

**MY FOOD**



**PASSPORT**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ LANE

(FRUIT)

**PLACE OF**

**BIRTH:** \_\_\_\_\_, USA  
(VEGETABLE)

**FAVORITE**

**FOOD:** \_\_\_\_\_



**Yakult**

**ヤクルト**

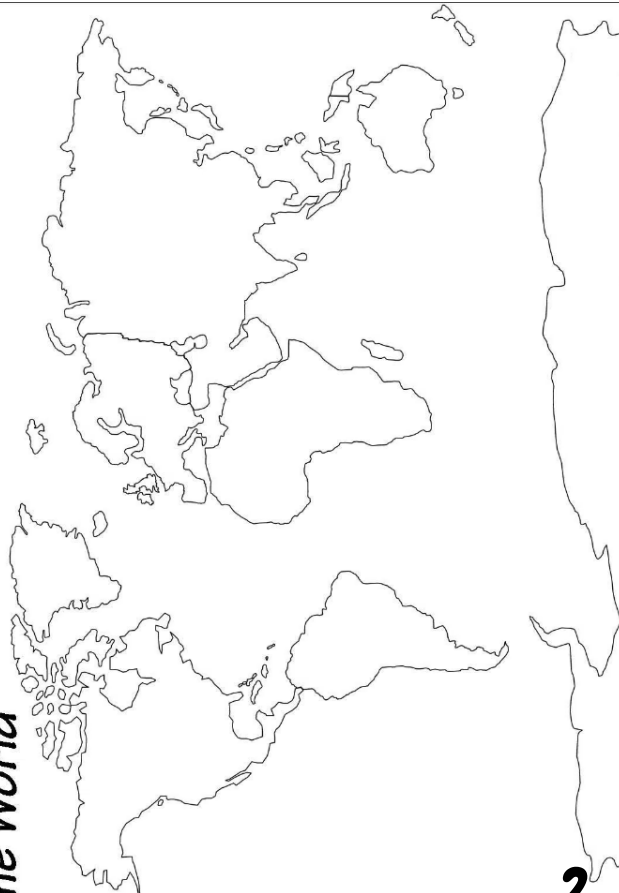
**Tofu**

**豆腐**



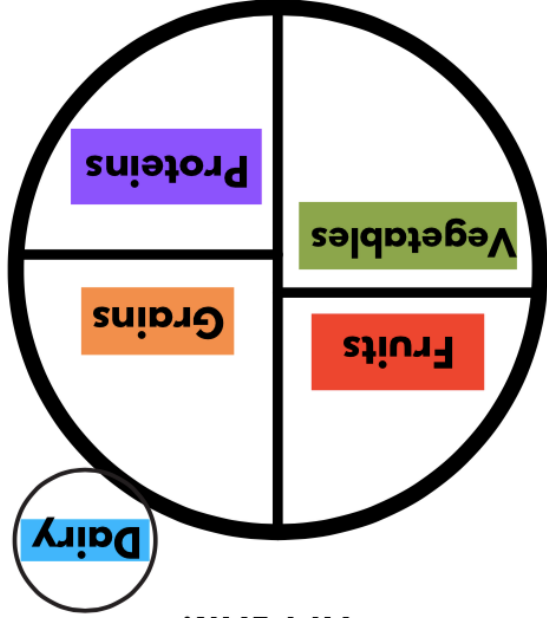
**Chicken Curry**

**चिकन करी**



# MYPLATE

WRITE IN WHERE THE FOODS  
APPEAR!



3



**Durian**  
榴槤

**Brown Rice**  
玄米



**Bok Choy**  
上海青

4

# MY STAMPS



## How to use Chopsticks



Using chopsticks involves over 50 muscles in the fingers, wrists, arms and shoulders!

# Cucumber Roll-Ups

a fun take on traditional sushi!

## Ingredients

- 1 cucumber
- 1/2 cup of matchstick carrots
- 1/2 red pepper
- 1/2 yellow pepper
- 4 ounces of softened cream cheese



Did you know...

Sushi was traditionally a finger food!

\*Makes approximately 12 rolls

## GLEANERS

### Directions

1. Rinse and dry all produce.
2. Using a vegetable peeler, cut the cucumber into thin strips.
3. Slice carrots and peppers to the width of the cucumber strips.
4. Gently spread a thin layer of cream cheese on the cucumber strips
5. Place the carrots and peppers at the end of the cucumber slice and roll!
6. Optional: Add seafood or other vegetables of your choice!



A potato peeler doesn't have to be used on just potatoes!