



Multicultural  
**My Kitchen**  
Coloring Book

Starters  
**Starter Pack**

Color The culture  
with Real  
Food Recipes



***Cook • Color •  
Explore the World.  
This Passport  
Belongs To:***

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***Solei Olei***

# **United States**

## **Southern Cornbread**

### **Ingredients:**

**1 cup cornmeal**

**1 cup flour**

**1 tablespoon sugar**

**½ teaspoon brown sugar**

**1 tablespoon baking powder**

**½ teaspoon salt**

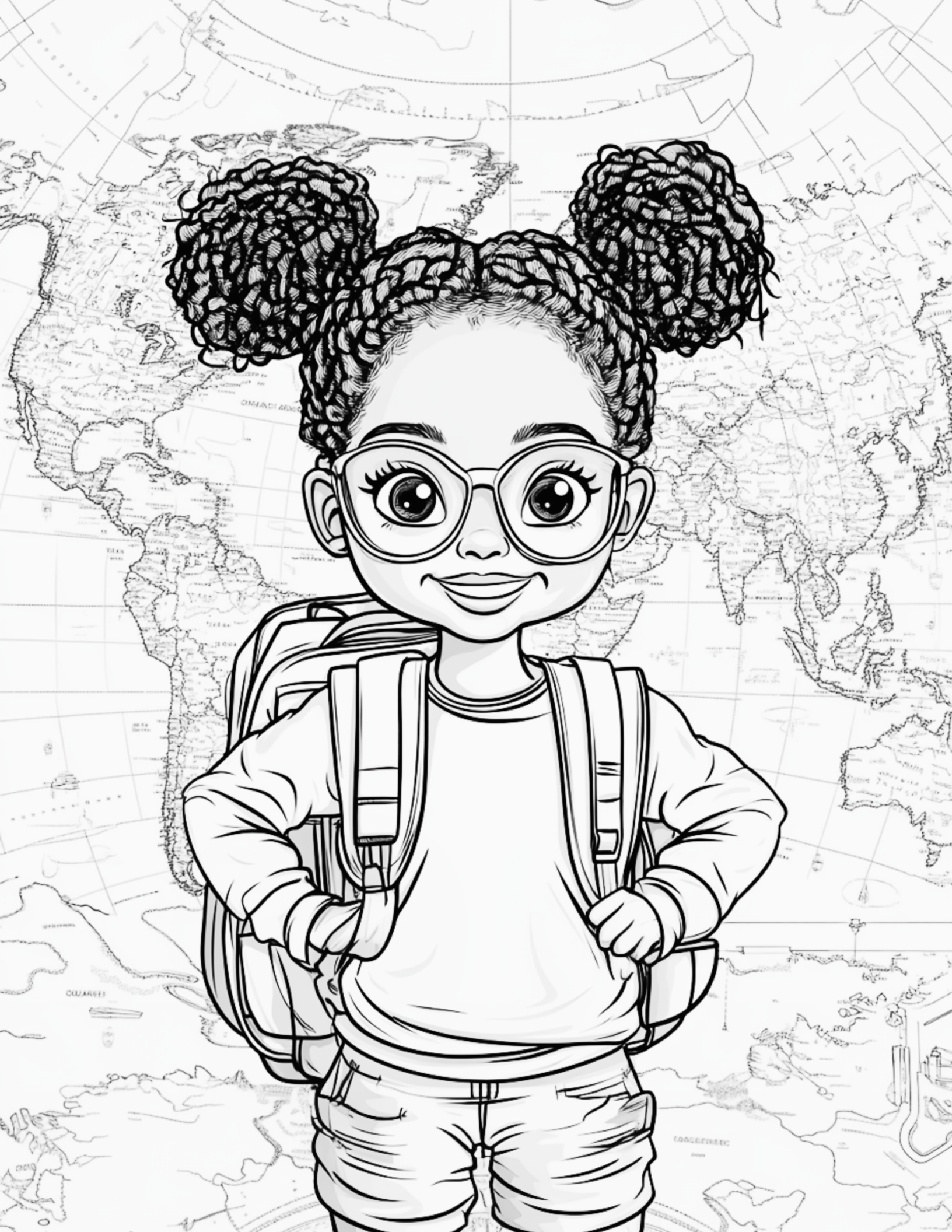
**1 cup milk**

**1 egg**

**2 tablespoons oil**

### **Directions:**

- 1. Preheat oven to 400°F (200°C).**
- 2. Mix dry ingredients, then add milk, egg, and oil.**
- 3. Pour into greased pan and bake 20-25 minutes.**





# France

## Savory Crepes

### Ingredients:

**1 cup flour**

**2 eggs**

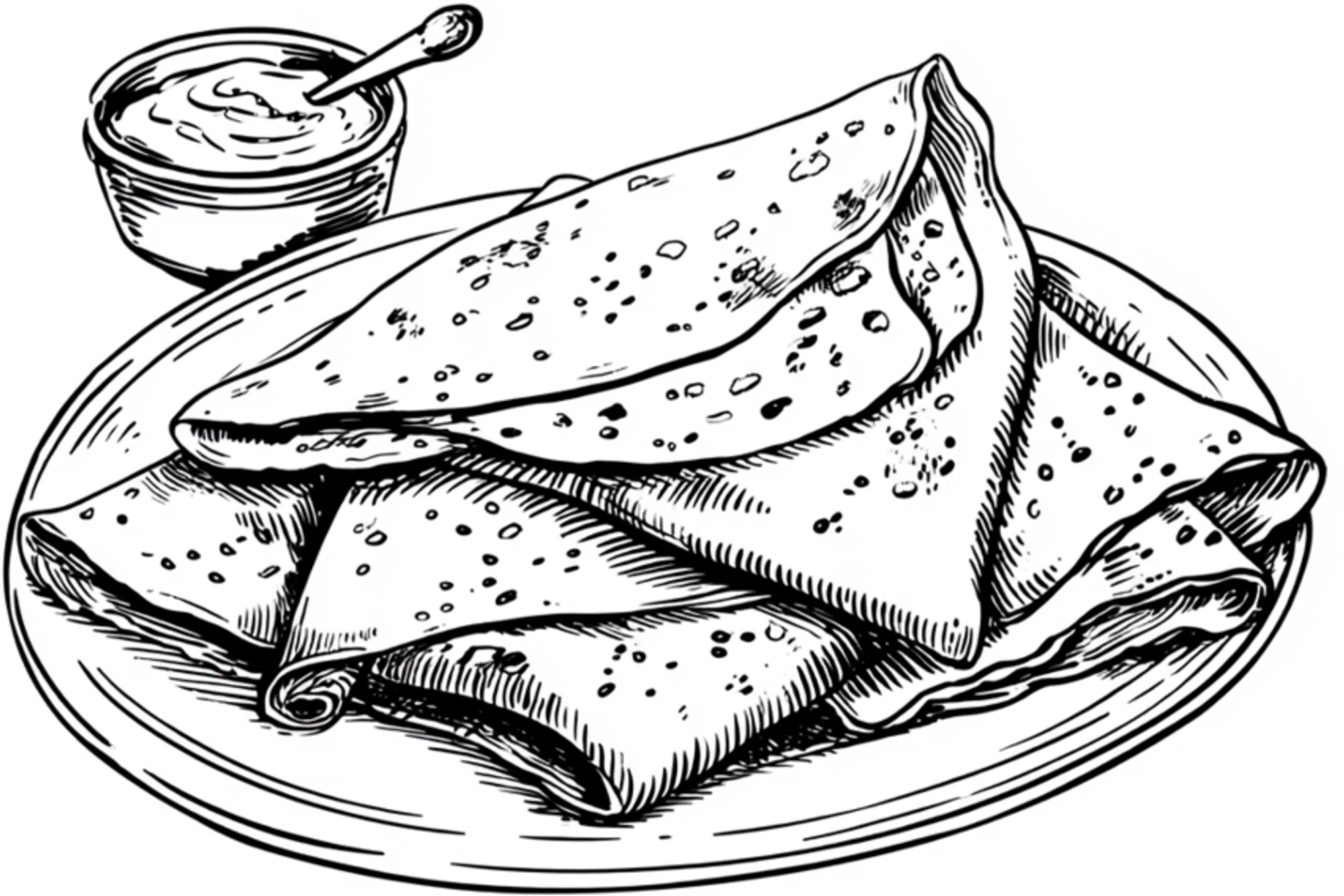
**1 cup milk**

**1 tablespoon butter**

**¼ teaspoon salt**

### Directions:

- 1. Mix flour, eggs, milk, and salt into batter.**
- 2. Heat pan with butter.**
- 3. Pour batter and cook thin pancakes 1-2 minutes each side.**
- 4. Fill with cheese, veggies, or ham.**



# Morocco

## Vegetable Couscous

### Ingredients:

2 cups couscous

1 cup diced carrots

1 cup diced zucchini

½ cup diced onion

1 ½ cups vegetable broth

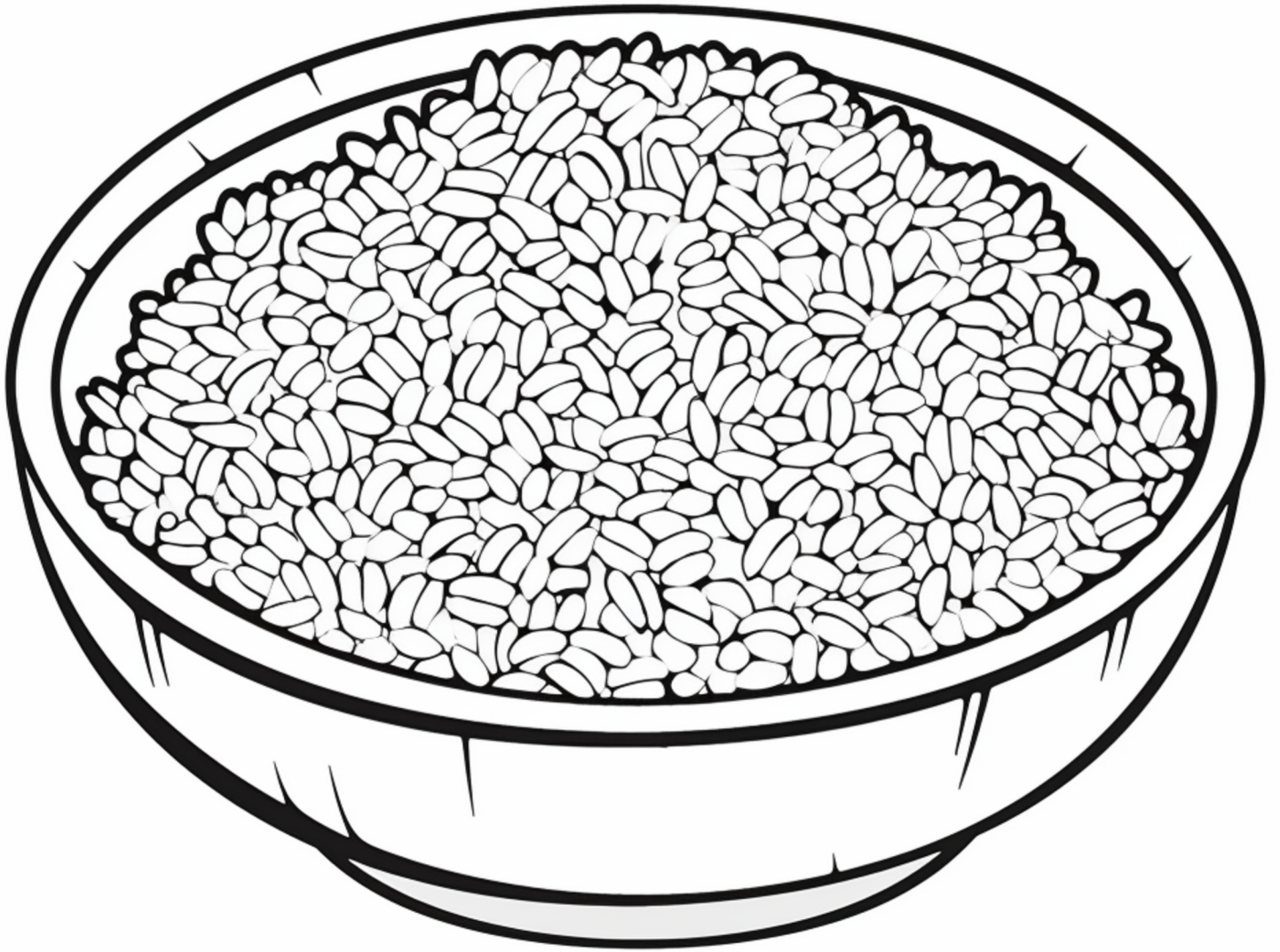
2 tablespoons olive oil

1 teaspoon thyme

1 teaspoon salt

### Directions:

1. Heat olive oil in a pot. Cook onions 2-3 minutes.
2. Add carrots, zucchini, broth, thyme, and salt.
3. Bring to a boil. Remove from heat and stir in  
couscous.
4. Cover and let sit 5 minutes.
5. Fluff before serving.



# **Japan**

## **Chicken Teriyaki**

### **Ingredients:**

**1 lb chicken breast, cut into  
strips**

**1/4 cup soy sauce**

**2 tablespoons honey**

**1 teaspoon garlic powder**

**1 teaspoon ginger powder**

**1 tablespoon oil**

### **Directions:**

- 1. Mix soy sauce, honey, garlic, and ginger.**
- 2. Heat oil in pan. Cook chicken until lightly browned.**
- 3. Pour sauce over chicken and simmer 5-7 minutes until cooked through.**





# **Australia**

## **Meat Pies**

### **Ingredients:**



**1 sheet puff pastry**

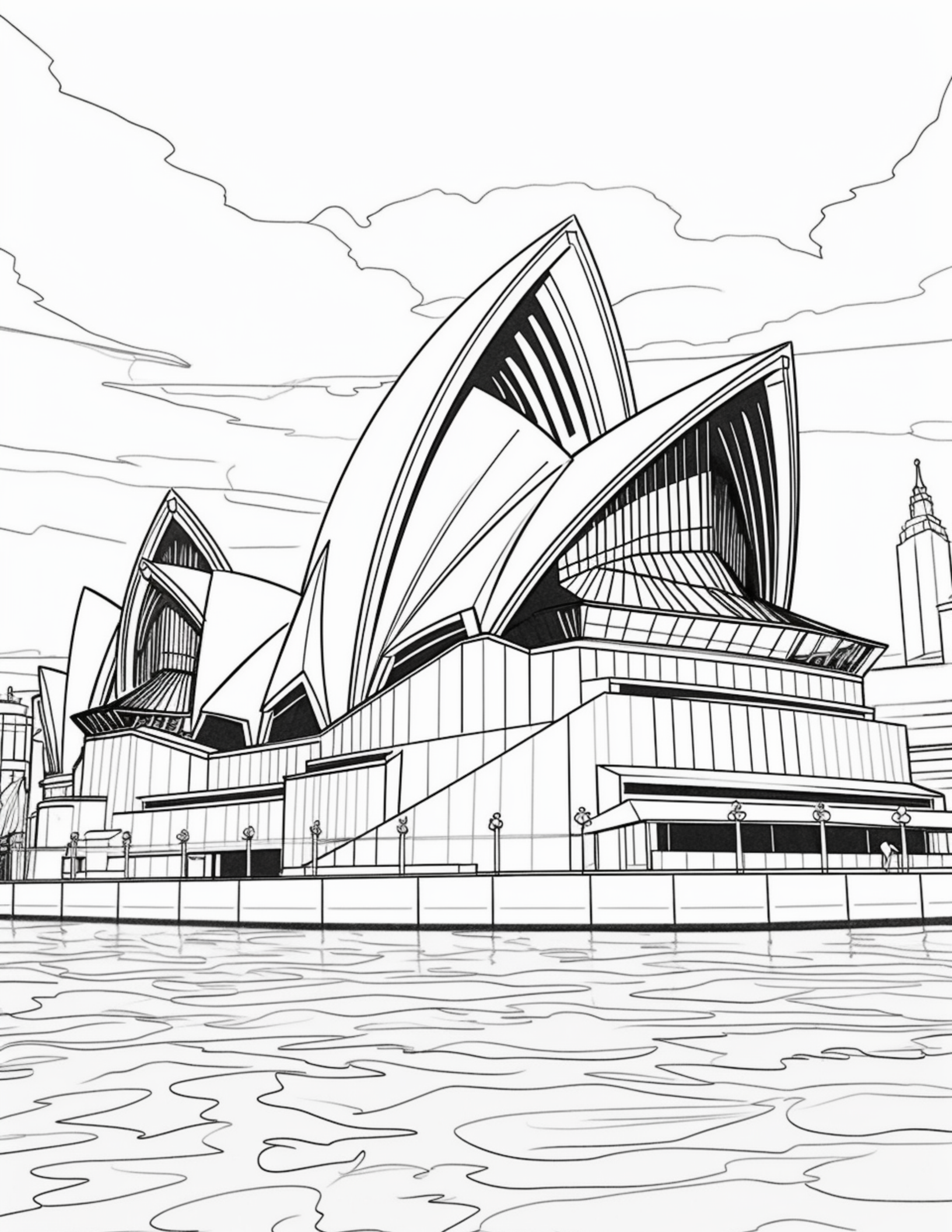
**1 cup cooked minced beef**

**½ cup gravy**

**1 egg, beaten for glaze**

### **Directions:**

- 1. Preheat oven to 400°F (200°C).**
  - 2. Fill pastry with beef and gravy, fold and seal.**
  - 3. Brush with egg and bake 20-25 minutes.**
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# **Brazil**

## **Pão de Queijo (Cheese Bread)**

### **Ingredients:**

**1 cup tapioca flour**

**½ cup milk**

**¼ cup oil**

**1 egg**

**½ cup shredded cheese**

**½ teaspoon salt**

### **Directions:**

- 1. Preheat oven to 375°F (190°C).**
- 2. Heat milk and oil, then mix with tapioca flour.**
- 3. Add egg and cheese. Form small balls on baking sheet.**
- 4. Bake 15-20 minutes until golden.**



# **Trinidad & Tobago**

## **Doubles (For Kids)**

### **Ingredients:**

**2 cups flour**

**1 teaspoon sugar**

**1 teaspoon salt**

**½ cup water**

**1 cup cooked chickpeas**

**1 tablespoon curry powder**

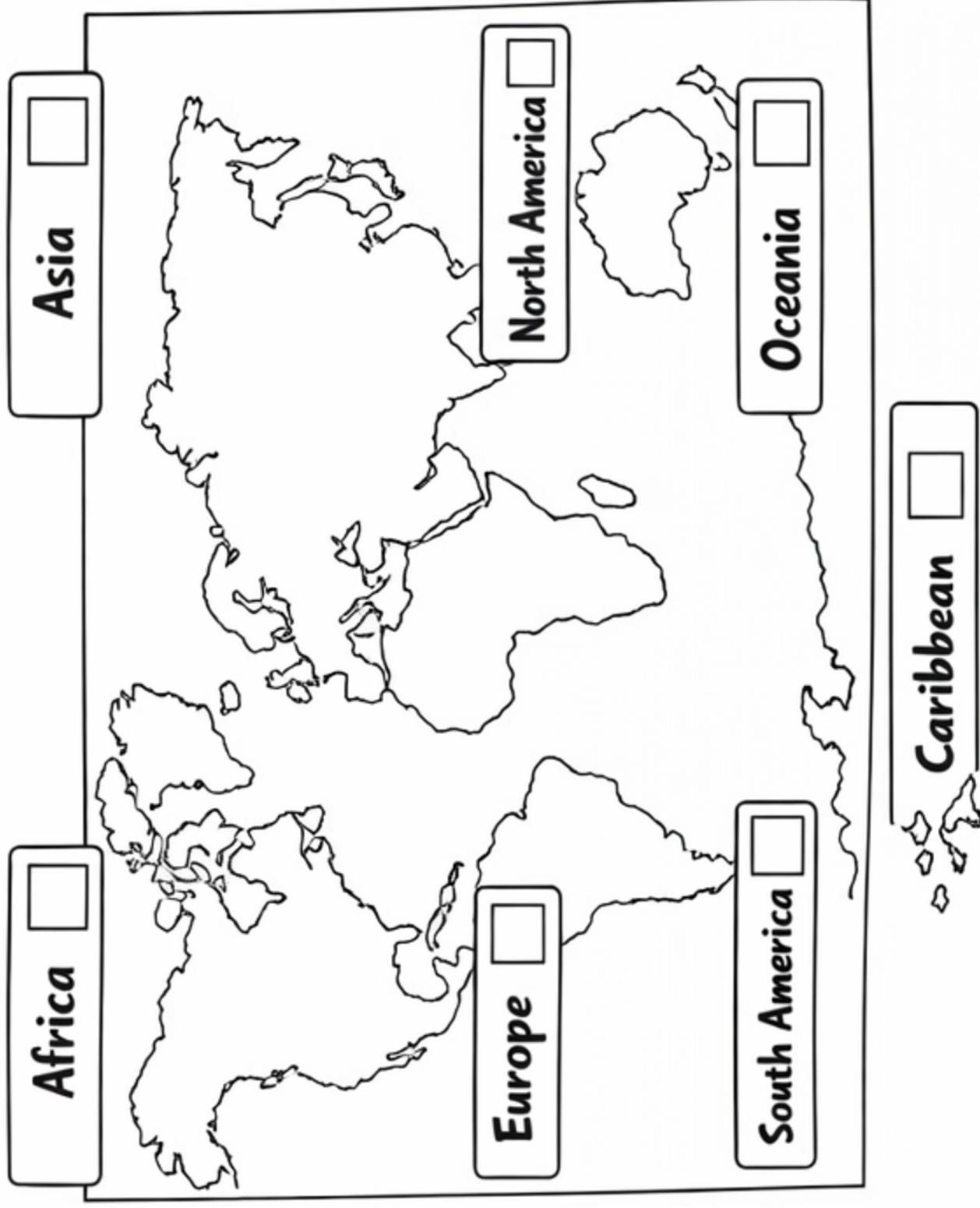
**Oil for frying**

### **Directions:**

- 1. Mix flour, sugar, salt, and water to form dough.**
- 2. Roll small balls, flatten into discs, fry until golden.**
- 3. Cook chickpeas with curry powder, fill discs with chickpeas.**



# Match the Countries to Their Continents!





# **Global Chef Challenge**

***Try food from Africa***

***Try food from Asia***

***Try food from Europe***

***Try food from North America***

***Try food from South America***

***Try food from Oceania***

***Try food from the Caribbean***

# **Mini Challenge:**

***I helped cook***

***I tasted the dish***

***I learned something new***

***I shared with family***

***What foods are special in our family?***

***Why do you think different cultures cook differently?***

***What new country would you like to learn about next?***

# Did you know?

U.S. food is influenced by cultures worldwide.

France has over 1,000 types of cheese.

Couscous is traditionally served on Fridays.

Cherry blossoms bloom for a short time each spring.

The Great Barrier Reef can be seen from space.

Brazil hosts one of the biggest Carnival celebrations.

The steelpan drum was invented from oil barrels.

The page features several decorative line-art illustrations: an airplane in the top left, a map of the world on the left side, a classical building with a dome in the bottom left, and a document or certificate in the bottom right. The main text is enclosed in a rounded rectangular frame.

# **Choose One Country** **and Research:**

- ***Name***
- ***Capital city***
- ***Flag colors***
- ***Main language***
- ***One famous landmark***
- ***One traditional celebration***

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