

Global Child Nutrition Month

Calling all Intermediate, Middle School, and High School Students !

Students will participate in a photo contest. Take a picture of your favorite grain from you cultural background. Share your picture and explain why it is your favorite on the [Aldine Child Nutrition Facebook](#) or [Twitter: @aldinecafe](#) page. The top 10 photos with the most likes will win a prize. Here are some different grain favorites from around the world.



The Whole World of Whole grains



Rice is a staple food in much of

In Mexico corn can be found in almost every meal, usually in the form of tortilla.



In Latin America quinoa is considered the 'mother of all grains'. It is protein rich and gluten-free.

Roti (a type of flatbread) is a daily staple in India and works at every meal, served with yogurt, honey, cooked vegetables and curries.



Italy is famous fro its pasta dishes and each region has it own recipes. But pasta was first eaten in China not Italy. Although the consume more per person that any other country in the world.