Tropical Fiesta

Take a vacation without leaving home!

Winter brings cloudy skies and cold temperatures. When summer seems so far away, who doesn’t dream about a vacation in a warm sunny place? You can create a mini-vacation with a tropical-inspired meal.

In many parts of the world, rice is combined with different fruits and veggies to make tasty and colorful meals.

Add some tropical music, and brightly colored flowers (encourage your kids to help you make some out of construction paper!) and you’ve got a night in paradise!

Making a meal into a fun-filled party can be a great way for your family to try preparing new foods.

Take advantage of what’s in season or use canned or frozen fruits and veggies to keep the cost low and the flavor high!

Add to the party by reading the book from your library like Everyone Cooks Rice. Then talk as a family about the different fruits and veggies people eat around the world. Feeling inspired? Try one of the recipes in the back of the book? Enjoy!

Here are a few more books that you and your child may enjoy. Look for them at your local library or bookstore.

Eating the Alphabet: Fruits and Vegetables from A to Z by Lois Ehlert

Bread and Jam for Francis by Russell Hoban

Grandpa’s Garden Lunch by Judith Caseley

The Very Hungry Caterpillar by Eric Carle

Everybody Cooks Rice by Nora Dooley

D.W. The Picky Eater by Marc Brown

Just Try It! by Christianne C. Jones

The Carrot Seed by Ruth Krauss

Finn Cooks by Birte Muller