{2}$  cups fresh basil leaves,  
loosely packed
- 2 garlic cloves, crushed
- 2 tbsp pine nuts, toasted
- $\frac{1}{2}$  cup grated parmesan  
cheese
- 2 tbsp hot water

Place all ingredients in  
blender or food processor  
and blend until creamy.

Do not cook.

Serve over your favorite cooked pasta.

# GUACAMOLE



- 3 avocados
- 1 tomato, diced
- 1 jalapeño pepper, chopped
- 1/2 red onion, minced
- 2 tbsp cilantro, chopped
- 1 lime
- 1 garlic clove, chopped

Halve and pit the avocados. Spoon the avocado flesh into a bowl. Add the tomato, jalapeño, red onion, cilantro, and garlic. Stir the mixture with a fork, mashing the avocado into chunks, until well-blended. Season with lime juice, salt and pepper. Serve with tortilla chips.

# MARINARA SAUCE



- 2 tbsp olive oil
- 1 garlic clove, minced
- 1 28-oz can of crushed tomatoes
- 2 tbsp tomato paste
- 1 tsp minced parsley
- 1 tbsp fresh oregano
- 1 tbsp fresh basil
- 1 tsp sugar
- salt and pepper

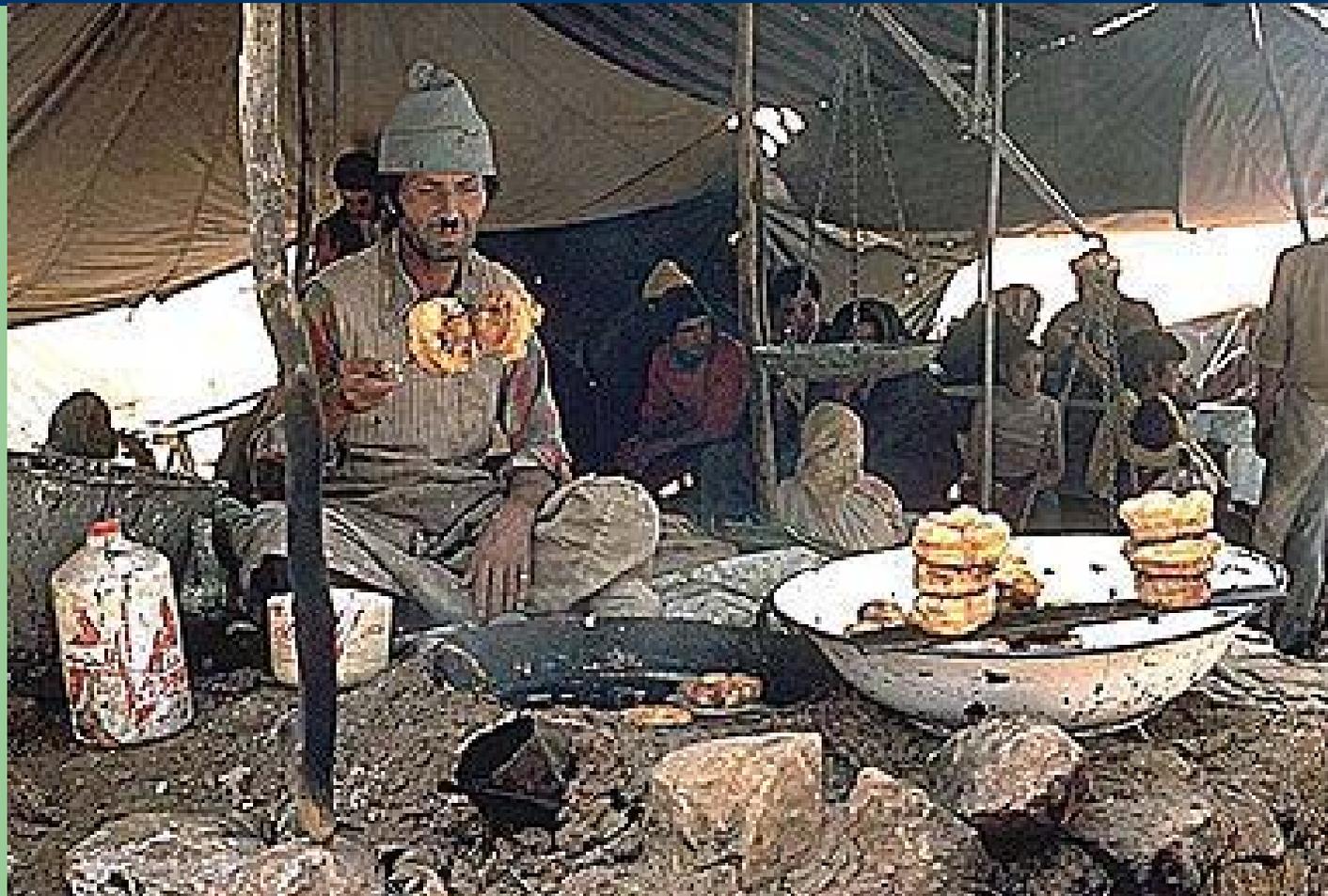
Heat oil in saucepan.  
Add garlic and stir to coat, 30 seconds.  
Do not let garlic brown.  
Add remaining ingredients.  
Bring sauce back to simmer  
and cook for 30 minutes.  
Salt and pepper to taste. Serve over pasta.



# Couscous



# Moroccan Doughnut (Beignet)



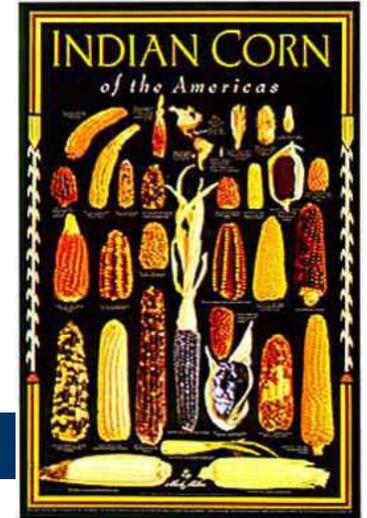
# Tortillas



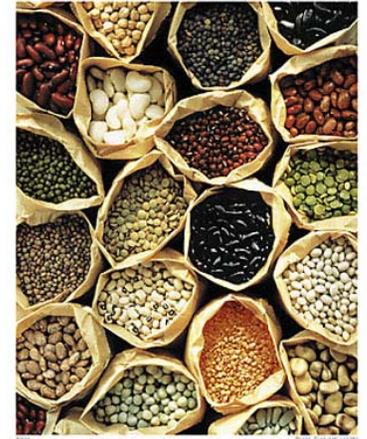
# The Traditional Healthy Mediterranean Diet Pyramid



# Exchange of Foods between Continents



- Plants from the New World: chili pepper, potato, tomato, kidney beans, maize, cassava, sweet potato, peanuts, pineapple, guava, avocado, papaya, cocoa, Jerusalem artichoke, maple sugar
- Plants brought to the New World: cane sugar (Arabia), eggplant (India), wheat, barley, rye, rice, bananas, soybeans, taro (the Orient)



## Exchange of Foods

- Domesticated animals introduced to the New World: swine, cattle, sheep, horses, goats, honey bee
- Pepper, cinnamon, saffron, cloves, ginger, sugar, cardamom from the East; Fish, tallow, wine, grain from Northern Europe



# Web Site: Cultural Profile Project

- [WWW.SETTLEMENT.ORG/CP](http://WWW.SETTLEMENT.ORG/CP)



**For more information:**  
**<http://www.dhss.mo.gov/>**

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# THANK YOU

## LA SAVEUR DES ÉPICES

