

EXPLORING YOUR FOOD HERITAGE



TasteWiseKids

Exploring your family's food heritage is a great way to reconnect to food, your past and different cultures. Try some of these ideas as starting points for your heritage journey and add your own goals below.

RESOURCES

Watch [Recipe Hunters'](#) videos
Explore [Kid World Citizen](#)

FOODS TO TRY

Try a new ethnic food
Recreate a family recipe

BOOKS TO READ

How to Feed Your Parents
by Ryan Miller
The Story of Chopsticks
by Ying Chang Compestine

PLACES TO GO

Visit an ethnic market
[Tour Grandview Farm by video](#)