

# Kakain Na! Time to Eat and Talk about Filipino Canadians in Healthcare

In Canada, the Filipino community is one of the fastest-growing populations, with over 900,000 people, making up approximately 2.6% of the national population. Filipino healthcare professionals, particularly nurses and healthcare aides, play a significant role in strengthening Canada's healthcare system and supporting the well-being of Canadian families.

Elsa, June, and Carmela represent two generations of Filipino-Canadian women working in Canada's healthcare sector. Elsa and June are first-generation Canadian immigrants, while Carmela is second-generation. Their identities as Filipinas connect them, while their realities as immigrants shape their lived experiences in completely different ways. Before we eat, the mother-daughter trio will share personal stories and reflect on their contributions to Canada's healthcare system and their lives as Filipino-Canadians.



Using food as their medium, we will learn and they will demonstrate how to prepare some of their favourite Filipino dishes.

Go to [HEALhealthcare.ca](https://HEALhealthcare.ca) or use this QR Code to get to the Kakain Na! project and videos.



National Collaborating Centre  
for Indigenous Health



## CARMELA - Activity Questions

- 1) Watch **Kakain Na! Carmela - Healthcare** then reflect/discuss the following question.

*What assumptions do people often make about the education and skills of immigrants working in Canada?*

- 2) Watch **Kakain Na! Carmela - Cultural Identity** then reflect/discuss the following questions.

*Sisters June and Carmela are from the same generation but express very different thoughts and experiences growing up as Filipino-Canadians. What differences stood out to you, and why do you think they exist?*

- 3) Watch **Kakain Na! Carmela - Cooking Bibingka** then gather the ingredients, colleagues, family or friends and prepare the meal!

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### Recipe 3:



### Ingredients

- 2 cups - uncooked Glutinous Rice
- 2 cups - Brown Sugar
- 1 cup - Shredded Coconut
- 1 tbsp - Vanilla Extract
- 2 cans - Coconut Milk
- 1 tbsp - Butter



### Instructions

- 1) Cook 2 cups of glutinous rice, in a rice cooker or pot. It is best to finish cooking the rice before starting step 2.
- 2) Preheat the oven to 400°F.
- 3) Add the coconut milk to a deep pan or pot on medium heat. Heat the coconut milk for about 5-10 minutes.
- 4) Add in the brown sugar. Raise the heat to medium-high. Stay near the oven and stir periodically to prevent sticking. You'll know the mixture is combined when it turns from creamy white to brown.
- 5) Add in all your cooked rice. Stir until rice is broken up and evenly coated with the coconut milk and brown sugar mixture.
- 6) Add in  $\frac{3}{4}$  cup of your shredded coconut and the vanilla extract.
- 7) Continue to stir frequently until the mixture reduces to a very thick consistency; so thick that it is nearly unable to stir.
- 8) Grease your 11"x17" Pyrex with butter.
- 9) Pour your Babingka mixture into the greased Pyrex.
- 10) Sprinkle the remaining shredded coconut and more brown sugar on the top.
- 11) Cook for 30-40 min; until top is golden brown.
- 12) Let the Babingka set for 20 minutes.
- 13) Cut into cubes. Serve and enjoy!

