

# My Food



# Passport

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

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

**PLACE OF**  
(FRUIT)

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

**FAVORITE**

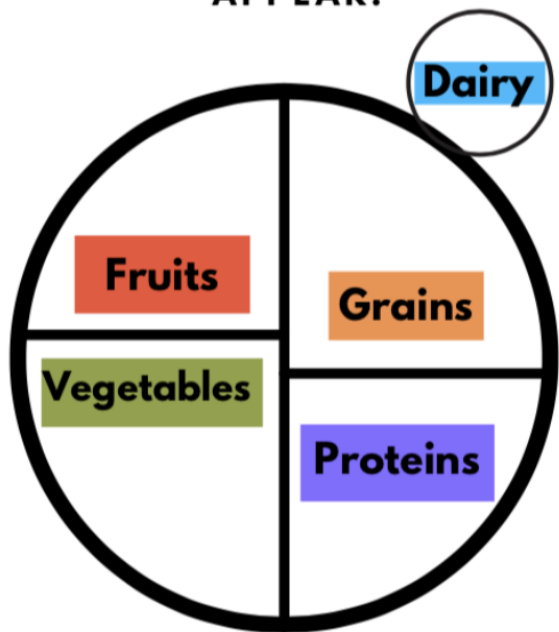
**FOOD:** \_\_\_\_\_

# *The World*



# MYPLATE

WRITE IN WHERE THE FOODS  
APPEAR!



3



**Durian**

榴 槿

**Brown Rice**

玄 米



**Bok Choy**

上 海 青

4



Yakult

ヤクルト

Tofu

豆腐



Chicken Curry

चिकन करी

5

How to use Chopsticks



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

6



# Cucumber Roll-Ups

a fun take on traditional sushi!

## Ingredients

- 1 cucumber
- 1/2 cup of matchstick carrots
- 1 red pepper
- 1 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!