



LET'S LEARN ABOUT CUBA



Cuba never made cars and relied on the rest of the world to make them. After a ban on American cars, automotive restoration became necessary and important.

Learn about Cuba as your family celebrates diversity and global culture with this grocery-box-to-go community meal. Immerse yourselves and learn about what it's like to be a family in Cuba.

Ramon Costa Allouis, 39, Sandra Raymond Mundi, 38, and their children Lisandra, 16, and Fabio, 6 in the courtyard of their extended family's home in Havana, Cuba with one week's worth of food. © 2005 Peter Menzel from **Hungry Planet: What the World Eats.**



Cuba is located between the Caribbean Sea and the North Atlantic Ocean, 93 miles south of Key West, Florida.



WHAT IS THEIR CULTURE LIKE?

Families in Cuba go hiking, ride horses, and enjoy baseball. People play dominoes in the street to reconnect with friends.

HOW DO FAMILIES HAVE FUN?
WHAT ARE CUBAN KIDS LIKE?
HOW DOES CUBAN FOOD TASTE?
HOW CAN WE FIND OUT MORE?

LET'S MAKE SOME CUBAN FOOD!



Flan de calabaza is a very popular dessert in Cuba. This is a custard made from pumpkin puree, cornstarch, condensed milk and evaporated milk. Find other recipes here with videos on how to make the recipe.



WHAT KIND OF INGREDIENTS?

In Cuba, people eat foods like beans, rice, pork, plantains, chicken, avocado, and yuca (cassava) root.

NURSERY RHYMES



Here's a fun rhyme called "**A la Rueda, Rueda,**" a good morning song for children.

BOOKS CONNECTED TO CUBA

Martina the Beautiful Cockroach by Carmen Agra Deedy
Available through Traverse Area District Library.

LISTEN TO CUBAN MUSIC!



Cuban music is influenced by Spanish, African and Caribbean music.

GRAB YOUR PASSPORT!



Bring your passport to every meal to earn prizes for participating.