FAMILY MEALCATION

ITEMS NEEDED:
- Mealtime Conversation Cards
- Ingredients for Recipe of your Choice

ACTIVITY DESCRIPTION: Take a trip to your favorite destination through the kitchen by discovering foods of a different geographic location and prepare and enjoy a meal utilizing those unique ingredients with your family.

Have a destination spot you’ve been dreaming to visit some day and the foods special to that part of the world? Have you ever tried:

- Jambalaya on the Gulf Coast
- Lobster from the port of Maine
- Pasta or gelato from Italy
- Tamales in Mexico
- Curry dishes from Southeast Asia
- Couscous in Northern Africa or Ugali in Eastern Africa

Follow these steps and explore a country you wish to visit, learn about its agriculture and special cuisines and dig into a recipe or adapt one you already have to try new flavors in a family dinner. Better yet, get everyone involved to help with preparation and take time to sit down around the table and enjoy the meal together.

As you research different cuisines, you may discover some of our favorite “American” dishes are inspired from or originated in other countries around the world. There is a lot of history behind food, so have fun while you explore new dishes and expand your palate.

Step 1: Pick a country or part of the United States you haven’t visited before
- Is there a place you’ve been hoping to see? Or a country your family heritage originates from?

Step 2: Learn about food and cuisine unique to that area
- What fruits or vegetables are unique to this area?
- What types of foods seem to be common in this cuisine?

Step 3: Explore recipes that incorporate those foods or ingredients

Step 4: Ask your family to help you prepare that for a family dinner

Step 5: Enjoy the food and good conversation with your family
- Use Extension’s mealtime conversation cards to explore fun topics to discuss over your meal.
- Reflect on your experience and share with your family what you learned about this country, culture, and food history.

Step 6: Challenge yourself to incorporate more recipes unique to different parts of the world in future family meals.

Project areas are topics that 4-H members can learn about on their own, with a friend, at a club meeting, or at 4-H events. To learn more about the project areas you can explore in 4-H, please use our free resources online at https://store.extension.iastate.edu/product/15266.

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