

CULTURAL EXPLORATION

RECOMMENDED AGES:
2 TO 5 YEARS

Equipment

- ✓ Saos and vegemite (Australia)
- ✓ Pappadams (India)
- ✓ Bruschetta (Italy)
- ✓ Baguette (France)
- ✓ Pita bread (Middle East and Africa)
- ✓ Tzatziki (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.

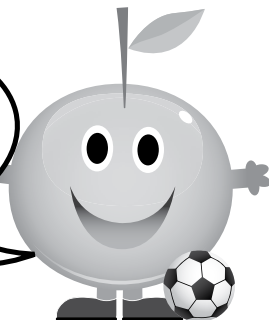
Check beforehand to ensure that you are aware of any allergies/intolerances.

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.

LET'S TALK ABOUT FOOD



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.