

EAT TOGETHER

FOODS AROUND THE WORLD

EAT BETTER



TARGET AUDIENCE	Grades 5 & 6
ESTIMATED TIME	Varies
NUTRITION EDUCATION LEARNING OBJECTIVE	<p>By the end of this activity, students will be able to:</p> <ul style="list-style-type: none"> • Research the food customs of another country • Create a presentation for younger students about the role of food and nutrition in another country • Analyze the diet from another country as compared to MyPyramid
CURRICULUM INTEGRATION	<ul style="list-style-type: none"> • Social Studies • Communication • Writing • Reading • Art • Health
EALR/GLE INTEGRATION	<p>Communication</p> <p>2.3 Uses skills and strategies to communicate interculturally.</p> <p>3.1 Uses knowledge of topic/theme, audience, and purpose to plan presentations.</p> <p>3.3 Uses effective delivery.</p> <p>4.1 Assesses effectiveness of one's own and others' communication.</p>
CLASSROOM SKILLS	<ul style="list-style-type: none"> • Researching. • Working in a group setting. • Oral presentation skills. • Appreciation for the differences in how families eat and celebrate.
BASIC NUTRITION CONCEPTS	<ul style="list-style-type: none"> • People in different countries use a variety of foods to eat a healthy diet. • MyPyramid provides a good guideline for healthy eating across cultures.
SUPPLIES ☑ Provided with lesson	<ul style="list-style-type: none"> • Book: Let's Eat! What Children Eat Around The World ☑ • World Map • Cultural Food Links ☑ • MyPyramid poster ☑ • Additional drawing and writing materials for presentations
ACTIVITY TASKS	See reverse.
SOURCE	Carolyn A. Lee, MS, RD
SA SUBMITTED BY	Family Meals Work Group

Foods Around the World (Grades 5 & 6)

Part One

1. Introduce the book, "Let's Eat! What Children Eat Around the World." Tell students that this is a book intended for 3rd and 4th graders. It details what children in five different countries eat and how food is used in celebrations. Explain to students that they will use this book and outside sources to prepare a presentation for younger students about these cultures. Their presentations will focus on the role of foods eaten in daily life and in celebrations.
2. Introduce the countries in the book. Refer to a world map, if available. Invite students to share if they are from any of these countries. Read through the book with the class. You may do this in one session, or in several.
3. Divide students in to five groups, one for each of the countries. These groups will now become content experts. Groups may be divided randomly, into table groups, or areas of interest or origin. When groups have been established, use the Cultural Food Links sites to assist students in their research. You may also choose to have students use the school library for additional information. Encourage groups to locate someone from their country to interview as well. To help in organizing their ideas, you may give these topics as a starting point:
 - What foods are grown in the country? Why? (climate, location, etc.)
 - What foods are eaten in daily life?
 - How is food obtained? (Grown, purchased, etc.)
 - How are foods prepared?
 - Are meals nutritious? How do you know? (use MyPyramid as a guide)
 - Special mealtime customs
 - Foods eaten at special celebrations
 - Recipes

Part Two

1. The end result of the research is to present the information to students of younger grades. Groups may choose to write their own book to read to younger students, give an oral presentation with pictures (photographs and/or original drawings), do a cooking demonstration that includes additional information about food customs, or any other creative format that would engage the younger students. This is also a great opportunity to help older students think through what goes into the process of teaching new information to another person.
2. Practice presentations within the class before presenting to the younger students. Make necessary modifications.
3. After final presentations have been made, allow time for a follow-up discussion so students can share the highlights and challenges of the project.

Extension Activities

- Many schools have family nights. Students may provide country displays or presentations to families.
- Invite parents to the class to hear presentations.
- Have a cultural potluck.

Cultural Food Links (August 2011)

South Africa

www.foodbycountry.com/Kazakhstan-to-South-Africa/South-Africa.html
www.exploresouthafrica.net/southafricanfoods/Traditional_Foods.html

Mexico

www.foodbycountry.com/Kazakhstan-to-South-Africa/Mexico.html
www.traditional-mexican-culture.com/traditional-mexican-foods.html
www.food-links.com/countries/mexico/mexico.php
www.food-links.com/countries/mexico/meals-customs-mexico.php
www.facts-about-mexico.com/mexican-food.html

Thailand

www.foodbycountry.com/Spain-to-Zimbabwe-Cumulative-Index/Thailand.html
www.thailandlife.com/thai-food/the-meals-we-eat.html
www.thailandlife.com/thai-food/introducing-thai-food.html
thaifood.about.com/od/thaifoodandculture/a/foodculture.htm

France

www.foodbycountry.com/Algeria-to-France/France.html
www.food-links.com/countries/france/frech-food-culture.php
www.food-links.com/countries/france/french-meal-customs.php

India

www.foodbycountry.com/Germany-to-Japan/India.html
greatingindia.tripod.com/food.html

