

Cultural Competencies

of Hispanics, Hmong, Native Americans, and African Americans

School District Cafeterias:
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Hispanic Diet

- The Mexican diet is rich in complex carbohydrates, which come from the corn and corn products, beans, rice, and breads they eat.
- It contains protein in the form of beans, eggs, fish and shellfish, and a variety of meats.
- It is also high in fat.
- The nutrients most likely to be inadequately provided are calcium, iron, vitamin A, folate, and vitamin C.



Hispanic Meals

- Small meal for breakfast
- Lunch (el almuerzo) is the main meal of the day.
- La siesta* is taken after lunch
- La merienda* is a snack eaten after lunch of coffee or rolls or sandwiches. This is informal and sometimes only taken by children.
- La cena* is a light dinner served around 9pm.
- Sombremesa* is a time after dinner where everyone talks and has after dinner drinks



Native American Diet

- Every month families living on reservations receive government commodities.
- Commodities include canned and frozen meats, poultry, and fish; pastas; nonfat dry milk; cornmeal; low-fat refried beans; canned juice; corn syrup; dried fruits; and peanut butter.
- Families can opt for fresh produce instead of canned.



Hmong Diets

- Main staple is white rice with vegetables, fish, meat and spices.
- Breakfast is soup with rice, pumpkin, vegetables, and meat.
- Lunch is fried or steamed rice and meat.
- Fresh milk and cheese are typically unavailable which discourages the consumption of dairy products.
- Fat content in the diet is low.
- Few households in Laos eat sweets. Most don't have ovens to bake. Steamed rice cakes are occasionally eaten.



Hmong Eating and Food Preparation

- Typically eat communally
- Cooking methods include stir-frying, boiling, steaming, and roasting over an open fire.
- Vegetable oils and pork fat are the principal fats used in cooking.
- Food is usually chopped in uniform pieces before cooking.
- Fish sauce and soy sauce, both of which are high in sodium, replace table salt. Hot peppers, ginger, garlic, coriander, coconut, and lemon grass are also used.



African-American Meals

- Common spices are Garlic, Pepper, Cloves, Nutmeg, Turmeric, Curry, and Lemons.
- Common ingredients are Yams, Cassava Roots, Black-Eyed Peas, Cabbage, Watermelon, Chicken, Pork, Beef, Fish and Rice.



African-American Food Preparation

- Traditionally the woman of the family is in charge of the cooking and serving.
- African-Americans from the southern part of the U.S. prepare foods by frying, barbecuing, and serving foods with gravy and sauces. Home-baked cakes and pies are also common.



References

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