North America Resources

Science

Typical Caribbean daily meal plan

Breakfast – Porridge (oats and water) with silk figs (a type of small, sweet banana).

Lunch – Coconut rice with home grown vegetables such as corn, bok-choi, cabbage and carrots.

Snack – coconut or mango fresh from the tree.

Dinner – Salt fish (fish preserved in salt), yam, fried plantain (a different type of large banana) and other seasonal vegetables.

Drinks – water, coconut water or milk.