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## **Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators January 2008**

This publication is a compilation of educational and background resources for those working with various ethnic/cultural groups. Background materials provide information about customs and cultural influences of groups and information on developing multicultural skills. Some background materials cover the health and nutritional status of groups; however, this is not a major emphasis of this publication. Also included are articles from professional journals on educational interventions with various groups. The practical materials, in English and other languages, cover a wide range of topics including nutrition, food safety, food preparation, food composition, and food-related terminology. They are geared for use in a variety of situations including community, school, patient and staff educational settings. Formats include videos, kits, models, graphics, CD-ROMS, books and booklets, and online documents.

Sources of additional information, including government and educational organizations which produce items that can be ordered, are listed in the last section.

Resources that are part of the National Agricultural Library (NAL) collection have an NAL Call Number listed. Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/bibs/gen/ethnic.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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## Books, Book Chapters, and Booklets

### 50 Web Based Lesson Plans - Ethnic Foods

Learning ZoneXpress, 2006.

**NAL Call Number:** TX66 .A53 2000

**Description:** The material provides ways to explore ethnic foods on the internet. It includes worksheets and exercises about holidays, spices, and unique foods in over 30 different countries. Students can follow the instructions provided to complete the assignments and exercises on their own using the internet.

### A Dictionary of the World's Plant Foods

p. 1711-1886, volume 2, in The Cambridge World History of Food

Kenneth F. Kiple and Kriemhild Conee Ornelas, editors

New York: Cambridge University Press, 2000.

2 volumes

**NAL Call Number:** TX353.C255 2000

**Description:** Includes scientific and common names, as well as food uses and historical information.

### Activity and Eating: Linking Together for Optimal Health and Fitness/ Actividad Física y Alimentación: La Combinación perfecta para una salud y condición física óptimas

Dairy Council of California, 2006.

**NAL Call Number:** RA781.A2818 2006

**Description:** This booklet addresses healthy food and physical activity choices for optimum fitness and well-being. It provides opportunities to develop personalized plans to increase students' physical activity and to plan healthier food options in their day-to-day routines. The idea of healthy weight and general guidelines for weight maintenance is also addressed. This booklet does not provide a low calorie diet suitable for weight loss. Students who may need such counseling should be referred to a physician or a registered dietitian.

### American Dietetic Association Cooking Healthy Across America

American Dietetic Association, Food and Culinary Professionals Dietetics Practice Group and Kristine Napier

Hoboken, NJ: Wiley & Sons, Inc., 2005. 648 p.

**ISBN:** 0471686824

**Description:** This book presents over 300 recipes that draw on the flavors and traditions of various cuisines around the country. This includes stories from the kitchens of ADA's culinary professionals—their special family recipes, cooking secrets, and innovative food prep tips and insights.



**American Indian Food**

Linda Murray Berzok

Westport, CT: Greenwood Publishing Group, 2004. 248 p.

**ISBN:** 0313329893

**NAL Call Number:** E98.F7 B47 2005

**Description:** Chapters on the foodways history, foodstuffs, food preparation, preservation, and storage, food customs, food and religion, and diet and nutrition reveal the American Indians' heritage.

**Contemporary Nutrition for Latinos: A Latino Lifestyle Guide to Nutrition and Health**

Judith C. Rodriguez

Lincoln, NE: iUniverse Publishers, 2004. 186 p.

**ISBN:** 0595297307

**NAL Call Number:** RA784 .R623 2004

**Description:** A guide for Latinos seeking to develop healthy eating habits based on Latino culture. The book provides introductory information, consumer tips, and ideas for developing healthy diet behaviors, and a discussion of food and nutrition issues in this millennium.

**Counseling the Culturally Diverse: Theory and Practice, 5th edition**

Derald Wing Sue and David Sue

New York: J. Wiley & Sons, 2007. 576 p.

**ISBN:** 0470086322

**NAL Call Number:** BF637.C6 S85

**Description:** Primarily geared to mental health professionals, this book discusses effective multicultural counseling and therapy, culturally appropriate intervention strategies, multicultural family counseling and therapy. This book contains sections on counseling African Americans, Asian Americans, American Indians, Alaskan Natives, Hispanic Americans, gays and lesbians, women, the elderly, and persons with disabilities.

**Cultural Foods: Traditions and Trends**

Pamela Goyan Kittler and Kathryn P. Sucher

Belmont, CA: Wadsworth/Thomson Learning, c2000. 531 p.

**ISBN:** 0534573398

**NAL Call Number:** TX725.A1 K545

**Description:** Explores the cuisine of Native Americans, Europeans, Africans, Latinos, Asians, Southeast Asians, Pacific Islanders, Asian Indians, and the people of Greece and the Middle East, as well as the menus common to different regions of the United States, and the traditional fare of the major eastern and western religions.



### **Dietitian's Patient Education Resource Manual, 2nd edition**

Aspen Center for Patient Education

Loose-leaf volume and CD-Rom

Gaithersburg, MD: Aspen Publishers, 2001. 938 p.

**ISBN:** 0834219255

**NAL Call Number:** RM217.2.D54

**Description:** Contains patient education materials in English and Spanish, in two reading levels - third-grade and sixth-grade - for use with patients and their families. Covers healthy eating, weight management, sports and cardiovascular fitness, food sensitivities and intolerance, gastrointestinal disorders, cardiovascular disease, oncology, AIDS/HIV, Kidney disease, diabetes, pulmonary disease and cystic fibrosis, and enteral and parenteral nutrition. Also covers educational needs assessment and teaching strategies.

### **¡Es Fácil! Libro de Recetas/It's Easy! Recipe Book**

Johanna Asarian-Anderson

Los Angeles County California, Public Health Nutrition Program, 2003.

**NAL Call Number:** TX716.A1 I87 2003

**Description:** This cookbook is a collection of primarily Latino recipes from lower income community members of Highland Park, CA. After receiving recipes from community members, the authors modified the recipes to be healthy yet still flavorful. They were then tested by the community members that originally submitted them and received positive feedback. The recipe book also includes information about cooking with herbs, food safety, how to involve children in preparing meals, common measurement conversions, common cooking substitutions and tips for stretching food dollars. Each recipe includes yield and serving size, preparation time, cost per serving, and nutrition facts for selected nutrients. Recipes are grouped according to categories: Appetizers & Beverages; Soups, Salads & Side Dishes; Main Dishes; Dessert & Pastries.

### **Find Out About Food/Conoce La Comida**

Pleasantville, NY: Weekly Reader Publishing, c 2008.

**Description:** This series of English-Spanish bilingual explains the new food pyramid.

**Bread And Cereal/Pan Y Cereales** by Tea Benduhn

**ISBN:** 9780836884548 **NAL Call Number:** jTX769.B46 2007

**Fruit/Fruta** by Tea Benduhn

**ISBN:** 9780836884555 **NAL Call Number:** jTX397.B46 2007

**Meat and Beans/Carne Y Legumbres** by Tea Benduhn

**ISBN:** 9780836884562 **NAL Call Number:** jTX373.B46 2007

**Milk and Cheese/Leche Y Queso** by Tea Benduhn

**ISBN:** 9780836884579 **NAL Call Number:** jTX377.B46 2007

**Vegetables/Vegetales** by Tea Benduhn

**ISBN:** 9780836884593 **NAL Call Number:** jTX401.B46 2007

**Oils/Aceites** by Tea Benduhn

**ISBN:** 9780836884586 **NAL Call Number:** jTX407.B46 2007



## **Food Culture around the World**

Westport, CT: Greenwood Press, c2005.

**Description:** This series of books explores food cultures around the world to take the reader on an adventure in culinary delights and customs. Special attention is paid to historical and religious perspectives as well as the positions held by tradition. Areas of the world covered in the series include:

**Food Culture in South America** by José Rafael Lovera

**ISBN:** 0313327521 **NAL Call Number:** TX716.A1 L68 2005

**Food Culture in Mexico** by Janet Long-Solis and Luis Alberto Vargas

**ISBN:** 031332431X **NAL Call Number:** GT2853.M6 L66 2005

**Food Culture in the Caribbean** by Lynn Marie Houston

**ISBN:** 0313327645 **NAL Call Number:** TX716.A1 H67 2005

**Food Culture in Spain** by F. Xavier Medina

**ISBN:** 0313328196 **NAL Call Number:** TX723.5.S7 M43 2005

**Food Culture in Sub-Saharan Africa** by Fran Osseo-Asare

**ISBN:** 0313324883 **NAL Call Number:** TX725.A4 O78 2005

**Food Culture in India** by Colleen Taylor Sen

**ISBN:** 0313324875 **NAL Call Number:** TX724.5.I4 S38 2004

**Food Culture in Russia and Central Asia** by Glenn Randall Mack

**ISBN:** 0313327734 **NAL Call Number:** TX723.3 .M2356 2005

**Food Culture in Great Britain** by Laura Mason

**ISBN:** 031332798X **NAL Call Number:**

**Food Culture in Near East, Middle East and North Africa** by Peter Heine

**ISBN:** 0313329567 **NAL Call Number:** GT2853.M628 H45 2004

**Food Culture in Italy** by Fabio Parasecoli

**ISBN:** 0313327262 **NAL Call Number:** GT2853.I8 P37 2004

**Food Culture in France** by Julia Abramson

**ISBN:** 0313327971 **NAL Call Number:** TX719.A237 2007

**Food Culture in Japan** by Michael Ashkenazi and Jeanne Jacob

**ISBN:** 0313324387 **NAL Call Number:** TX724.5.J3 A88 2003

**Food Culture in China** by Jacqueline M. Newman

**ISBN:** 0313325812 **NAL Call Number:** TX724.5.C5 N45 2004

## **Growing Fruits & Vegetables Activity Book/ Cultivando Frutas y Vegetales Cuaderno de Actividades**

Laurie Manahan and Martin Manahan

Yummy Designs, 2002.

**NAL Call Number:** TX364 .M248 2002

**Description:** Book features simple concepts and pictures relating to how fruits and vegetables grow and get to market. The book shows children how many different fruits and vegetables they can choose from to eat. Simple stories and activities involve and challenge the child. Every page has questions to discuss, activities to do, and large pictures to color. Pages have both English and Spanish text, and show several Hispanic fruits and vegetables. Book also contains a section on suggested uses, and a reproducible Hand-Out for parents (in English and Spanish).



**Hungry Planet: What the World Eats**

Peter Menzel and Faith D'Aluisio

Berkeley, CA: Ten Speed Press, 2005. 288 p.

**ISBN:** 1580086810

**NAL Call Number:** TX353 .M43 2005

**Description:** Hungry Planet presents a photographic study of families from around the world, revealing what people eat during the course of one week. Each family's profile includes a detailed description.

**Korean Food Guide in English**

The Korea Foundation

Seoul, Korea: Cookand/Besthome Inc., 2003. 168 p.

**ISBN:** 8989782104

**NAL Call Number:** TX724.5.K65K87 2003

**Description:** This guide, consisting of over 800 terms for traditional and modern Korean foods in English and French. Each dish is presented with a brief description of its cultural background and how it is prepared.

**Kosher for Everybody: The Complete Guide to Understanding, Shopping, Cooking, and Eating the Kosher Way**

Trudy Garfunkel

Jossey-Bass, 2004. 272 p.

**ISBN:** 0787975877

**Description:** *Kosher for Everybody* is a guide to kosher foods and services. The book includes a description on the meaning of kosher and how to interpret the symbols used to identify kosher products as well as recipes from appetizers and soups to main courses and desserts.

**Magical Melting Pot Cookbook and Educator's Guide**

Michelle Greenwald

Cherry Press, 2003.

**ISBN:** 0971756503

**NAL Call Number:** TX725.A1 G726 2003 Cookbook, TX661 .G73 2006 Educator's Guide

**Description:** *Cookbook-* is and educator's guide to teach kids about food, career choices, geography and language - and introduce them to international food and culture. It is a multicultural cookbook for all ages. The material can be used for junior high, high school, and summer school programs, and kid cooking classes.



### **The New Handbook of Multicultural Assessment**

Lisa A. Suzuki, Joseph G. Ponterotto and Paul J. Meller  
San Francisco, CA: Jossey-Bass Publishing, 2000. 448 p.  
**ISBN:** 0787951771

**Description:** This analysis of multicultural assessment covers significant issues, including the major instruments and procedures, cognitive and educational assessment, and cross-cultural sensitivity and ethics. The material includes current empirical research, theory, and specific recommendations. It includes case studies that illustrate culturally sensitive procedures and tables that highlight comparisons between particular measures, competencies, and assessment practices.

### **Nutrición Para la Embarazada**

(Spanish language "Eating Expectantly")  
Bridget Swinney  
1 volume (loose-leaf)

**NAL Call Number:** RG559.N88 2000

**Description:** A set of tip sheets covering various aspects of good nutrition during pregnancy, including meal and snack planning, weight gain, gestational diabetes, vegetarian meal planning, and coping with morning sickness. Note: Spanish title supplied by cataloger, not author.

### **Overcoming Communication Barriers in Patient Education**

Helen Osborne  
Gaithersburg, MD: Aspen Publishers, 2001. 65 p.  
**ISBN:** 083422030X

**NAL Call Number:** R118.O83 2001

**Description:** A guide to teaching patients who speak little or no English, come from other cultures, have visual or hearing impairment, or poor reading skills.

### **Spanish for the Nutrition Professional**

Peggy A. Batty  
Chicago, IL: American Dietetic Association, 2005. 160 p.  
**ISBN:** 0880914068

**NAL Call Number:** PC4120.N87 B38 2005

**Description:** This reference is designed to assist the dietetic professional in communicating with and counseling the Spanish speaking client. This resource contains English-to-Spanish translations of measurements, numbers, phrases, and common foods, as well as sections on culture-sensitive interviewing, working with interpreters and choosing culturally appropriate materials. Complete with illustrations for basic food items, this pocket guide is a valuable resource for any practitioner working with Spanish speaking patients.



## **Staying Healthy with Diabetes: A Guide for the Chinese American Community**

Sophia Cheung and Joslin Diabetes Center

Massachusetts, 2004. 111 p.

**Description:** A primary focus of the Guide for the Chinese American Community is nutrition – including meal planning, carbohydrate choices and the carbohydrate content of common Chinese ingredients, culturally appropriate ingredients, and Chinese food choices. It also includes a section on the carbohydrate content of common dim sum dishes as well as restaurant dining-out options.

### **Full-Text Online Information**

#### **A River of Recipes: Native American Recipes Using Commodity Foods**

United States Department of Agriculture, Food and Nutrition Service

[http://www.fns.usda.gov/fdd/recipes/hhp/fdpir-cookbk\\_river1.pdf](http://www.fns.usda.gov/fdd/recipes/hhp/fdpir-cookbk_river1.pdf)

**Description:** Provides many recipes of interest to Native Americans incorporating foods that are distributed through Commodity Foods Programs. Also has information on food safety and food measurements.

#### **El Acido Folico**

(Spanish language "Folic Acid Fact Sheet")

March of Dimes

[http://www.nacersano.org/acido\\_folico/9182.asp](http://www.nacersano.org/acido_folico/9182.asp)

**Description:** Explains the importance of folic acid in preventing neural tube defects. Part of the March of Dimes Spanish language web site at <http://www.nacersano.org/>

#### **African American Program**

American Diabetes Association

<http://www.diabetes.org/africanamerican/>

**Description:** Aimed at increasing awareness of diabetes among the African American Community. Provides information on program activities as well as consumer education materials such as:

Diabetes Risk Test <http://www.diabetes.org/risk-test.jsp>

#### **Alimentando a su Bebé con Leche Materna o Biberón**

(Spanish language "Feeding Baby With Breast Milk or Formula")

Food and Drug Administration

PDF version: <http://www.fda.gov/opacom/lowlit/sfeedbby.pdf>

HTML version: <http://www.fda.gov/opacom/lowlit/sfeedbby.html>

**Description:** Discusses benefits of breastfeeding and gives tips for successful breastfeeding. Also covers selection and safe use of formula.



### **Awakening the Spirit: Pathways to Prevention & Control**

American Diabetes Association

<http://www.diabetes.org/communityprograms-and-localevents/nativeamericans/awakening.jsp>

**Description:** Aimed at increasing awareness of diabetes among the Native American community.

### **Bi-Lingual Booklets on Cardiovascular Risk Factors**

National Heart, Lung, and Blood Institute

[http://www.nhlbi.nih.gov/health/prof/heart/latino/lat\\_8pub.htm](http://www.nhlbi.nih.gov/health/prof/heart/latino/lat_8pub.htm)

**Description:** Written especially for Latino families, these bilingual booklets explain steps people can take to reduce their risk of having a heart attack or stroke. Print copies are also available (see the following web pages).

¡Coma menos sal y sodio! (Cut Down on Salt and Sodium)

[http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_salt.htm](http://www.nhlbi.nih.gov/health/public/heart/other/sp_salt.htm)

¡Conozca su nivel de colesterol! (Learn Your Cholesterol Number)

[http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_chonu.htm](http://www.nhlbi.nih.gov/health/public/heart/other/sp_chonu.htm)

¡Cuide su peso! (Watch Your Weight)

[http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_wt.htm](http://www.nhlbi.nih.gov/health/public/heart/other/sp_wt.htm)

¡Manténgase activo y siéntase bien! (Stay Active and Feel Better)

[http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_act.htm](http://www.nhlbi.nih.gov/health/public/heart/other/sp_act.htm)

¡Póngase en acción-prevenga la alta presión! (Take Steps - Prevent High Blood Pressure)

[http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_hbp.htm](http://www.nhlbi.nih.gov/health/public/heart/other/sp_hbp.htm)

¡Proteja su corazón - baje su colesterol! (Protect Your Heart - Lower Your Blood Cholesterol)

[http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_chol.htm](http://www.nhlbi.nih.gov/health/public/heart/other/sp_chol.htm)

¡Reduzca la grasa-no el sabor! (Cut Down on Fat - Not on Taste)

[http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_fat.htm](http://www.nhlbi.nih.gov/health/public/heart/other/sp_fat.htm)

¡Rompa con el hábito de fumar! (Kick the Smoking Habit)

[http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_smok.htm](http://www.nhlbi.nih.gov/health/public/heart/other/sp_smok.htm)

### **Bilingual Multicultural Nutrition and Diabetic Handouts**

The Nutrition Education for New Americans Project

<http://monarch.gsu.edu/multiculturalhealth/>

**Description:** Handouts covering such topics as diabetes, child and maternal nutrition, health for older adults and suggestions for better health overall. The guidelines in these handouts are based on the old Food Guide Pyramid and the program that created the handouts no longer has funding so they will not be updated. The contact information on the handouts is not active; however, the materials may still be relevant. Languages include: Amharic, Arabic, Bengali, Bosnian, Cambodian, Chinese, English, Farsi, French, German, Greek, Gujarati, Haitian-Creole, Hebrew, Hindi, Hmong, Igbo, Japanese, Korean, Kurdish, Laotian, Oromo, Polish, Portuguese, Romanian, Russian, Somali, Spanish, Swahili, Thai, Tigrinian, Turkish, Ukranian, Urdu, Vietnamese, and Yoruba.



## **Building Healthy Hearts for American Indians and Alaska Natives: A Background Report National Heart, Lung, and Blood Institute**

[http://www.nhlbi.nih.gov/health/prof/heart/other/na\\_bkgd.pdf](http://www.nhlbi.nih.gov/health/prof/heart/other/na_bkgd.pdf)

**Description:** Provides a comprehensive overview of cardiovascular disease in the American Indian and Alaska Native population, including epidemiology, perceptions of health, descriptions of existing programs, relevant theoretical models, and recommendations for program planners.

## **Childhood Obesity Prevention with Asian Families**

University of California, Berkeley, Center for Weight and Health

[http://nature.berkeley.edu/cwh/activities/asian\\_lang\\_publications.shtml#download](http://nature.berkeley.edu/cwh/activities/asian_lang_publications.shtml#download)

**Description:** This is a series of five culturally-sensitive and relevant educational pamphlets that can help immigrant Asian parents understand how they can adapt to a new environment and food supply in a way that will foster the health and welfare of their children. They were developed in light of studies which have shown that the diets of low income Food Stamp Certified Eligible and Food Stamp Likely Eligible immigrants to the United States become less nutrient dense as immigrant families acculturate. Risk for obesity increases as each generation becomes more and more "Americanized" in terms of their eating patterns. These materials were developed with the purpose of reducing the risk of adult and child obesity among specific Asian immigrant populations. Funded by the Food Stamp Nutrition Education Program, United States Department of Agriculture. Available in Korean, Vietnamese, Chinese, Hmong and English.

## **Commodity Recipe Exchange**

United States Department of Agriculture, Food and Nutrition Service

<http://www.fns.usda.gov/fdd/recipes/default.htm>

**Description:** Has recipes that are intended to help school food service personnel and household program administrators find new and different ways to prepare USDA commodities. It is also a place to share creative and innovative menu ideas particularly for hard-to-use commodities.

## **Controle su Diabetes**

(Spanish language "Control Your Diabetes")

Centers for Disease Control and Prevention

<http://www.cdc.gov/diabetes/pubs/pdf/spanish.pdf>

**Description:** Part of CDC's Spanish language web site at:

<http://www.cdc.gov/spanish/default.htm>, this 118-page publication discusses various aspects of diabetes control, including diet. See also CDC's National Hispanic/Latino Diabetes Initiative for Action at <http://www.cdc.gov/diabetes/projects/latino.htm>

## **Cook's Corner**

Ohio Commission on Minority Health

<http://mih.ohio.gov/cooks.stm>

**Description:** Has popular ethnic dishes that have been modified by dietitians to reduce fat, sugar and/or sodium content.



## **Cultural Diversity: Eating in America Fact Sheets**

Ohio State University Extension

**Description:** Provides information about food habits and preparation techniques as well as teaching tips.\*

African American <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5250.html>

Amish <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5251.html>

Appalachian <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5252.html>

Asian <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5253.html>

Hmong <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5254.html>

Mexican-American <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5255.html>

Middle Eastern <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5256.html>

Puerto Rican <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5257.html>

Vietnamese <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5258.html>

\*For discussion of the development and evaluation of these fact sheets, see:

"Cultural Diversity: Eating in America." Cheryle Jones Syracuse. Journal of Nutrition Education, 30:178B, 1998. NAL CALL NUMBER: TX341.J6

## **La Diabetes Entre los Latinos**

(Spanish language Diabetes in Latinos)

American Diabetes Association

[http://www.diabetes.org/enespanol/spanish.jsp?WTLPromo=HEADER\\_espanol&vms=132051291057](http://www.diabetes.org/enespanol/spanish.jsp?WTLPromo=HEADER_espanol&vms=132051291057)

**Description:** Aimed at increasing awareness of diabetes among the Latino community.

## **Diabetes in American Indians and Alaska Natives**

National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health

<http://diabetes.niddk.nih.gov/dm/pubs/americanindian/index.htm>

**Description:** Explains what diabetes is, what health problems can result from diabetes, and why Native Americans are at an increased risk for developing it.

## **Dieta Para un Corazón Saludable**

(Spanish language "Eating for a Healthy Heart")

Food and Drug Administration

PDF version: <http://www.fda.gov/opacom/lowlit/shlyhart.pdf>

HTML version: <http://www.fda.gov/opacom/lowlit/shlyhart.html>

**Description:** Dietary guidelines for reducing risk of coronary disease, in easy-to-read format.

## **Eat Smart Play Hard Materials en Español**

United States Department of Agriculture, Food and Nutrition Service

[http://www.fns.usda.gov/eatsmartplayhard/collection/sp-collect\\_tools.html](http://www.fns.usda.gov/eatsmartplayhard/collection/sp-collect_tools.html)

**Description:** Materials include bookmarks, brochures, activity sheets, and posters.



### **Eating Healthy with Ethnic Food**

The National Heart, Lung, and Blood Institute

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/eth\\_dine.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/eth_dine.htm)

**Description:** The new National Heart, Lung, and Blood Institute Obesity Guidelines recommend trying different ethnic cuisines to give yourself a taste treat while counting calories and fat. Many ethnic cuisines offer lots of low fat, low calorie choices. So if you want to eat healthy and still have lots of different choices, take a taste adventure with ethnic foods. Here's a sample of healthy food choices (lower in calories and fat) and terms to look for when making your selection.

### **Food Distribution Program on Indian Reservations Fact Sheet**

United States Department of Agriculture, Food and Nutrition Service

<http://www.fns.usda.gov/fdd/programs/fdpir/pfs-fdpir.pdf>

**Description:** Explains USDA's Food Distribution Program on Indian Reservations (FDPIR) including eligibility, and foods and services provided.

### **The Food Safe Schools Action Guide: Spanish Language Materials**

Food Safe Schools

[http://www.foodsafeschools.org/FSAG\\_CD/espanol.htm](http://www.foodsafeschools.org/FSAG_CD/espanol.htm)

**Description:** This multifaceted implementation tool is comprised of a variety of products specially designed to help school staff in their efforts to make their school food-safe. Available in both hard copy and downloadable formats and can help schools identify gaps in food safety and develop an action plan for becoming food-safe.

### **Food Safety Information in Other Languages**

FoodSafety.gov

<http://www.foodsafety.gov/~fsg/fsqlang.html>

**Description:** Food safety documents in a variety of languages

Chinese Language Documents I <http://www.foodsafety.gov/~fsg/fsq-zht.html>

Chinese Language Documents II <http://www.foodsafety.gov/~fsg/fsq-zhs.html>

French Language Documents <http://www.foodsafety.gov/~fsg/fsq-fr.html>

German Language Documents <http://www.foodsafety.gov/~fsg/fsq-de.html>

Japanese Language Documents <http://www.foodsafety.gov/~fsg/fsq-ja.html>

Korean Language Documents <http://www.foodsafety.gov/~fsg/fsq-ko.html>

Portuguese Language Documents <http://www.foodsafety.gov/~fsg/fsq-pt.html>

Russian Language Documents I <http://www.foodsafety.gov/~fsg/fsq-ru1.html>

Russian Language Documents II <http://www.foodsafety.gov/~fsg/fsq-ru2.html>

Spanish Language Documents <http://www.foodsafety.gov/~fsg/fsq-es.html>



### **Foreign Language Documents and Videos**

United States Food and Drug Administration, Center for Food Safety and Applied Nutrition

<http://www.cfsan.fda.gov/~mow/internat.html>

**Description:** This site provides links to documents in English, Arabic, Chinese, French, German, Hindi, Italian, Japanese, Korean, Malay, Polish, Portuguese, Russian, Spanish, and Thai. Applicable topics may include foodborne illnesses, HACCP, food labeling and food safety programs.

### **Health Information for Minority Women**

The Office on Women's Health, U.S. Department of Health and Human Services

<http://www.4woman.gov/minority/>

**Description:** Health information, including general nutrition, diabetes, heart disease, and osteoporosis, geared to African American, American Indian/Alaskan Native, Asian Pacific Islander, and Hispanic/Latina women.

### **Health Education Materials**

Chinese Community Health Resource Center

<http://www.cchrhealth.net/en/healthinfo/materials.html>

**Description:** English and Chinese health education materials ranging in topic from diabetes to exercise and fitness.

### **Heart-Healthy Home Cooking African American Style**

The National Heart, Lung, and Blood Institute

<http://rover.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf>

**Description:** This recipe book brings together many African American favorite recipes, prepared in a heart-healthy way lower in fat, especially saturated fat, cholesterol, and sodium! It shows how to prepare dishes in ways that help protect you and your family from heart disease and stroke.

### **Identification Guide of Vegetables and Herbs and Identification Guide of Exotic Fruits**

[http://www.aphis.usda.gov/ppq/manuals/pdf\\_files/Fruits%20and%20Vegetables.pdf](http://www.aphis.usda.gov/ppq/manuals/pdf_files/Fruits%20and%20Vegetables.pdf)

(PDF file)

**Description:** These are sections of Regulating the Import of Fresh Fruits and Vegetables, a manual published by USDA's Animal and Plant Health Inspection Service. The manual covers fruits, vegetables and herbs imported into the U.S. from other countries. Descriptions contain common and scientific names, as well as pictorial identification guides.



## **Improving Cardiovascular Health in African Americans**

National Heart, Lung, and Blood Institute

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/index.htm>

**Description:** Easy-to-read booklets covering control of high blood pressure, cholesterol and weight, as well as physical activity and smoking cessation. Information on ordering print copies is located on the same web page.

Empower Yourself! Learn Your Cholesterol Number

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/empower.htm>

Be Heart Smart! Eat Foods Lower in Saturated Fat and Cholesterol

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/smart.htm>

Protect Your Heart! Prevent High Blood Pressure

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/protect.htm>

Spice Up Your Life! Eat Less Salt and Sodium

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/spice.htm>

Embrace Your Health! Lose Weight If You Are Overweight

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/embrace.htm>

Energize Yourself! Stay Physically Active

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/energize.htm>

Refresh Yourself! Stop Smoking

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/refresh.htm>

## **Información de Salud en Español**

The Young Women's Resource Center, Children's Hospital Boston

<http://www.youngwomenshealth.org/sphealthinfo.html>

**Description:** Spanish language health information, including nutrition topics, geared to young women.

## **Integrated Food Safety Information Delivery System**

Department of Inspections and Appeals, Iowa

<http://www.profoodsafety.org/>

**Description:** Has food safety fact sheets for use in food establishments, in 14 languages.

## **Korean Foods – Healthy Food Options: What to Eat More of and What to Eat Less of**

University of California, Berkeley

[http://nature.berkeley.edu/cwh/PDFs/CWH\\_English\\_koreanfood.pdf](http://nature.berkeley.edu/cwh/PDFs/CWH_English_koreanfood.pdf)

**Description:** Traditionally, Korean foods are low in fat and high in both fiber and sodium. Traditional meals are usually well balanced; however, Korean-Americans often combine Korean diets with Western diets. This combination has been seen to increase the fat and sugar content in the diets consumed. When consumed in excess, this can increase the risk of obesity, cancer and other chronic diseases. Thus, it is important to select a healthy variety of foods for your children to eat and grow strong.



### **Kosher Q&A**

Union of Orthodox Jewish Congregations of America

<http://www.ou.org/kosher/kosherqa/>

**Description:** Questions and answers about Kosher food and Kosher supervision of food production.

### **Listeriosis (Spanish language)**

Centers for Disease Control

[http://www.cdc.gov/ncidod/dbmd/diseaseinfo/listeriosis\\_g\\_span.htm](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/listeriosis_g_span.htm)

**Description:** Discusses what listeriosis is, what the symptoms are, and how to prevent it. English version available at

[http://www.cdc.gov/ncidod/dbmd/diseaseinfo/listeriosis\\_g.htm](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/listeriosis_g.htm)

### **Más Vale Prevenir: Que Lamentar/An Ounce of Prevention: A Guide To Heart Health**

National Heart, Lung, and Blood Institute

[http://www.nhlbi.nih.gov/health/prof/heart/latino/lat\\_foto.htm](http://www.nhlbi.nih.gov/health/prof/heart/latino/lat_foto.htm)

**Description:** This photonovela, in both Spanish and English versions, is a simple, entertaining, and colorful cartoon style storybook with five brief stories on how to prevent heart disease. Each story includes a workbook segment to help the readers write down their personal pledges to improve their heart health and chart their own progress. Print copies in Spanish can also be ordered (see web site).

Spanish version [http://www.nhlbi.nih.gov/health/prof/heart/latino/foto\\_sp.pdf](http://www.nhlbi.nih.gov/health/prof/heart/latino/foto_sp.pdf)

English version [http://www.nhlbi.nih.gov/health/prof/heart/latino/foto\\_eng.pdf](http://www.nhlbi.nih.gov/health/prof/heart/latino/foto_eng.pdf)

### **Mealtime Memo for Childcare**

National Food Service Management Institute

[http://www.nfsmi.org/Information/Newsletters/Mealtime\\_memo\\_index.html](http://www.nfsmi.org/Information/Newsletters/Mealtime_memo_index.html)

**Description:** Two-page fact sheet for the CACFP, published six times per year. Includes a wide variety of topics related to child care. Menus, recipes, and activities are often featured. Also available in Spanish.

### **Milk Matters Materials and Publications in English and Spanish**

National Institute of Child Health & Human Development

<http://www.nichd.nih.gov/publications/pubskey.cfm?from=milk>

**Description:** Materials geared towards increasing calcium consumption by children and teens. Print copies can also be ordered.

### **MyPyramid for Pregnancy**

USDA Center for Nutrition Policy and Promotion

<http://www.mypyramid.gov/mypyramidmoms/index.html>

**Description:** MyPyramid.gov is designed for pregnant and breastfeeding women to help them and their babies stay healthy.



## **National Hispanic/Latino Diabetes Initiative for Action Graphic**

Centers for Disease Control and Prevention

<http://www.cdc.gov/diabetes/projects/pdfs/latino.pdf>

**Description:** Bilingual (Spanish and English) graphic

## **Native American Health Recipes**

Cruz H. Acevedo Jr.

Northern California Indian Development Council

<http://www.ncidc.org/foodnut.htm>

**Description:** The Northern California Indian Development Council, Inc. administrates a state-wide California Food & Nutrition Program (CFNP) designed to develop nutrition education programs and inform tribal governments and Indian communities of nutrition programs available through the federal government. It is an informational project to get more Indian communities to participate in programs such as the summer food program and the school breakfast program.

## **Nutrición (Nutrition Care)**

University of Utah Health Sciences Center

<http://www.med.utah.edu/pated/handouts/categoryspanbackup.cfm?cat=NUTRICION&engcat=Nutrition+Care&patient>

**Description:** A variety of Spanish language patient nutrition education materials. PDF versions are also available from web site.

Análisis de Azúcar en la Sangre (Blood Sugar Screen)

<http://uuhsc.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S1389>

Ayuda para Pacientes con Diabetes Tipo 2: El Comer saludablemente Es Fácil:

Nueva Guía para Dieta de Diabetes del Tipo 2 (New Dietary Guidelines For Type 2 Diabetics)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S914>

Ayuda para Pacientes con Diabetes Tipo 2 Mantenerse en Forma es la Clave para Controlar la Diabetes (Keeping Fit Is the Key to Diabetes Control)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S913>

Calcio: Haciendo que sus Huesos Valgan (Calcium: Getting Your Bones Worth!)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S909>

Cómo Comer Bien Cuando Ud. Debe Estar en Cama (When You Must Rest In Bed)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S832>

Dieta Alta en Residuos o Alta en Fibras (High Residue or High Fiber Diet)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S1522>

Dieta de 2-3 Gramos de Sodio (2-3 Gram Sodium Diet)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S906>

Dieta de Intolerancia a la Lactosa (Lactose Intolerance Diet)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S866>

Dieta de Proteína Controlada (Protein Controlled Diet)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S861>

Dieta para Enfermedades Renales (Diet For Kidney Disease)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S858>

Extracción y Almacenamiento de Leche Materna (Pumping and Milk Storage)



<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S1358>

Fuente de Calcio en su Dieta (Sources of Calcium in Your Diet)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S1277>

Fundamentos de la Pérdida de Peso (Fundamentals of Weight Loss)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S152>

Guía-de Alimentos sin Gluten (Gluten-Free Guidelines)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S874>

Ideas Para Comidas y Meriendas Rápidas, Fáciles y Saludables para el Corazón  
(Ideas For Fast & Easy Heart Healthy Meals and Snacks)

<http://uuhsc.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S853>

Mi Planificación Alimenticia (My Meal Planning Guide)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S886>

Nutrición Durante el Embarazo (Nutrition During Pregnancy)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S885>

Pautas para Personas Diabéticas Cuando se Enferman (Sick-Day Guidelines For  
People with Diabetes)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S854>

Sea Responsable por Su Salud (Be Responsible for Your Health)

Substituciones Saludables para el Corazón (Heart Healthy Substitutions)

Una Guía Para Elegir Alimentos Bajos En Grasas Y Colesterol (A Guide to Choosing  
Low-Fat, Low-Cholesterol Foods)

<http://uuhsc.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S889>

### **Pierda Peso sin Riesgo Para la Salud**

(Spanish language "Losing Weight Safely")

Food and Drug Administration

PDF version: <http://www.fda.gov/opacom/lowlit/sweghtls.pdf>

HTML version: <http://www.fda.gov/opacom/lowlit/sweghtls.html>

**Description:** This brochure gives tips for losing weight and for choosing a weight loss program. English version available at <http://www.fda.gov/opacom/lowlit/weightls.pdf>

### **Platillos Latinos ¡Sabrosos y Saludables! (Delicious Heart-Healthy Latino Recipes)**

National Heart, Lung, and Blood Institute

[http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_recip.htm](http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.htm)

**Description:** This bilingual (Spanish and English) cookbook contains 23 tested recipes that cut down on fat, cholesterol, and sodium but not on taste. Information on ordering print copies is located on the same web page.



### **El Primer Año del Bebe**

(Spanish language "Parenting: The First Year")

University of Wisconsin Extension Service, hosted by Rutgers Cooperative Extension

1 Month: <http://njaes.rutgers.edu/pubs/publication.asp?pid=E235SP>

2-3 Months: <http://njaes.rutgers.edu/pubs/publication.asp?pid=E236SP>

3-4 Months: <http://njaes.rutgers.edu/pubs/publication.asp?pid=E237SP>

4-5 Months: <http://njaes.rutgers.edu/pubs/publication.asp?pid=E238SP>

5-6 Months: <http://njaes.rutgers.edu/pubs/publication.asp?pid=E239SP>

6-7 Months: <http://njaes.rutgers.edu/pubs/publication.asp?pid=E240SP>

7-8 Months: <http://njaes.rutgers.edu/pubs/publication.asp?pid=E241SP>

8-9 Months: <http://njaes.rutgers.edu/pubs/publication.asp?pid=E242SP>

9-10 Months: <http://njaes.rutgers.edu/pubs/publication.asp?pid=E243SP>

10-11 Months: <http://njaes.rutgers.edu/pubs/publication.asp?pid=E244SP>

11-12 Months: <http://njaes.rutgers.edu/pubs/publication.asp?pid=E245SP>

12 Months: <http://njaes.rutgers.edu/pubs/publication.asp?pid=E246SP>

**Description:** Describes developmental stages including feeding issues.

### **Recetas para el Exito** (Recipes for Success)

California Adolescent Nutrition and Fitness (CANFit) Program

<http://www.canfit.org/>

**Description:** This manual is a practical "how-to" guide for those wanting to create a nutrition and physical activity program for adolescents.

### **Reclaim Your Body and Health: Nutrition Facts and Commodity Food Recipes for the California Indian Community**

Mary E. Farkas

Northern California Indian Development Council, Inc. and California Native Food and Nutrition Program

<http://www.ncidc.org/food/NACOOKBK.PDF>

**Description:** This cookbook contains some great recipes as well as nutritional information regarding weight loss, children, pregnancy, and native foods. All of the recipes in this cookbook are appropriate for diabetics, people with heart disease, and people with most gastro-intestinal problems. They are low in fat, have good fiber sources, and are delicious! We hope that you will begin to use these recipes every day to help your family stay healthy. We use commodity foods whenever possible. Sample meal plans are included.



### **Sample Reduced-Calorie Menus**

National Heart, Lung, and Blood Institute

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/sampmenu.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/sampmenu.htm)

**Description:** Part of NHLBI's Aim for a Healthy Weight web site at [http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm), these provide examples of 1200 and 1600 calorie menus using foods familiar to various groups.

Asian-American Cuisine

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/asian.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/asian.htm)

Southern Cuisine

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/southern.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/southern.htm)

Mexican-American Cuisine

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/mex\\_amer.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/mex_amer.htm)

### **La Seguridad En El Manejo De Alimentos**

(Spanish Language "Safety in Food Handling" Series)

National Network for Child Care

<http://www.nncc.org/Nutrition/sp.manejo3.html>

**Description:** Practical food safety information for those involved in child care.

### **Sisters Together: Move More, Eat Better**

National Institute of Diabetes & Digestive & Kidney Diseases

<http://win.niddk.nih.gov/sisters/index.htm>

**Description:** This program was designed to encourage African American women aged 18 to 35 to control their weight by increasing physical activity and eating healthy foods. Program guide and materials are available on the web site.

### **Spanish Language Food and Nutrition Materials**

NOAH: New York Online Access to Health

<http://www.noah-health.org/es/healthy/nutrition/index.html>

**Description:** Over 100 educational materials covering a wide variety of basic and therapeutic nutrition and food safety topics. Materials include those developed by NOAH.

### **Su Corazón Su Vida: Manual Del Promotor Y Promotora De Salud**

(Spanish language "Your Heart Your Life: A Lay Health Educator's Manual")

National Heart, Lung, and Blood Institute

[http://rover.nhlbi.nih.gov/health/prof/heart/latino/lat\\_mnl.htm](http://rover.nhlbi.nih.gov/health/prof/heart/latino/lat_mnl.htm)

**Description:** A comprehensive culturally appropriate, user friendly 9-lesson course on heart-health education for the Latino community. Filled with skill-building activities, reproducible handouts, and idea starters. English version and print copies are also available (see web site.)



### **Take Charge of your Diabetes**

Hawaii State Department of Health

<http://www.hawaii.gov/health/family-child-health/chronic-disease/diabetes/resourcesandtools.html>

**Description:** This booklet is a multi-language publication that discusses the various problems associated with diabetes and how to take control. Languages included are: English, Samoan, Tongan, Hawaiian, Chuukese, Marshallese, Tagalog, Vietnamese, Chinese and Ilokano.

### **Vietnamese Foods – Healthy Food Options: What to Eat More of and What to Eat Less of**

University of California, Berkeley

[http://nature.berkeley.edu/cwh/PDFs/CWH\\_English\\_vietfood.pdf](http://nature.berkeley.edu/cwh/PDFs/CWH_English_vietfood.pdf)

**Description:** The traditional Vietnamese diet is usually low in fat and high in fiber because of high fruit and vegetable consumption and low meat intake. However, growing up in America, children often eat both Vietnamese and Western foods. These foods can be very high in fat and sugar. High consumption of these foods can adversely affect our children's health and increase their risk of becoming overweight. Being selective and properly preparing a healthy variety of Vietnamese and Western foods for your children will help them to grow strong.

### **What Is Halal?**

The Islamic Food and Nutrition Council of America (IFANCA)

<http://www.ifanca.org/>

**Description:** Part of the IFANCA web site, this page describes the foods appropriate under Muslim law for Halal consumers.

## **Videos, Kits, Models, and Graphics**

### **A Tour of Ethnic Food Stores**

Learning ZoneXpress, 2002.

1 DVD (45 min.)

**Description:** This DVD takes you on a tour with Chef Andrew Zimmern through Hispanic, Italian and Chinese grocery stores. This provides the experience of culture and history of many countries. The DVD introduces basic and unique ingredients as well as the Food Guide Pyramid in each culture. The material includes teaching resources.



### **American Foods of the South Set**

Life/form replicas; 10 plastic models

Contents: Barbecued chicken, black-eyed peas, collard greens with salt pork, corn bread, diced turnips with tops, grits, hush puppies, lima beans with salt pork, pan-fried catfish, roasted spareribs.

Ft. Atkinson, WI: NASCO

**NAL Call Number:** Model no. 6

**Description:** This package contains 11 models of foods of the American South. The models are teaching aids for demonstrating the variety of foods used to prepare authentic ethnic dishes.

### **Bugs for Breakfast: Food & Culture**

Learning Seed, 2001.

1 DVD (19 min.)

**NAL Call Number** DVD no. 116

**Description:** A multi-cultural look at how we eat. The DVE explore basic questions about foods consumed by many cultures as well how culture influences dietary choices.

### **Children and Teens with Type 2 Diabetes**

Health Edco, 2003.

1 DVD (18 min.)

**NAL Call Number:** Videocassette no. 3492 Spanish, Videocassette no. 3491 English

**Description:** Geared toward children and teens, this video defines type 2 diabetes and explains how being overweight and sedentary combine with genetic factors in causing this disease. Describes how families can lend support with dietary and other lifestyle habits. Gives a variety of dietary suggestions and exercise choices for grades 1-12.

### **Cooking Demo II**

Food and Health Communications, 2005.

**NAL Call Number:** Kit No. 469

**Description:** Contains food demonstration lessons that emphasize the use of fruit, vegetables, whole grains and beans. While mostly for use with consumers, one lesson addresses training staff on food safety during food demonstrations. Ethnic Cooking lessons are also included. Lesson leader guides feature objectives, rationale, materials needed, preparation required, activity ideas, recipes, make-ahead options and garnish/presentation tips.



## **Cooking With Kids: Integrated Curriculum Guide / Cocinando Con Niños : Guía del Plan de Estudios Integrado**

Lynn Walters and Jane Stacey

Cooking with Kids, 2005.

**NAL Call Number:** TX661 .W343 2005

**Description:** "Cooking with Kids" engages elementary school children in hands-on learning with fresh, affordable foods from diverse cultures. Students are encouraged to explore many varieties of foods using all of their senses, to have fun, and to exercise choice. Grade divisions within lessons for K-1, 2-3 and 4-6.

### **Ethnic Eating: Japanese Foods**

Learning ZoneXpress, 2004.

1 Videocassette (14 min.) (VHS)

**NAL Call Number:** Videocassette no. 3514

**Description:** A knowledge of food terms and eating etiquette for eating Japanese Foods. Chef Andrew Zimmern reviews the cultural history of Japan's foods. He interviews the owner of a Japanese restaurant and presents a food tour of Japanese dishes. Teaching materials are included.

### **Ethnic Eating: Spanish Foods**

Learning ZoneXpress, 2004.

1 Videocassette (17 min.) (VHS)

**NAL Call Number:** Videocassette no. 3513

**Description:** Chef Andrew Zimmern tours a Spanish restaurant and gives students the basics of Spanish ingredients, topas, and regional dishes -- as well as Spain's history and culture. He also interviews the restaurant owner about the popularity of Spanish foods. Teaching materials are included.

### **Exploring the New Food Pyramid**

National Health Video, Inc., 2006.

1 DVD (20 min.)

**NAL Call Number:** DVD no. 85 Spanish, DVD no. 84 English

**Description:** At last! The new food pyramid, or rather, food pyramids, explained. Exploring MyPyramid takes the viewer on a tour of the pyramid, using a sample 2000 calorie/day diet. The key points of the 2005 Dietary Guidelines are incorporated, with lots of examples.

### **Fit Kids = Happy Kids/Niños Saludables = Niños Felices**

Southwest Region Educating Communities on Healthy Options, Southwest Region WIC Programs, 2005.

**NAL Call Number:** Kit no. 495

**Description:** This tool kit was developed from teleconferences held for WIC educators titled "On the Road to Excellence" in 2001 and "On the Road to Excellence: Fit Kids" in 2003. The kit can be customized by state agencies. You can insert culturally specific graphics and illustrations, use the kit to support current state activities, or use it with 12 vignettes on DVD from the WIC Fit Kids teleconference to



train staff. Features of the tool kit include: "Healthy Habits for Healthy Weights/Hábitos sanos para un peso sano" flip chart in 8 ½ X 11" or 16 X 20" sizes. The flip charts are designed to reinforce positive eating, activity and TV behaviors and answer parents' questions about how they can help their children develop healthy habits. To reinforce the messages of the flip chart, the tool kit also includes "Jump for Joy/Brinca con Blanca," a children's physical activity and nutrition book, and a poster, "Help your child build healthy habits for a lifetime./Las costumbres saludables de hoy duran toda la vida." Also included is an educator-focused training manual which contains six modules.

### **Food and Fitness Matter: Raising Healthy, Active Kids**

Parents' Action for Children, 2006.

1 DVD (24 min.)

**NAL Call Number:** DVD no. 124 English, DVD no. 119 Spanish

**Description:** Food & Fitness Matter provides parents the information and support they need to make changes at home and in their local schools. In the video, health and nutrition experts, including former U.S. Surgeon General Dr. David Satcher, explain: the causes for the dramatic increase in overweight kids; the health problems posed by the childhood obesity epidemic. The video also presents: practical tips for parents to improve diet and fitness at home and profiles of schools and districts that successfully switched to healthier foods.

### **Food Replica Package No. 3**

Life/form replicas; 26 plastic models

Ft. Atkinson, WI: NASCO, 1981.

**NAL Call Number:** Model no. 5

**Description:** Contains the following food models: Meat, seafood, poultry: ham slices, beef roast, steak, pork sausage, shrimp. Mexican-American foods: enchiladas, flour tortilla, refried beans, tamale, taco. Sandwiches, soup, casseroles: pizza, beef stew. Vegetables: cauliflower, coleslaw, leaf lettuce, spinach. Grains: rice, macaroni, oatmeal, pancakes. Fruit: applesauce, dates, half melon, pineapple, prunes. Desserts: chocolate pudding.

### **Food Safety the HACCP Way**

1 Videocassette (9 min.) (VHS)

**NAL Call Number:** Videocassette no. 3062 English, Videocassette no. 3063 Spanish

**Description:** Gives a concise, easy-to-understand explanation of the Hazard Analysis Critical Control Point (HACCP) approach to food safety management. Includes video and implementing guide. Grades 9-Adult.



### **Fresh Fruit and Vegetable Photo Cards**

142 photographs with names in both English and Spanish.

California Nutrition Education & Training Program

Sacramento: California Nutrition Education and Training Program, California Dept. of Education, 1997. 142 photographs with both English and Spanish names.

**NAL Call Number:** Graphic no.686

**Description:** A fresh fruit or vegetable is pictured on the front of each card, with the name in both English and Spanish. The backs of the cards contain a nutritional analysis in bar-graph form, a symbol depicting the part of the plant most commonly eaten, and a map of the United States highlighting the area that produces the greatest quantity of the fruit or vegetable pictures.

### **Healthy Latino Recipes Made With Love = Recetas Latinas Saludables**

#### **Preparadas con Amor**

California Department of Health Services, Public Health Institute, 1999

Public Health Institute

**NAL Call Number:** TX716.A1 H435 1999

**Description:** This recipe book is intended to encourage Latino families to consume a minimum of 5 servings of fruits and vegetables every day as part of a healthy lifestyle to reduce the risk of diet-related chronic diseases, especially cancer and heart disease.

### **International Foods 2: Africa Powerpoint**

Learning ZoneXpress, 2005.

**Description:** Covers: North (Egypt & Morocco); West (Senegal & Nigeria); East (Ethiopia & Kenya); South Africa and the Middle East. 25-30 content slides on CD plus activities, assignments, web resources, copy-ready handouts, and a quiz.

### **International Foods 3: Asia Powerpoint**

Learning ZoneXpress, 2005.

**Description:** Covers: China, Japan, Korea, Indo, Thailand, India, and Russia. 25-30 content slides on CD plus activities, assignments, web resources, copy-ready handouts, and a quiz.

### **International Foods Powerpoint**

Learning ZoneXpress, 2004.

**Description:** Take a trip through the culture and cuisine of Latin America, the British Isles, and Western Europe. Covers a variety of factors that influence the cuisine of different cultures, including geography, religion, traditions, and economics. Clear, concise content slides on CD-ROM, with text and graphics. The presentation package Includes: Review of International Foods, Activities, International Foods Quiz, Related Websites, and Copy-ready Handouts. The material can be presented on screen or print to overheads and is Mac & Windows compatible. It is created in Microsoft® PowerPoint, but will play or print the presentation without the software.



**Italian Food Model Kit**

Life/form replicas; 10 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO, 1980.

**NAL Call Number:** Model no. 8

**Description:** This case of food models contains 10 models of Italian foods. The models are teaching aids for demonstrating the variety of foods, their food values and proper nutrition. The accompanying booklet contains recipes and food exchanges.

**Latin American Food Model Kit**

Life/form replicas; 25 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO.

**NAL Call Number:** Model no. 31

**Description:** Food replicas to help teach healthy eating within the Latin American culture. Kit contains 25 replicas of commonly eaten foods listed within the Latin American Diet Pyramid. Replicas include corn tortilla, flour tortilla, corn bread, brown rice, baked potato, white rice, yam, refried beans, red beans, peanuts, avocado slice, kiwi, orange, broccoli, spinach, tomato, salmon, perch, chicken leg, chicken breast, skim milk, cheese cubes, fried egg, beef roast, and vanilla ice cream.

**Mediterranean Food Model Kit**

Life/form replicas; 20 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO.

**NAL Call Number:** Model no. 30

**Description:** The Mediterranean kit contains 20 food replicas of commonly eaten foods listed on the Mediterranean Food Pyramid. Great for teaching the healthy dietary patterns that are traditional to this culture and region. Life/form® replicas include: slice of whole wheat bread, avocado slice, yogurt, brown rice, red beans, peanuts, broiled fish, spaghetti, tomato slice, chicken leg, baked potato, lettuce, leaf, fried egg, slice of rye bread, cheese cubes, chocolate ice cream, peach, salmon, red wine, and strawberries.

**Mexican-American Ethnic Food Set**

Life/form replicas; 12 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO, 1980.

**NAL Call Number:** Model no. 7

**Description:** Contains the following food models: Hot chili pepper (jalapeño), avocado, beef cubes in brown gravy (carne guisada), enchiladas, flour tortilla, corn tortilla, Mexican-style beans in a bowl (plato de frijoles), refried beans (frijoles refritos), tamales (2), rice with chicken (arroz con pollo), Spanish rice, crisp taco.



**Mira Quien Esta Comiendo!: Introduccion a los Alimentos Solidos**

(Spanish language "Introduction to Solid Food")

Texas Department of Health, Bureau of Nutrition Services, Public Health Nutrition and Education Division by Community Oriented Public Health, Health Communications Division, Media and Creative Services Section

1 videocassette (11 min., 30 sec.) (VHS)

**NAL Call Number:** Videocassette no. 2973, Videocassette no. 2972 (English Version)

**Description:** Explains what signs to look for when your baby is ready for solid foods and includes feeding tips for baby.

**MyPyramid: Eating Better Makes Sense**

Purdue University Cooperative Extension, 2006.

1 DVD (40 min.)

**NAL Call Number:** DVD no. 101

**Description:** MyPyramid: Eating Better Makes Sense is a day-in-the-life approach to understanding the USDA's new MyPyramid. The educational video features Maria, a working mom on a tight budget. Maria shows you how she and her family follow the MyPyramid plan as part of a healthy lifestyle. She demonstrates healthy food choices she makes at the grocery store and gives meal examples from her kitchen. Maria also highlights food safety tips in the store and at home. A new emphasis of MyPyramid is physical activity, and Maria shows you how you can work physical activity into the family's busy schedule.

**MyPyramid: Pass It On!**

Learning ZoneXpress, 2005.

1 DVD (15 min.)

**NAL Call Number:** DVD no. 104

**Description:** This video features teens that learn about the USDA's new MyPyramid and how to make food choices for their bodies. MyPyramid lends itself to personalization that will keep individuals healthy and strong. The various colored bands and the activity steps up the side of the pyramid are explained in an easily understandable format.

**Vegetarian Diet Supplement Food Package**

Life/form replicas; 11 plastic models

Contents: Oatmeal, tossed salad, French dressing (3), whole wheat bread, orange, graham crackers, and chocolate chip cookie.

Ft. Atkinson, WI: NASCO, 1990.

**NAL Call Number:** Model no. 12

**Description:** This supplements the vegetarian package.



### **Vegetarian Food Package**

Life/form replicas; 34 plastic models

Ft. Atkinson, WI: NASCO, 1990.

Contents: Oatmeal, whole milk, whole banana, whole wheat bread, butter pats, American cheese, orange, orange juice, graham crackers, tossed salad, French dressing, cheese pizza, yogurt, chocolate chip cookie, vegetable soup, saltine crackers, peanut butter on bread, brown rice, broccoli, carrots, yam, bran muffin, and apple.

**NAL Call Number:** Model no. 10

**Description:** This package of vegetarian food models illustrates how to eat a healthy lacto-ovo vegetarian diet and a vegan diet. Sufficient food replicas are provided to show a sample meal plan for each type of vegetarian diet.

### **Additional Contacts and Sources of Information**

#### **Agricultural Communications Video Marketplace: Videos in Spanish**

College of Agriculture and Home Economics at New Mexico State University

Gerald Thomas Hall, Room 285

Las Cruces, NM 88003

Phone: (505) 646-5368

Fax: (505) 646-2702

Web site: <http://www.cahe.nmsu.edu/pubs/videos/spanish.html>

**Description:** Has Spanish language nutrition education videos which can be ordered.

#### **American Dietetic Association**

216 W. Jackson Blvd., Suite 800

Chicago, IL 60606-6995

Phone: (800) 366-1655

Fax: (312) 899-1739

Web site: <http://www.eatright.org/catalog>

**Description:** Has several Spanish language nutrition education booklets and brochures for consumers which can be ordered.

#### **California Adolescent Nutrition and Fitness (CANFit) Program**

2140 Shattuck Ave., Suite 610

Berkeley, CA 94704

Phone: 510- 644-1533

Fax: 510-644-1535

Web site: <http://www.canfit.org/>

**Description:** Program's goal is to engage communities, and build their capacity to improve the nutritional status and physical fitness of California's low-income, African American, Latino, Asian/Pacific Islander, and American Indian youth between the ages of 10 and 14. Materials can be ordered.



### **Channing L. Bete Company**

200 State Road

South Deerfield, MA 01373-0200

Phone: (800) 477-4776

E-mail: [custsvcs@channing-bete.com](mailto:custsvcs@channing-bete.com)

Web site: <http://www.channingbete.com/>

**Description:** Has some Spanish language nutrition and health education pamphlets which can be ordered.

### **County and State Cooperative Extension Services Internet Links**

University of Illinois Extension

Web site: <http://www.urbanext.uiuc.edu/Netlinks/ces.html>

**Description:** Provides Internet links to many State Cooperative Extension Service web sites. These sites may contain information appropriate for use with and by various ethnic and cultural audiences.

### **The Food and Nutrition Information Center Web Site**

[http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=2&tax\\_subject=270&level3\\_id=0&level4\\_id=0&level5\\_id=0&topic\\_id=1339&placement\\_default=0](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=270&level3_id=0&level4_id=0&level5_id=0&topic_id=1339&placement_default=0)

**Description:** A leader in professional and consumer food and nutrition information, the FNIC web site has several pages which list resources for or about various cultural and ethnic groups, including:

Ethnic/Cultural Food Guide Pyramid page

[http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=3&tax\\_subject=256&topic\\_id=1348&level3\\_id=5732&level4\\_id=0&level5\\_id=0&placement\\_default=0](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=3&tax_subject=256&topic_id=1348&level3_id=5732&level4_id=0&level5_id=0&placement_default=0)

Food and Nutrition Resource List for Native Americans

<http://peaches.nal.usda.gov/pubs/ethnic/NativeAmericanResources.asp>

International Nutrition Sites page

[http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=3&tax\\_subject=256&topic\\_id=1347&level3\\_id=5470&level4\\_id=0&level5\\_id=0&placement\\_default=0](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=3&tax_subject=256&topic_id=1347&level3_id=5470&level4_id=0&level5_id=0&placement_default=0)

International Food Composition Sites page

[http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=2&tax\\_subject=279&level3\\_id=0&level4\\_id=0&level5\\_id=0&topic\\_id=1454&placement\\_default=0](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=279&level3_id=0&level4_id=0&level5_id=0&topic_id=1454&placement_default=0)



**FoodShapes: Art and Design Catering to the Food Business**

43 Fairmount Avenue,  
Somerville MA 02144.

Phone: (617)666-1846

Fax: (617)666-1846

E-mail: [info@foodshapes.com](mailto:info@foodshapes.com)

Web site: <http://www.foodshapes.com/>

**Description:** Source of clip art and customized graphics of food and food labels, including ethnic foods such as foods from Mexico and Hispanic countries of Latin America and the Caribbean. Materials can be ordered.

**Health Promotion Council of Southeastern Pennsylvania**

260 South Broad Street  
Philadelphia, PA 19102

Phone:(215) 731-6150

Fax: (215) 731-6199

E-mail: [hccpa@phmc.org](mailto:hccpa@phmc.org)

Web site: <http://www.hccpa.org/>

**Description:** Includes a variety of low-literacy health and nutrition education materials in English, Spanish and a selection of Asian languages, that can be ordered.

**Krames Health and Safety Education**

1100 Grundy Lane  
San Bruno, CA 94066-3030

Phone: (800) 333-3032

E-mail: [email@krames.com](mailto:email@krames.com)

Web site: <http://www.krames.com/>

**Description:** Includes a large number of Spanish language nutrition and health education pamphlets that can be ordered.

**InJoy Videos**

435 Yarmouth, Suite 102  
Boulder, CO 80304

Phone: 303-447-2082 and 800-326-2082

Fax: 303-449-8788

E-mail: [custserv@injoyvideos.com](mailto:custserv@injoyvideos.com)

Web site: <http://www.injoyvideos.com/>

**Description:** Includes a number of Spanish language pregnancy-related videos that can be ordered.



**March of Dimes Birth Defects Foundation**

1275 Mamaroneck Avenue

White Plains, NY 10605

Phone: (914) 428-7100, (800) 367-6630 (multiple copies)

Fax: (914) 428-8203

Web site: <http://www.modimes.org>

Spanish language Web site: <http://www.nacersano.org/>

**Description:** Includes a number of Spanish language nutrition education materials on pregnancy-related topics that can be ordered.

**National Council of La Raza**

Raul Yzaguirre Building

1126 16<sup>th</sup> Street, N.W.

Washington, DC 20036

Phone: (202) 785-1670

Web site: <http://www.nclr.org>

**Description:** The National Council of La Raza (NCLR) – the largest national Hispanic civil rights and advocacy organization in the United States – works to improve opportunities for Hispanic Americans.

**National Heart, Lung, and Blood Institute Health Information Center**

P. O. Box 30105

Bethesda, MD 20824-0105

Phone: (301) 592-8573

Fax: (301) 592-8573

E-mail: [NHLBInfo@rover.nhlbi.nih.gov](mailto:NHLBInfo@rover.nhlbi.nih.gov)

Web site: <http://email.nhlbihin.net/> (for catalog)

**Description:** Online catalog of heart health materials that can be searched by audience (including African Americans, American Indians and Alaskan Natives, Asian Americans and Pacific Islanders, and Latinos) as well as by subject and format. Some materials are available online (described above) and some must be ordered.

**Office of Minority Health Resource Center**

P.O. Box 37337

Washington, D.C. 20013-7337

Phone: (800) 444-6472

Fax: (301) 230-7198

TDD: (301) 230-7199

Web site: <http://www.omhrc.gov/>

**Description:** The center collects and distributes information on a wide variety of health topics related to American Indian and Alaska Native, African American, Asian American and Pacific Islander, and Hispanic populations. Information resources on minority health include databases (funding, media, research, data, and listings of volunteer resource persons) as well as customized searches, scientific reports, journals, and documents.



**Programa para Aprender Nutrición y Alimentación (PARA)**

University of Connecticut Cooperative Extension System and the Hispanic Health Council, Inc.

c/o CT Family Nutrition Program

Dept. of NUSC, U-17

Storrs, CT 06269

Phone: (860) 486-3635

Fax: (860) 486-3674

E-mail: [lphillip@canr1.cag.uconn.edu](mailto:lphillip@canr1.cag.uconn.edu)

Web site: <http://www.hispanichealth.com/pana.htm>

**Description:** This nutrition education program targets low-income Latino families living in Hartford, Connecticut and has developed a number of bilingual nutrition education materials including a Puerto Rican food guide pyramid, a food label education piece, a coloring book, and a breastfeeding fotonovela. Materials can be ordered.

**Sweet Success: California Diabetes and Pregnancy Program**

Loma Linda University Medical Center

Phone: (858) 467-4990

Fax: (858) 467-4993

Web site: <http://www.llu.edu/llumc/sweetsuccess/>

**Description:** Sweet Success aims to improve pregnancy outcomes for women with pre-existing diabetes and gestational diabetes. Site contains educational materials in Spanish, Cambodian, Chinese, Hmong, Korean, Laotian, and Vietnamese. Materials can be ordered.

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**This resource list was compiled by:**

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Corey Scarpero, RD, Nutrition Information Specialist

Rachel Tobin, MS, RD, Nutrition Information Specialist

Shirley King Evans, MEd, RD, Budget Analyst/Mission Support

This publication was developed in part through a Cooperative Agreement with the Department of Nutrition and Food Science in the College of Agriculture and Natural Resources at the University of Maryland.

Locate additional FNIC publications at <http://fnic.nal.usda.gov/resourcelists>.



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Food and Nutrition Information Center  
Agricultural Research Service, USDA  
National Agricultural Library, Room 105  
10301 Baltimore Avenue  
Beltsville, MD 20705-2351  
Phone: 301-504-5414  
Fax: 301-504-6409  
TTY: 301-504-6856  
Contact: <http://fnic.nal.usda.gov/contact>  
Web site: <http://fnic.nal.usda.gov>

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