

## Around the Globe – Yum!

Early childhood is an important time to develop healthy eating habits and discover healthy information about food. When children learn about good food choices on a meaningful level, they make connections to good nutrition practices. This can be supported by adults modeling and sharing healthy eating.

Model healthy eating by offering a variety of healthy foods from around the globe. Share stories, conversations, and information about the food, such as where the food came from, why it's healthy, or why it's special. Make even more connections; ask families to share their favorite foods and traditions. Many families have traditions that have been in their families for years and that have cultural or special meaning.

Fun tip! Get out your maps and globes to show children where foods might come from traditionally. Even though young children may not have the skills to read maps or comprehend the miles, they love hearing stories and learning about other places.

**Caution:** When offering foods to young children, be aware of choking hazards such as nuts, popcorn, raw vegetables, and hot dogs; do not give these to infants. Closely supervise young children when they eat.

### Crunchy African Bananas

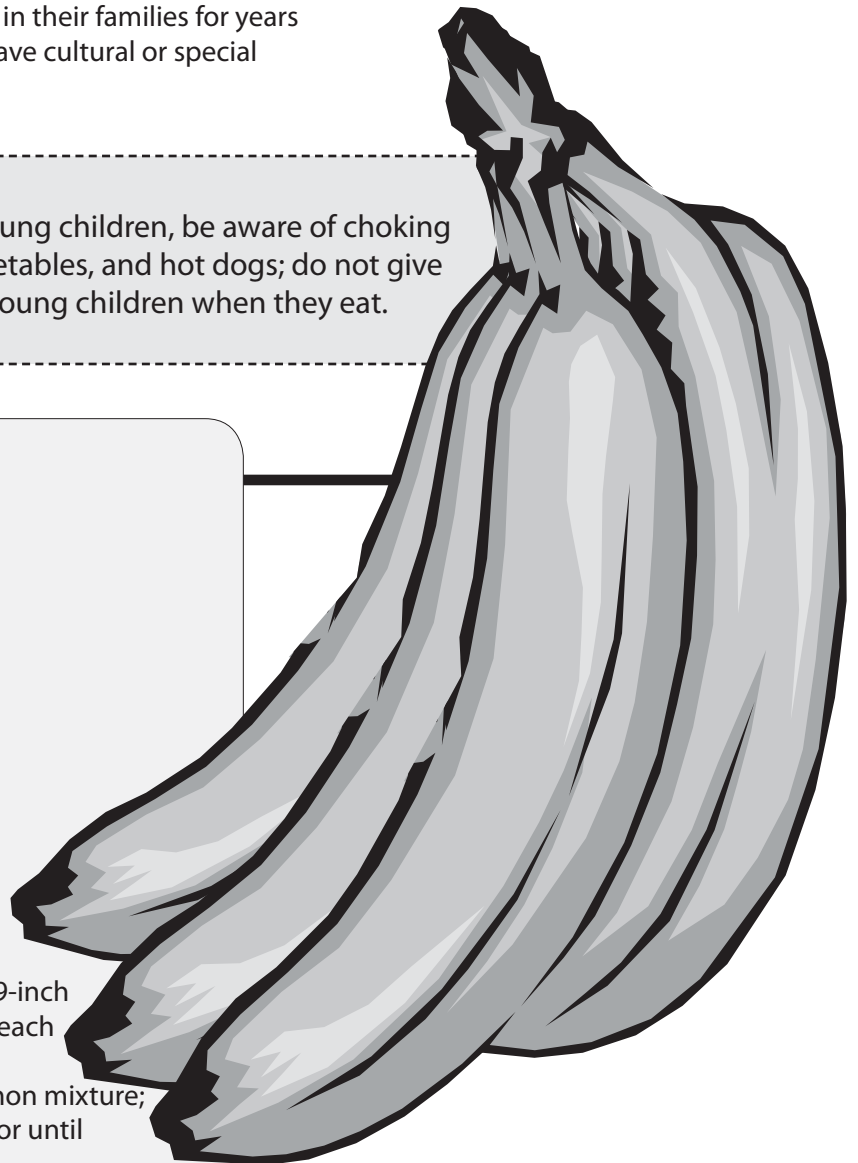
*Bananas are grown in over 100 different countries. They are very popular with children in Africa.*

**Ingredients:** (serves 2)

- 1Tbsp butter or margarine
- 1Tbsp firmly packed brown sugar
- ¼ tsp ground cinnamon
- Cooking spray
- 2 large bananas, medium ripe
- ¼ cup chopped unsalted peanuts (optional)

**Directions:**

Preheat oven to 350°. In a small bowl, melt butter in the microwave, about 45 seconds. Stir in brown sugar and cinnamon until well blended. Coat a 9x9-inch baking pan with cooking spray. Peel bananas; cut each banana lengthwise in half. Place cut-side down in baking pan. Brush with some brown sugar-cinnamon mixture; sprinkle with chopped peanuts. Bake 20 minutes, or until bananas are lightly browned. Serve warm.



## Japanese Fruit Skewers with Plum Sauce

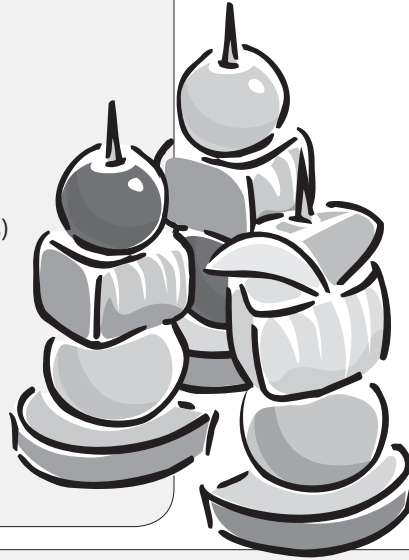
*Fruit skewers make a great snack or side dish to a meal that includes fish. The skewers also make a tasty dessert.*

### Ingredients: (serves 4)

- 8 6-inch-long wooden skewers
- 2 large bananas, peeled and cut into 1-inch slices
- 1 cup watermelon chunks
- 1 cup canned whole pitted litchi fruit, drained (found in the Asian food section of grocery stores)
- 1 cup fresh strawberries, hulled
- ½ cup plum sauce (found in the Asian foods section of grocery stores)

### Directions:

Soak skewers in cold water for 30 minutes so they will not burn during cooking. Preheat broiler or grill. Drain wooden skewers. Alternately thread banana chunks, watermelon chunks, litchis, and strawberries on each skewer. Brush fruit with the plum sauce. Place skewers on rack in the grill or on a broiler pan. Cook 5 minutes, turning frequently.



## Indian Mango Lassi

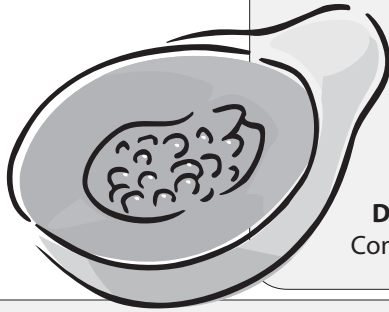
*A lassi is a traditional Indian drink which is similar to a fruit smoothie.*

### Ingredients: (serves 1)

- 1 small mango, quartered, pitted, and peeled (You can also use other fruit such as strawberries and bananas)
- ¾ cup non-fat plain yogurt
- 1/3 cup orange juice
- 2 ice cubes

### Directions:

Combine all the ingredients in a blender. Blend until smooth and frothy.



## Guacamole

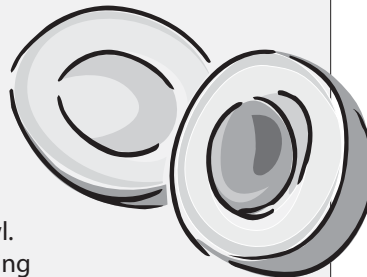
*Creamy green guacamole is a common after-school snack in many Latin American countries.*

### Ingredients: (serves 4)

- 2 ripe avocados (A ripe avocado is black and slightly soft when touched)
- ½ cup chopped tomato
- 3 Tbsp chopped onion
- Juice of half a lime
- ¼ tsp salt

### Directions:

Cut each avocado in half lengthwise around the seed in the middle of the avocado. Scoop the seed out of the middle with a spoon. Use the spoon to scoop the avocado flesh into a bowl. Mash the avocado with a fork until smooth. Mix in the remaining ingredients until well combined.



For more around the world recipes, visit:  
[http://www.fruitsandveggiesmatter.gov/downloads/explore\\_child\\_recipes\\_text.pdf](http://www.fruitsandveggiesmatter.gov/downloads/explore_child_recipes_text.pdf)

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