



Do:

- Do have simple meals and plenty of food being respectful of dietary restrictions. No student should be going hungry and you may need to talk about food likes and dislikes.
- Encourage your student to help in the kitchen. Preparing, setting the table, clearing dishes, loading/unloading the dishwasher – chores will make them feel more a part of the family.
- Try to remember a time when you might miss a familiar food that is unavailable to you – builds empathy for how your student may be feeling while they are adjusting.
- Explore the website to learn about how people eat in the country where your student comes from. A good website is <http://www.foodbycountry.com/> for information and a few recipes. Better still, have them teach you about some of their foods – great conversation starter.
- Do be patient. Adjusting a palate to a new country's cuisine can take some time and their bodies can take time to adjust. By the time they go home, they will have a whole new list of favourite foods.
- Do teach them about our foods. Show them how to work the appliances in the kitchen if they are expected to get some foods on their own (toaster, microwave, etc.).



- Do ask your student about foods they are used to, their likes and dislikes. Some foods may be more difficult to digest and some foods are not part of the diet of many countries – milk products are often hard for students to adjust to (cheese, etc) and also bread made with wheat flour. Although they may try these foods, their bodies may reject them.
- Refer to the Canada Food Guide for guidelines of feeding and teaching your student about foods and how to eat in Canada. This is not taught in every grade level and every class.
- Cover the cost of your student's meal if eating out is your plan. If they go out on their own (with friends or alone), they can then pay for their own.



Don't:

- Don't offer an "all you can eat buffet" but don't have your student going hungry. Having no limits at all on food will create resentment but limiting too much will also create problems of the biological family believing that you are starving their children. Again the Canada Food Guide can be a good resource.
- Don't cook a separate meal specifically for your student but offer them choices if possible if they do not like the prepared meal. When they first arrive or when it is a health or religious concern, are the exceptions.
- Don't feel that you have to, for example, learn how to cook only Italian food because you have an Italian student. But we are sure that most students will appreciate it if you try to cook a recipe or two of foods that they are familiar with. See ideas/recipes at <http://www.foodbycountry.com/>.
- Don't expect that since they are teenagers that they should already know how to do certain things. For example, if they have never made a sandwich, they will not know how to do it, what to put in it, and where to find everything they need. They need to be taught.