

CELEBRATE HUMANITY

Guys, the school cafeteria has a "Festival of Foods" going on celebrating cultures from around the World!

From all over the world? That is exciting!

Beans, delicious... You guys have to taste my grandma's recipe from Brazil.

My mom prepares a bean recipe from my great grandmother from Peru.

Brazil? They eat beans in Brazil? Also in Peru? I thought we only ate beans here and in my grandpa's country in Mexico.

Beto not only beans, my mom also prepares lentils.

And we eat garbanzo beans.

Food allows us to celebrate other cultures while looking into our own family customs and traditions.

Beans feed more than 300 million of the world's people each year.

Beans have been used throughout the world for thousands of years. They come in hundreds of shapes, sizes and colors.

My favorite vegetable is carrots.

Don't tell me, carrots are also in other countries...

The US Department of Agriculture tells us that the first carrots that were purple and yellow came from Afghanistan many centuries ago.

I think so because my mom prepares a carrot recipe from her grandmother who came to Brazil from a Middle East country and now we enjoy it here too.

The yellowish carrots we know now came from Holland many years ago.

I don't know where all this food comes from but I do know where it is going... my tummy!

Now it's my turn. Bananas are my super favorite fruit and my grandma prepares them in the oven with cheese and milk...

My grandma makes the best banana pudding.

My grandma prepares it with ice cream and we call it...

Banana Split!!!

Banana splits are my favorite in any language.

Bananas contain potassium which is very important for all our body's muscles in our legs and arms but also our heart and intestines.

Talking about foods is a great way to share culture and your family traditions with your friends.

