

Feeding Your Homestay Student:

A simple guide for our amazing host families

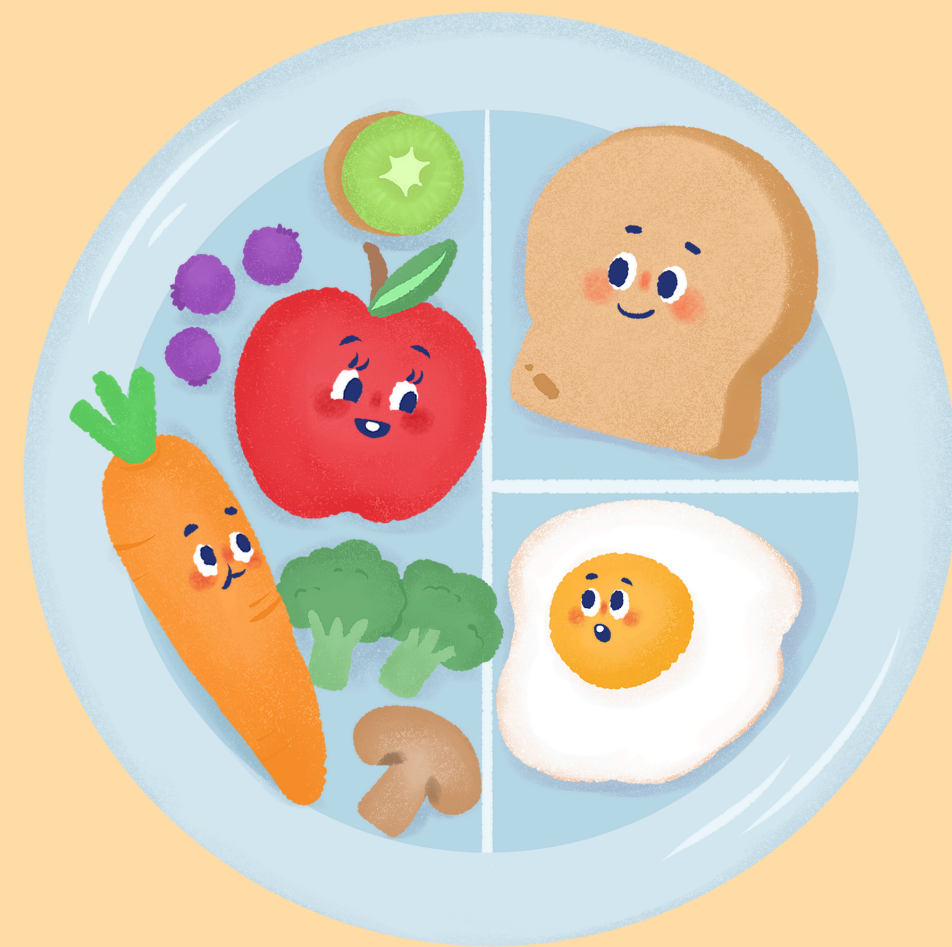
What's Included?

- ✓ Breakfast
- ✓ Lunch (don't skip this!)
- ✓ Dinner
- 📌 balanced meals

🥗 Build a Balanced Plate with Portions

- Easy Meal Formula!
- 🎯 Aim for:
 - 🥩 Protein: 100–150g (palm-sized)
 - 🍚 Carbs: 1 cup (fist-sized)
 - 🥦 Veggies: 1–1.5 cups (half the plate)

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> Eggs Cereal Fruit Oatmeal Rice Multigrain toast Salad Soup 	<ul style="list-style-type: none"> Leftovers Wraps Sandwiches Salad with protein Rice/noodle bowls Stir-fry 	<ul style="list-style-type: none"> Protein: chicken, beef, fish, tofu, lentils, eggs Vegetables: steamed, roasted, stir-fried, salad, soup Carbs: rice, pasta, noodles, potatoes, quinoa, bread



Snack Ideas: Fruit 🍌 | Crackers 🍪 | Granola Bar 🌿 | Cookies 🍪 | Chips 🍟 | Nuts 🥜

Tips & Portions

- ✓ Nutritious, satisfying & filling
- ✓ Variety + portions
- ✓ Simple = (rice + veggies + protein)
 - 📢 "Communicate with your student!"

Students likes & dislikes

- ✓ You'll know in advance from their profiles
- 👨🍳 Ask on arrival!

Creating a Comfortable Food Environment

- "Still hungry?" → Check portions
- "Doesn't like food" → Cook together 👨🍳
- "Won't ask for seconds" → Offer kindly
- 🧠 Be proactive – cultural food habits differ!

Still have questions? We're here to help!

📍 Inlingua Victoria - 910 Government st
 🕒 8:30 AM – 4:30 PM, Mon–Fri
 ✉️ homestay@inlinguavictoria.com
 📞 778-817-1083 (Ext. 4)

Cultural differences!

Japanese / Asian students Tend to (be):



- quiet, shy, afraid to ask, not expressive
- prefer not to hug when you meet for the first time
- like eating rice every day, and warm breakfast
- spend more time at home and in their rooms
- say yes or just nod even when they mean to say no, as they may think saying no is rude (especially when their English is poor)

Mexican / Latin students tend to (be):



- outgoing, expressive, loud, affectionate, and social
- call their families and friends every day at night
- eat dinner very late after 9pm (eat big meals around 2pm)
- hang out with their friends until evenings
- come from homes with domestic help and may not be used to doing chores - a little guidance goes a long way

Home Cleanliness

A clean and tidy home helps students feel safe, welcome, and respected. Hosts are expected to provide a clean living environment, especially shared spaces like the kitchen and bathroom.

- Please make sure the home is clean and ready before your student arrives.
- Kindly show your student how to keep shared spaces tidy (e.g., vacuum, garbage, dishwasher).

✓ If you notice your student isn't keeping spaces tidy, offer a friendly reminder and show them what's expected.

✓ Lead by example and be patient as they adjust to new routines.

🌸 Clean homes create a positive experience for everyone.

Homesickness

Many students will miss home - especially in the first few days. They might:

- Be extra quiet or sensitive
- Sleep more
- Ask for space
- Call family often

What helps? Kindness, a warm meal, shared activities, or just asking how they're doing.

Phone! 📞

For younger students (**13 and under**), please have them charge their phones before bed outside their room, such as in the living room or kitchen, to support healthy routines.

Welcome Your Student

Creating a welcoming space starts with simple gestures. A smile, friendly conversation, or including your student in everyday routines helps them feel comfortable and supported.

🏠 Small efforts can make a big difference in helping a student feel at home.