

# Provider Perspectives



## How do you introduce children to foods from around the world?

Our community of CACFP providers has amazing ideas! In this resource, we're sharing their insights on how they introduce children to foods from around the world to inspire and support you in your own programs.

“We host **'Weeks from Around the World,'** where children explore foods from different cultures and dress in traditional costumes. They taste international dishes for lunch, enjoy cultural art activities with parents on Fridays, and take the theme outdoors with music, puppet shows and games that make learning about cultures fun!”

“The children get to pick which country's foods we'll explore. I've gathered **snack boxes** from those countries to make the experience even more fun, and we include coloring worksheets to tie it all together.”



“We choose a week where we teach children about different cultures. On Friday, we have a small **'Around the World' potluck** for lunch. That evening, we hold a family gathering where each family brings a favorite dish to share.”



“We introduce children to new and unfamiliar foods through **taste testing and graphing**. Everyone tries a small bite of each food, then we create a graph to show whether they liked it or not. If we're trying multiple foods, they get to choose their favorite. I also tie each food to an age-appropriate storybook whenever possible.”

“We have students share stories about their families and the foods they like to cook together. We try to find a book that connects to the culture and type of food. That week, we include the food on the menu and set up a 'Taste Tester' photo station. When children try a bite, they get to take an 'I'm a Taste Tester' photo and add it to their **Food Passport**.”

“I love introducing foods from around the world by first reading a book about their origins and then letting my students **explore them with all five senses!**”

