

# Family Foodways Front-end Evaluation Brief

Children's Discovery Museum  
of San Jose

Winter 2014



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# Overview



# Overview

The Children’s Discovery Museum of San Jose’s (CDM) Family Foodways project intends to positively impact children and families by enhancing Museum spaces with activities that enable children to experience the “hows and whys” of making healthy and sustainable food choices. Garibay Group conducted front-end evaluation to inform the project.

Family Foodways builds on CDM’s foundational investments in healthy eating strategies and seeks to unify three pivotal Museum spaces with farm-to-fork exhibits and programs; move its onsite food service from pragmatic to programmatic, with a solid business model focused on healthy foods; and glean fresh ideas from community co-developers as they celebrate the richly diverse foodways of Silicon Valley. Family Foodways’ goal is to engage CDM’s audience with the cultural, social, and economic practices of food production and consumption in Silicon Valley—a region deeply rooted in an agrarian past and excited to reclaim agriculture in the city and its burgeoning ethnic cuisine.

The focus of the evaluation study was to obtain insights into families’ food habits and traditions in a timely and efficient manner that could be used to inform the Family Foodways project. The goal of this type of study is not to conduct exhaustive research, but rather to provide insights as a springboard for exhibit and programming concepts. It also provides a check on the concepts as currently planned.

## Methods

Garibay Group collected data for this study through intercept interviews at CDM from October–December 2013. Interviews included projective techniques in order to elicit information. (In a projective technique, the researcher uses objects and/or structured activities to draw out responses in ways not always possible through simple, direct questioning.) These techniques can greatly enhance the process of uncovering feelings, motivations, and attitudes which participants may otherwise have difficulty articulating (Catterall and Ibbotson, 2000).

We used two different activities—photo sorting and mapping—as springboards for conversations. While the initial focus of each activity differed, the conversations explored a range of topics to help us answer the key guiding questions.

## Key Guiding Questions

- What is top of mind for parents when they think about their children’s healthy eating?
- What can we learn about families’ eating habits (e.g., fruit and vegetable consumption) to help inform the development of Family Foodways in non-judgmental way?
- What can we learn about families’ cultural foods and food traditions that can inform the development of Family Foodways?
- How much familiarity do families have about where food comes from? To what extent do they have experiences that might connect them food growing?
- What role do parents feel is appropriate for CDM? Where do they most feel CDM can support them in their kids’ learning about healthy eating?

# Overview, cont'd.



## Photo Sort Activity

Visitors were given cards with photos of different kinds of food-related activities. Visitor groups were intercepted and asked to choose the activities that they engaged in as a family. Researchers then discussed the activities with the families as well as their perspectives regarding healthy eating and the role of CDM in supporting their children's healthy eating.



## Map Activity

A large world map was placed on a table. A visitor group was intercepted and asked to share a family food tradition and place a sticker on the map showing where the tradition came from. The activity then served as a starting point for a conversation about the role of food in their family and their more general perspectives about food.



# Overview, cont'd.

## *Sampling*

We used purposive sampling to select respondents for this study (Babbie, 1998). The goal was to obtain as diverse a range of participants as possible in order to elicit the widest range of responses. A total of 86 family groups were interviewed. See Appendix A for a profile of respondents.

## **Data Analysis**

Interview notes were analyzed using inductive constant comparison (Patton, 1990, Denzin & Lincoln, 1998), whereby each unit of data was systematically compared with each previous data unit. This allows researchers to continually identify, develop, and refine categories of data and patterns as they emerge. Data was coded using thematic coding. As patterns and themes were identified, researchers teased out the strength of these patterns and themes (Miles and Huberman, 1994).



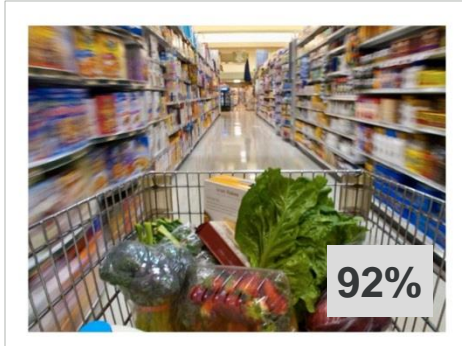
When asked about her family food traditions, a woman described how her mother made homemade corn tortillas by hand and baked them on a fire pit. She then eagerly showed the researcher a photograph of her mother, near the fire pit, making tortillas.

# Results



# Family Food Habits

Thirty-six families were asked to choose the photos that illustrated activities they did together. These photos touched off discussions in which respondents described the characteristics of these activities in terms of their families. Shopping for food was the most common “done together” activity, followed by food preparation. The shared activity done by the least amount of families was meal planning.



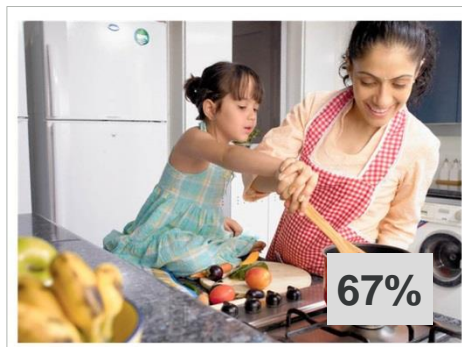
Shopping for groceries was perceived as a family activity. Though a routine chore, family grocery shopping was also seen as an opportunity for parents to ensure that they were buying food their children like and would eat while at the same time educating their children about healthy food choices. Where families shopped depended both on the store’s convenience for them and on specific values or issues (e.g., food pricing, wanting to buy organic foods, etc.).

*We shop at Wal-Mart and Menards, just because that is what is closest to us....We have a large family, so it’s difficult to take everyone, but at least one of the kids will come along every time to help pick things out.*



Shopping at farmers’ markets was also considered a family activity, though a less frequent one than grocery shopping. It was also considered more fun. For example, families said it was fun for children to sample fresh fruits at markets. Those who did not shop at farmers’ markets said they wished they could, but that they did not have convenient access to them.

*The farmer’s market is their dad’s thing. He’s vegan.*

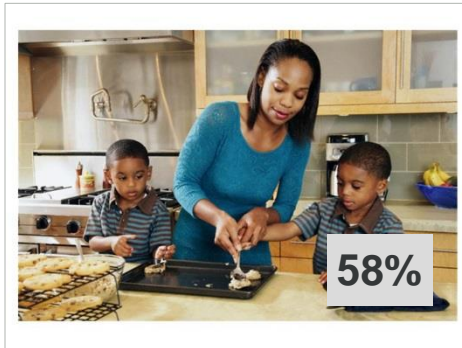


A large proportion of families cooked together. Caregivers said that children were more likely to eat food they helped prepare, so involving children in food preparation was seen as a way to encourage them to develop healthy eating habits. Parents of younger children said that their children were too young to do many “dangerous” kitchen tasks (e.g., cut with knives, use the stove, etc.) so these children either watched or did simple tasks like adding cheese or seasoning to food.

*She’s [the 3-year-old] too young to use a knife, so it’s mostly cleaning and squeezing lemons.*



## Family Food Habits, cont'd.



While families did not engage in baking as often as cooking, it was still something they did together as a family. Children thought it was especially fun. Adults shared that baking was most often something children did with their mothers, rather than with fathers or other caregivers.

*It [baking] doesn't happen a lot, but when it does, it's great to have them help.*



Gardening was also seen as an activity children and adults could do together. In contrast to baking, respondents said fathers were more often in charge of gardens or did most of the gardening. Several respondents also referenced their grandmothers' gardens. Children tended to help with such tasks as watering, weeding, and planting. The most common plant that people mentioned growing in their gardens was tomatoes. Many families who did not garden said they had the desire to grow food, but not the space to do so.

*We are from Gilroy, out in the countryside... We understand food—we see it being grown all around us.*



Fruit picking was seen as a fun seasonal family activity. Participants commented that they did this not only with immediate family but also extended family. Fruits and vegetables families mentioned picking included strawberries, blueberries, apples, cherries, peaches, pumpkins, corn, celery, and potatoes.

*It's [fruit picking] a fun family activity and easy for [my 3-year-old daughter] to participate in. We go to organic farms because we don't want her exposed to any harsh chemicals.*

## Family Food Habits, cont'd.



Though families said eating fast food was something they did together, parents seemed conflicted about it. Nearly every parent interviewed seemed to feel that they would be judged negatively by admitting that their family engaged in this activity. They emphasized eating fast food was only an occasional activity usually done because of time constraints.

*I'm finishing my PhD and my husband works and we don't always have time to cook.*

*We go to In-N-Out, which is not as bad as the others.*



While a large proportion of families reported cooking together, a very low percentage said that they planned meals together. In many cases, even families who planned meals admitted that the adults were actually the ones doing the planning. In one family that regularly planned meals together, the mother had created an interactive, tactile meal-planning system so that her non-verbal daughter (who had autism) could help choose the food to be purchased.

# Family Food Habits, cont'd.

## Implications

- While families found farmer's markets and gardens to be enjoyable family activities, these activities were difficult for some respondents to access; they either had no nearby farmer's markets or not enough space to garden. CDM could provide experiences that help families engage in these activities.
- Caregivers expressed considerable anxiety about eating fast food as a family. In fact, we would not be surprised if more people actually engaged in this activity as a family, but did not admit to it because they did not want to feel judged. The overwhelming reason caregivers gave for eating fast food was their busy schedules.
- Many families cooked and baked together. Parents of younger children, however, often talked about the kitchen as a "dangerous" place for their children and how, as a result, they could only do limited tasks or simply watch. The implication is that parents wanted to involve children in food preparation, but sometimes struggled to know how to do so in an age-appropriate way. CDM could become a resource to help educate caregivers about involving children in cooking and baking.
- Most families did not plan meals together. Discussing meal plans is an ideal way for caregivers to explore food and nutrition with children, so it may be useful for CDM to explore this area as a Museum experience.

## Conversations About Where Food Comes From

Families were asked how much they talked to their children about growing food or where food comes from. These discussions did not appear to be very common. When conversations about growing food or where food comes from did take place, caregivers described them in the context of experiences such as gardening, farmers' markets, and seasonal fruit picking. Only one family we talked to (they came from Gilroy) discussed California as a farming center.

# Cultural Foods and Food Traditions

Many respondents were eager to share, in great detail, their family food traditions with the researchers. Families often attached very deep and personal meanings to the food associated with their culture or traditions. These meanings are multi-layered and complex. The graphic below and following table show the different kinds of connections that emerged from the data. It is important to remember that these are not discrete categories and, in fact, multiple associations exist at once.

## Food Tradition Mental Model





# Cultural Foods & Food Traditions, cont'd.

	Meaning of Family Food Tradition	Description	Examples
Connection to Culture	A Social Bond to Family Members	Families talked about how making food together united them, as did sharing meals. This sense of connection was particularly evident at special events such as birthdays or holidays.	<ul style="list-style-type: none"> <li>• Ravioli and fish from a respondent's father's Italian family; pasteles and bacalao from her mother's Puerto Rican family. All these foods are usually made during the holidays or for special festivities with family members and friends.</li> <li>• Dumplings, a traditional Chinese food made together as a family. The children usually help stuffing them and it is an activity that they enjoy doing together.</li> </ul>
	A Connection to Ancestors and Culture	Families said food traditions linked them to their ancestors in the past, often many generations back. A number of families talked about food traditions being handed down at least three generations. They also described how food helped them pass down culture.	<ul style="list-style-type: none"> <li>• Portuguese bread, made for special occasions, with a recipe handed down from a respondent's grandmother to her mother.</li> <li>• Sarmale—cabbage leaves stuffed with meat—made for Easter, a big celebration in Romanian culture.</li> <li>• Pasty, an English meat turnover that has been handed down in the respondent's family. "It's nice to make a meal that my ancestors would have eaten too."</li> <li>• Tamales, a custom of the respondent's Mexican family across generations.</li> </ul>
Food as Sacred	A Link to the Sacred	While many respondents described food traditions related to religious celebrations, a few went further and discussed how food itself linked them to the sacred.	<ul style="list-style-type: none"> <li>• Special foods are offered to the Hindu god Krishna and not meant to be eaten by the family.</li> <li>• The family prays before every meal.</li> </ul>

# Cultural Foods & Food Traditions, cont'd.

	Meaning of Family Food Tradition	Description	Examples
Family Identity	A Unique Expression of Family	Families had special ways of making dishes unique to their families. Often these recipes were considered “secrets” to be kept in the family and not divulged to outsiders.	<ul style="list-style-type: none"> <li>• Tuna casserole made by a respondent’s working-class family. He said, “We ate what we had.” His family members worked in the canneries in San Jose, so they could easily access tuna and use it for different combinations of meals. This “simple” food became a tradition in his family and is now made on special occasions.</li> <li>• A “secret” Steamboat Pie that began with a recipe sent to the respondent’s great-grandmother via telegram by a friend who was a steamboat chef. The respondent’s father taught her the special apple pie recipe when she was 10 years old, and she noted feeling as if she was joining a secret club. She looked forward to initiating her own children into the secret one day.</li> <li>• A special mole verde recipe from the state of Guerrero, Mexico, that a respondent’s mother has yet to share with her.</li> </ul>
Connection to Place	A Connection to Memories of Place	Food triggered memories of specific countries in which respondents had lived or visited.	<ul style="list-style-type: none"> <li>• Gallo pinto reminds a man of his childhood home in Nicaragua.</li> <li>• Osechi ryori, a traditional New Year’s tradition in Japan, reminded a woman of visiting Japan as a child and being amazed at how different the culture was from that of the U.S.</li> </ul>
	A Symbol of a Unique Place	Certain foods were important because they were unique to a specific geographic area.	<ul style="list-style-type: none"> <li>• Peruvian tamales that are made differently than tamales from other Latin American countries.</li> <li>• Chile pasado, a specific chile that can only be grown in the state of Durango, Mexico, and is central to the food from that area.</li> <li>• Salvadorean chorizo that uses different spices than the Mexican version. A family drives around to find places that sell it.</li> </ul>

# Cultural Foods & Food Traditions, cont'd.

	Meaning of Family Food Tradition	Description	Examples
Health	A Means to Health	For some, healthy eating and cultural motivations overlapped in their food traditions.	<ul style="list-style-type: none"> <li>• Traditional Indian food is healthier than American food.</li> <li>• Veganism, as a food tradition with an important health component (although a respondent acknowledged that someone could eat unhealthily and still be a vegan).</li> <li>• Kimchi, a traditional Korean food, is a healthy food for a respondent's family.</li> </ul>

Sacred

# Cultural Foods & Food Traditions, cont'd.

One respondent's description of zacahuil, a type of tamale, serves as an example of the many different meanings someone can attach to a food. Likewise, another respondent attached various meanings to the traditional Indian food her family regularly ate.

## Zacahuil

*Very typical of and traditional to the state of Veracruz*



*Unique because several family members and extended relatives collaborate to make it big enough for a celebration*

*We eat it to celebrate special occasions, like weddings*

*Reminds me of Estado Hidalgo, where my father is from and where I grew up*

## Indian Food

*Indian food is rich in culture and spices*

*We make special foods for Krishna Jayanthi (Krishna's birthday) as offerings*



*It's important that my children know the food traditions of our culture*

*The Indian diet is healthy and balanced, not like the typical American diet*

*It's from the area that my family is from*



# Cultural Foods & Food Traditions, cont'd

Each dot on the map below represents a place where a respondent located the origins of his or her family food traditions. Most respondents mentioned a food that was part of their own culture of origin or ethnic background. A few, however, discussed traditions that came from cultures other than their own, indicating that at least some families were adventuresome in exploring foods.



## Food Traditions from Field Notes

A grandmother said that mole verde is a traditional and typical food made in the state of Guerrero, Mexico....she mentioned that a green plant is needed for it, but that the plant can only be found in the state of Guerrero...it is generally cooked for the holidays like Christmas, Easter, and Day of the Dead.

Bánh chu'ng is a rice cake served during the Vietnamese New Year (Tet). "It's hard to make. I don't know exactly how to make it." He said some of his relatives know, but that he never learned. He grew up in Vietnam and celebrated the holidays.

A mother described moon cake, a traditional cake made on the Chinese holiday of the Moon Festival. In addition, the respondent mentioned that, in her family, they generally eat Chinese food year-round.

One respondent said that she makes yogurt and naan, a traditional style of bread in India, from scratch....She said that most store-bought brands of yogurt contain too much sugar and fat. She said that she makes yogurt from whole organic milk and added that most Indian foods are eaten with plain yogurt.

One family noted that they felt it was important to expose their kids to foods from a wide variety of cultures. Eating internationally seemed so common to the children, though, that they were not aware the foods (sushi, pizza, tacos, Chinese food) were from different cultures.

(See Appendices B and C for a list of all locations and traditions mentioned.)

# Cultural Foods & Food Traditions, cont'd.

## Implications

- The different meanings that families attach to cultural foods and food traditions are complex and multi-layered, but also shared across cultures. One dish may symbolize a connection to ancestors, immediate family and friends, a specific place, and/or to the divine. Furthermore, respondents whose traditions were rooted in cultures as varied as Mexican, Vietnamese, Romanian, and American talked about their food traditions in similar terms (e.g., connecting them to family, connecting them to a place, etc). CDM may be able to build on these multiple connections to food when creating experiences.
- The rich diversity of cultural foods and food traditions in these responses is striking, as are the similarities of certain aspects of food across cultures. For instance, a number of respondents whose food traditions came from different Latin American countries talked about the role of tamales and how the specifics of the wrappings, fillings, and spices differed significantly by country (or even state) and how the differences related to what ingredients were available in a specific geographic place. CDM has an opportunity to take advantage of this diversity/similarity when designing experiences and programs. For example, CDM could use an ingredient such as rice to show how important an ingredient it is in foods across the world: Southeast Asia, India, Europe, Latin America, and California. Furthermore, it could explore not only how the finished dishes differ, but also how the rice itself is specific to the geography and perhaps even cultivated in different ways.
- While respondents were proud of their cultural foods and food traditions, they also talked about food traditions being adapted in the U.S. and combined with other traditions as individuals from different cultures interacted and created new families. Families also adopted traditions from other cultures outside their own when a variety of cultural foods were available (pizza, sushi, etc). This suggests that families not only want to celebrate their own culture and help their children connect to it, but that celebrating the diversity of cultural foods and foods traditions in the San Jose area is also appropriate for CDM.

*Food is a way to unite and come together.*

*It's [sufganiyot] not that healthy, but it's only once a year we get to make them [at Hannukah].*

*[Gallo pinto's] not special, but common... When I eat it, it's like I'm there [in my childhood home in Nicaragua].*

# Top of Mind Regarding Healthy Eating

Caregivers had an awareness of healthy eating and a desire to encourage it in their children. They primarily focused on *what* their children were eating when talking about the concept of healthy eating.

All caregivers we interviewed expressed a desire to feed their children in a healthy manner and encourage their children's healthy eating. Families, however, had different ways of defining healthy eating and there were nuances to their definitions. For instance, a large proportion talked about encouraging their children to eat more "good" food. The definition of "good," however, varied, ranging from more fruits and vegetables to lean meat to organic produce to home-cooking to non-processed foods.

The same families and others mentioned healthy eating involved eating less "bad" food. Once again, the definition of "bad" varied. For instance, vegetarians talked about avoiding meat. Vegans added dairy to the list "bad" foods to avoid. Others focused on sugar in their children's diet or processed "fake" foods.

Another way of thinking about healthy eating was the "balanced diet." Caregivers discussed how they try to keep their children from eating too many sweets or fast food. Parents with children who had food allergies said they had to find safe foods for their children that provided enough nutrition. A vegetarian family talked about making sure their children got enough protein and carbohydrates through their diet.

No matter what the definitions of healthy eating, caregivers had strategies to encourage healthy eating by their children. For instance, parents made sure to set a good example with their own eating habits. Another mother made sure to provide balanced meals and healthy snacks to her children. Another said she bought local, organic produce to help her family eat better.

A number said they involved children in cooking and shopping so that the children felt involved and could pick out healthy foods that they would like and eat. Shopping and cooking together were also seen as opportunities to teach children the difference between healthy ("good") and unhealthy ("bad") foods.

A few families maintained an outdoor or hydroponic garden to could grow their own fruits and vegetables.

Parents talked about the general importance of cooking at home as opposed to eating unhealthy restaurant food or fast food.

Negotiating with children to eat more healthy foods was cited as another strategy. One mother talked about preparing foods that a child did not like in a way that makes the food more attractive.

While all caregivers wanted to and tried to help their children eat healthy, they faced challenges. Respondents talked about three main challenges in establishing and reinforcing healthy eating:

- Little time to make healthier, homemade food
- The abundance and availability of processed, unhealthy foods
- Children's pickiness (for example, the desire for sweet foods)

# Top of Mind Regarding Healthy Eating, cont'd.

## Implications

- Caregivers are already on board with the concept of teaching about and promoting healthy eating to their children. It is not a new concept, so CDM does not need to convince anyone of the importance of doing so.
- Caregivers had an awareness of and desire to promote healthy eating to their children, but each family had different nuances about healthy eating. These ranged from vegan/vegetarian/omnivore philosophies, organic vs. conventional produce, balance (i.e., not too much “bad” food), and even outright bans of certain foods. It is important to respect caregivers’ desire to encourage their children’s healthy eating, but also to understand the nuances of definitions and how families might differ greatly.
- A tension exists between caregivers’ awareness and desire for their children to eat healthy and the everyday challenges they confront to healthy eating. Caregivers expressed guilt that their children did not always eat in the most healthy way. They struggled to provide the best food for their children. CDM should be careful not to add to caregivers’ guilt or make them feel incompetent or “bad.”

*We aren't fixated on what they [our children] eat or us knowing what they eat. We are fixated on them knowing what is going into them.*



# Role of CDM in Supporting Healthy Eating

Caregivers, in general, already recognized that CDM was addressing healthy eating. They commented positively on the Rainbow Market and related that their children enjoyed playing there. A few knew about the garden, but many did not. Respondents, nevertheless, did mention specific ways that CDM could further support healthy eating.

Topic	Description	Suggestions
Where Food Comes From	Showing children where food comes from	<ul style="list-style-type: none"> <li>• A greenhouse at CDM</li> <li>• A garden where children could pick and eat vegetables, fruits, and herbs; this was especially important to those who said they did not have room for this at home</li> <li>• An interactive map showing different foods from around the world</li> <li>• Exhibits showing how vegetables grow</li> <li>• A farmer's market at CDM</li> <li>• A performance about food</li> <li>• Information about the ethnic food traditions from around San Jose</li> </ul>
How Food is Prepared	Providing experiences and programs related to food preparation	<ul style="list-style-type: none"> <li>• Family cooking workshops</li> <li>• A family cookbook</li> <li>• A place children could play with real food</li> </ul>
Nutrition of Food	Relaying information about food nutrition and science	<ul style="list-style-type: none"> <li>• Workshops that teach families how to read food labels and help children take responsibility for what they eat</li> <li>• A comparison of a processed food with a homemade version (e.g., a chicken nugget, bread, etc).</li> <li>• Healthy food samples</li> <li>• Information about what calories are and how they work</li> <li>• Information about diets for children with autism</li> </ul>
How Food is Processed	Helping children understand the process by which commercial food was made	<ul style="list-style-type: none"> <li>• A physical interactive that simulated the process of food from farm to table</li> </ul>
Café Food	Providing healthier options at the CDM Café	<ul style="list-style-type: none"> <li>• Providing more options, particularly vegetarian and healthier foods</li> <li>• Providing more complete nutritional descriptions of food sold</li> </ul>

# Role of CDM in Supporting Healthy Eating, cont'd.

## Implications

- Nearly all respondents believed that healthy eating was a perfectly appropriate subject for CDM to address. Many recognized that CDM already had some related exhibits that touched on the subject, but also felt that more could be done.
- The five different topics that emerged many serve as a way to organize experiences at CDM, but it is important to remember that visitors were limited by their own imagination. There may be other innovative ways for CDM to address healthy eating that the respondents did not discuss.

*Grow it [food] in the garden and then show it processed all the way to the food court.*

*Kids love pictures, so make sure you're showing what good food looks like.*

*It [the CDM garden] would look better if there plants and vegetables that people could pick themselves and eat.*

*I'd like my children to learn about their vegetables, how rice is grown, how important it is to their culture.*

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# Appendices

# Appendix A: Respondent Profile

## Adults in Group

Gender	% (n = 128)
Female	59%
Male	41%

## Number of Visitors in Group

Number	% (n = 86)
1	1%
2	31%
3	38%
4	21%
5	8%

## First Visit to CDM?

Response	% (n = 86)
Yes	27%
No	73%

## Race/Ethnicity

(may indicate more than one)

Response	% (n = 36)
Caucasian	31%
Indian	19%
Hispanic/Latino	14%
Chinese	11%
Japanese	8%
African-American	6%
Pacific Islander	6%
Other *	6%

\*All "Other" responses indicated "American."

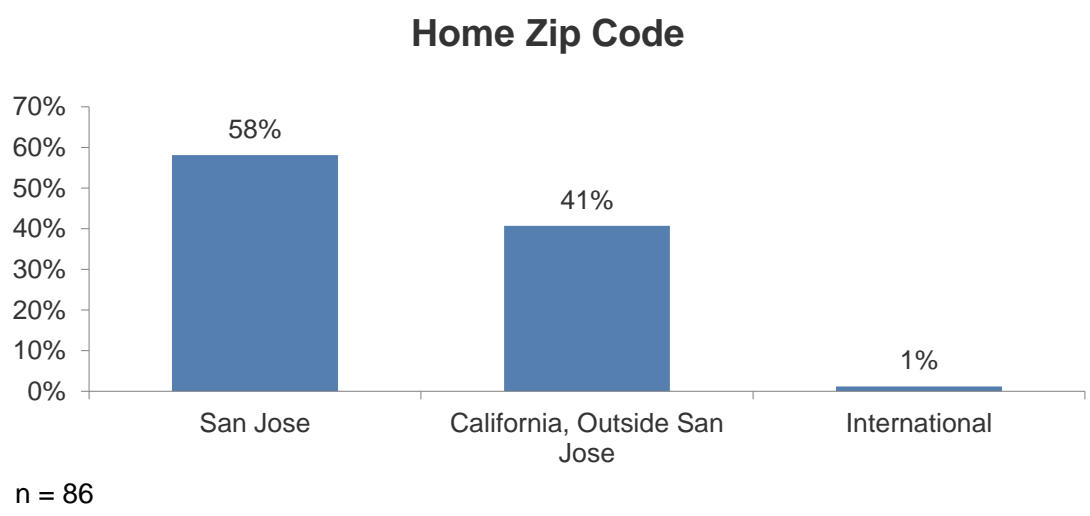
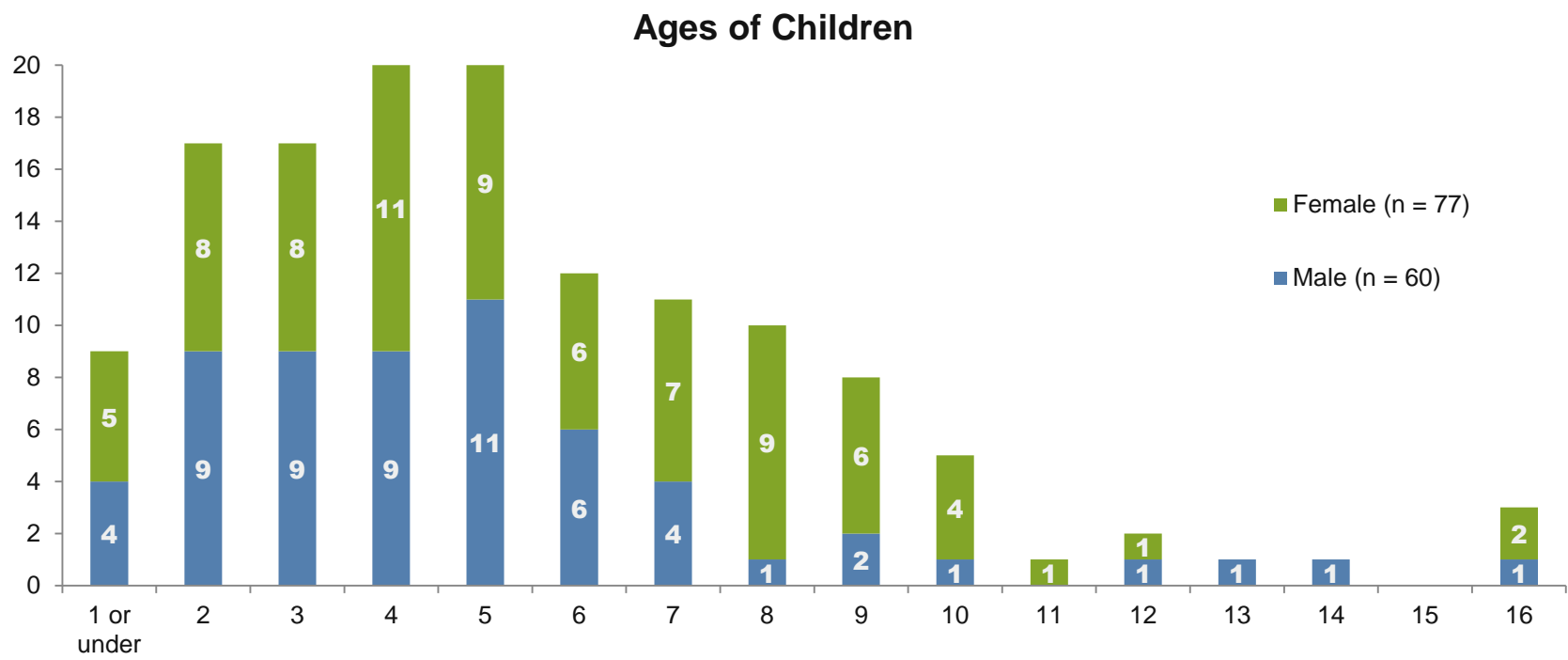
## Member of CDM?

Response	% (n = 35)
Yes	69%
No	31%

Note: On one especially busy day, there was a subset of 17 groups for which demographic data was not collected; these interviews were especially abbreviated in order to accommodate families' time constraints.

Also, because the map activity was a short interaction, race/ethnicity and membership data were not collected. The diversity of the sample can be seen in the countries respondents chose and the traditions they described.

# Appendix A: Respondent Profile, cont'd.



# Appendix B: Food Tradition Locations

Below are locations mentioned by at least one family during the map activity.

Ahuachapán, El Salvador  
Azores, Portugal  
California  
Central Valley, CA  
China  
Deerfield, IL  
Denmark  
Durango, Mexico  
England  
Escondido, California  
Estado Hidalgo, Veracruz, Mexico  
Estelí, Nicaragua  
France  
Fremont, CA  
Germany  
Guerrero, Mexico  
Hayward, CA  
Hungary  
Hyderabad, India  
India  
Ireland  
Israel  
Italy  
Jalisco, Mexico  
Japan  
Korea  
Lima, Peru  
Louisiana  
Malaysia  
Mediterranean  
Mexico  
Michoacán, Mexico  
Minnesota  
Nanjing, China

Nevada  
New Orleans  
New York  
North Vietnam  
Philippines  
Poland  
Portugal  
Puerto Rico  
Quebec, Canada  
Romania  
Russia  
San Jose  
Sonoma, CA  
Southeast India  
South India  
South Vietnam  
Southern USA  
Spain  
Sweden  
Taiwan  
Tel Aviv  
Israel  
Uruapan, Mexico  
USA  
Vietnam

Region in which located	% of families* (n = 66)
U.S./Canada	33%
Europe	21%
Mexico	14%
Southeast Asia (e.g., Vietnam, Laos, etc.)	14%
Indian Subcontinent	12%
Northeast Asia (e.g., China, Korea, Japan)	11%
Central America	3%
Middle East	3%
West and Central Asia (e.g., Russia, Caucasus, etc.)	3%
South America	2%

\* Percentages add up to more than 100% because families could name multiple locations.

# Appendix C: Food Traditions

Below are the food traditions described by at least one family during the map activity.

Adobo	Pozole
Bacalao (Puerto Rican)	Pumpkin pie
Bánh chưng	Rainbow smoothie
Beef roast	Ravioli
Biryani	Rice (Chinese)
Bublik	Rice (Vietnamese)
Carrot galwa	Roast beef
Chicken biryani	Roast leg of lamb
Chile pasado	Russian new year's salad
Dumplings (Chinese)	Sambar
Egg rolls (Vietnamese)	Sarmale
Fish (Italian)	Shepherd's pie
Gallo pinto (Nicaraguan)	Steamboat pie (apple)
Gumbo	Strudel
Hebrew cuisine	Sufganiyot
Homemade macaroni and cheese	Sundal
Irish cake	Tamales (Mexican)
Kimchi	Tamales (Peruvian)
Krishna Jayanthi food	Tarbooj Sharbat
Lechon	Thanksgiving food
Mole verde	Tortas ahogadas
Moon cake	Tuna casserole
Naan	Vegan tahini pasta
Osechi ryori	Yogurt
Paella	Zacahuil
Pancit	
Panes rellenos salvadoreños	
Pasteles (Puerto Rican)	
Pasty	
Phở bò viên	
Pinakbet	
Plum dumplings	
Portuguese bread	
Potato pancakes	