

# Variety Is The Spice Of Life

Name: \_\_\_\_\_

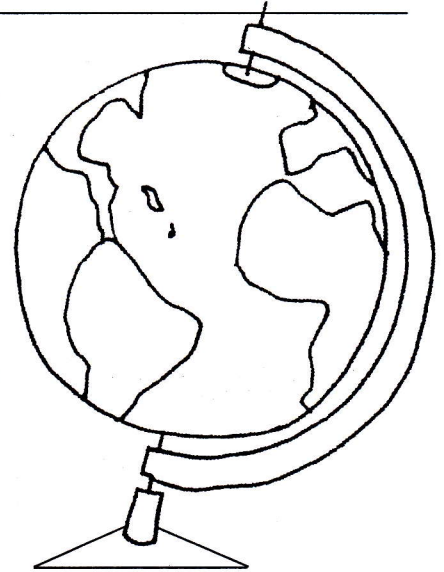
Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Dear Parents,

You may have heard the old saying, "Variety is the spice of life." It is a saying which recognizes the value and importance of different things in our lives.

We have been studying different foods and learning that we should respect healthful food choices from other countries. We have also been encouraging students to try a variety of healthful foods, and to appreciate the variety of ways healthful foods can be enjoyed around the world. Teaching respect for other cultures is one step in helping children to learn to live peacefully with others.



Perhaps your family eats foods from different countries. We would like you to list some of the countries represented by your family's food choices. We will point out the location of these countries on a map. Please fill out the following information and return it with your child to class. Thank you!

## Our family enjoys the following foods from other countries

Food: \_\_\_\_\_ Country: \_\_\_\_\_

\_\_\_\_\_

Food: \_\_\_\_\_ Country: \_\_\_\_\_

\_\_\_\_\_

Food: \_\_\_\_\_ Country: \_\_\_\_\_

\_\_\_\_\_

Food: \_\_\_\_\_ Country: \_\_\_\_\_

\_\_\_\_\_

**Objective:** State acceptance of familial and cultural differences in healthful food