OUR HEALTHY FOODS FROM AROUND THE WORLD AT HOME

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SAY BLU HTOO’S BIRTHDAY PARTY

My friend’s birthday party. Their family made the food—a lot of people were there. Too many! Normally we eat at the table but there were too many people. If there is a pastor they will have a special table that is higher up as a sign of respect.
HEALTHY FOOD FOR A HEALTHY FAMILY

My family eats a lot of fruits and vegetables.
THE PINK JELLY

The pink jelly is made of starch, coconut milk, sugar and food coloring. We ate it at my brother’s birthday – we eat it at special occasions.
Luchey - chicken and spices. We eat it with rice and a sauce that’s sweet and spicy. Lay Doh Say, my cousin, ate it all. He says it was delicious.
I took these photos at my uncle’s wedding. He’s not really my uncle but I call him that to show respect. Family members and friends of the bride and groom cooked the food. The two spicy dishes at the bottom were my favorite. The family doesn’t make cake, so they bought the wedding cake. Cake is expensive in the refugee camps and isn’t something that Karen families usually make.
FOOD IS MY LIFE

Food that I’ve eaten with my family. The fried rice is my favorite.
Usually in Asia they eat noodles a lot. This photo was taken at the Asian grocery store. If you want to lose weight they say to eat a lot of this. You can add veggies and protein like chicken and eggs. Sometimes people don’t use the flavoring that it comes with and add their own flavors.
SUNSHINE

The power of nature.
In this world there are different types of people. In nature there are different types of vegetables.
COLORFUL ME

Trix and corn flakes. The cereal is very colorful. I eat it as a snack.
MY EVERYDAY FOOD

Mama Noodles - my breakfast, lunch and dinner. I like noodles better than rice. It's easy to make. I usually add vegetables and eggs. Anything you want to add.
HEALTHY LIFE COMES FROM HEALTHY FOOD

Healthy food grows outside. I took these pictures at a community garden. I like the photo of the tomatoes the best.
LAY DOH SAY
DELICIOUS!

These are cookies that have pineapple inside that we get at the Asian market. We eat them for a snack.
My family attended a BBQ at my sister’s house. This is a photo of my niece. It made me happy to eat with my family.
My cousin and I went fishing at the Tomhannock Reservoir and he caught this fish. We ate it for dinner. My mom fried it in a pan.
CONSTRUCTION

I took these pictures because that’s what I want to do for work after school is done.
Lay Doh Say's Lunch

The sausage is my favorite. It's made of pork. I made all the dishes except the top right photo. The bamboo came from the Asian store, it's something that we eat every week. I eat eggs every day, it has good protein.
Fish is good. This dish has fish, olives, turmeric and paprika. We eat it with rice. The Karen men caught the fish in the Tomhannock Reservoir.
MEMORIES OF MY GRANDMOTHER

This is a recipe that I created. It has chicken and potatoes in it. I made it for dinner and my family ate some too, but not at the same time. It reminds me of food that my grandma used to make.
I cooked the corn in boiling water with salt. I ate it for a snack and shared it with my family. We got the corn at Price Chopper.
MY DAD’S CUISINE

Chicken, celery, and green pepper. My father made it. It’s not a spicy dish. We ate it with rice. We eat this anytime of the day.
MY MOM’S FAVORITE

It’s a type of eggplant. Women eat it more than men. It’s eaten raw, or you can eat it sliced and put in a spicy fish paste. It’s also used in papaya salad.