



INTERNATIONAL FOODS FOR KIDS

Children make up our country's most ethnically diverse age group. By 2060, it's predicted that foreign-born citizens will rise to 69 million (or 17%) of the country's total population. To satisfy children's desire for more international cuisine, consider the different foods and flavors of regions around the globe:



LATIN AMERICA



Common ingredients:

Corn Sweet potatoes Quinoa Bell Peppers Tomatoes Pumpkin Squash

Try with kids:

Corn, peppers and black bean salsa



ASIA



3 sub-regions: South Asian, Northeast Asian and Southeast Asian.

All regions serve rice, curries, garlic and ginger.

South Asian Common ingredients:

Rice Lentils Chapati flour
Chickpea flour Garam masala

Try with kids:

Lentil soup

Northeast Asian Common ingredients:

Noodles Mutton, pork, beef, chicken, duck, fish
Dumplings Pickled vegetables

Try with kids:

Chicken & vegetable dumplings

Southeast Asian Common ingredients:

Kaffir Lime Fresh herbs Pork

Try with kids:

Papaya with fresh mint salad



MEDITERRANEAN & MIDDLE-EAST



Mediterranean Common ingredients:

Wheat Olives Grapes

Try with kids:

Melted cheese & olives on crackers

Middle-Eastern Common ingredients:

Olives Sesame Seeds Legumes

Try with kids:

Hummus with pita



AFRICA



Common ingredients:

Sorghum Cowpeas/black-eyed peas Okra Yams Watermelon

Try with kids:

Black eyed-pea and yam patties

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