

EAT TOGETHER

FOODS AROUND THE WORLD

EAT BETTER



TARGET AUDIENCE	Grades 3 & 4	
ESTIMATED TIME	Part One	25 minutes for each section of the book
	Part Two	Varies depending on time taken for writing and prompts chosen
NUTRITION EDUCATION LEARNING OBJECTIVE	<p>By the end of this activity, students will be able to:</p> <ul style="list-style-type: none"> • Categorize foods by food groups across cultures, • Identify similarities and differences between cultures regarding food and celebrations, • Compare and contrast various cultural traditions to their own, • Appreciate diverse cultural traditions and celebrations. 	
CURRICULUM INTEGRATION	<ul style="list-style-type: none"> • Reading • Writing • Communication 	<ul style="list-style-type: none"> • Health • Social Studies
EALR/GLE INTEGRATION	<p>Communication</p> <p>1.1 Uses listening and observation skills and strategies to focus attention and interpret information.</p> <p>2.3 Uses skills and strategies to communicate interculturally.</p> <p>Writing</p> <p>3.1 Develops ideas and organizes writing.</p> <p>3.3 Knows and applies writing conventions appropriate for the grade level.</p>	
CLASSROOM SKILLS	<ul style="list-style-type: none"> • Appreciation for the differences in how families eat and celebrate. • Creative writing. • Listening and following directions. • Working together in a group setting. 	
BASIC NUTRITION CONCEPTS	<ul style="list-style-type: none"> • Family celebrations can include healthy foods. • There are a variety of healthy food options in all cultures. • MyPyramid provides a good guideline for healthy eating across cultures. 	
SUPPLIES	<ul style="list-style-type: none"> • Book: Let's Eat! What Children Eat Around The World <input checked="" type="checkbox"/> • Food and Nutrition Comparison Chart and key <input checked="" type="checkbox"/> • MyPyramid poster <input checked="" type="checkbox"/> • Writing paper and pencil 	
ACTIVITY TASKS	See reverse.	
SOURCE	Carolyn A. Lee, MS, RD	
SA SUBMITTED BY	Family Meals Work Group	

Foods Around the World (Grades 3 & 4)

Part One

1. Post MyPyramid/MyPlate for all students to see. Ask probing questions to determine their knowledge and discuss purpose of food groups.
2. Introduce the book “Let’s Eat! What Children Eat Around the World.” Read the first section about South Africa. After reading, ask students to share information they learned.
3. Distribute a comparison chart to each student. Ask students to work with table group members to fill in the categories related to this country. Students will discuss with each other what they recall from the reading. Refer them to a MyPyramid/MyPlate poster, if available. As this is the first time they are completing this task, you may need to give additional coaching.
4. When students have completed this task, discuss what they remember. Finally, re-read the section so they can confirm correct responses and add additional information.
5. This activity can be repeated each day for five (5) days or divided up in any way you choose.
6. When all book sections about each of the countries have been read, students will have a chart that helps them compare the food traditions of each country. You may also choose to create a classroom chart with student input.

Part Two

1. Students now use the information they have collected on their comparison chart to do one or more of the following suggested writing prompts:
 - Compare two (2) of the different cultures with each other as related to food. How are they the same? How are they different?
 - If you could choose one of the countries to visit, which one would it be? Why?
 - Compare one of the celebration activities with one from your own culture. How are they the same? How are they different? Discuss the various foods eaten.
 - Choose one of the countries and give your opinion about whether the family is eating a nutritious diet. Use MyPyramid as a guide in your analysis. Make suggestions for improvement if necessary.

Extension Activities

You may also choose to:

1. Have students bring in recipes from their own cultures to share with the class.
2. Make a classroom display board of the various cultures represented with an emphasis on the variety of foods and celebrations.
3. Create a MyPyramid using foods from various cultures.
4. Create a healthy meal for one of the countries using MyPlate as a guide.

Let's Eat! What Children Eat Around the World

KEY

Food and Nutrition Comparison Chart

	Grains	Vegetables	Fruits	Dairy	Protein	Celebration	Interesting Facts
South Africa	<ul style="list-style-type: none"> • Mealy Meal • Puthu • Doughy Bread • Weetabix Cereal 	<ul style="list-style-type: none"> • Corn on the Cob (maize) • Madumbe 	<ul style="list-style-type: none"> • Lemon • Mango 	<ul style="list-style-type: none"> • Amasi 	<ul style="list-style-type: none"> • Beef 	<ul style="list-style-type: none"> • Family Wedding 	<ul style="list-style-type: none"> • Drink Coke & orange soda • Eat umoba for a treat
Mexico	<ul style="list-style-type: none"> • Tortilla 	<ul style="list-style-type: none"> • Corn • Cactus • Tomato • Cilantro 	<ul style="list-style-type: none"> • Juice • Orange • Lime 	<ul style="list-style-type: none"> • Cheese • Ice Cream 	<ul style="list-style-type: none"> • Sheep (lamb) • Chicken • Eggs • Refried Beans • Fish (Tuna) 	<ul style="list-style-type: none"> • Fiesta 	<ul style="list-style-type: none"> • Eat cake and sweet bread for celebration
Thailand	<ul style="list-style-type: none"> • Rice • Noodles 	<ul style="list-style-type: none"> • Red Chili Peppers • Greens • Green Onions 		<ul style="list-style-type: none"> • Ice Cream 	<ul style="list-style-type: none"> • Fish • Fried Eggs • Quail Eggs • Pork 	<ul style="list-style-type: none"> • Day out with Dad 	<ul style="list-style-type: none"> • Special egg pan with holes to cook eggs
France	<ul style="list-style-type: none"> • Garlic Bread • Baguette • Flaky Pastry 	<ul style="list-style-type: none"> • Peas • Carrots • Mushrooms 		<ul style="list-style-type: none"> • Cheese 	<ul style="list-style-type: none"> • Oyster • Steak • Chicken • Hamburger 	<ul style="list-style-type: none"> • Mushrooming 	<ul style="list-style-type: none"> • Breakfast is light • 3-course lunch at school each day
India	<ul style="list-style-type: none"> • Cereal Flakes • Toast • Popcorn • Puris (fried bread) • Chapatis (flatbread) • Rice 	<ul style="list-style-type: none"> • Cucumber • Carrots • Potatoes • Onion 	<ul style="list-style-type: none"> • Guava • Watermelon • Banana • Mango • Papaya • Apple • Orange • Berries • Pineapple • Lemons 	<ul style="list-style-type: none"> • Milk • Paneer (cheese) 	<ul style="list-style-type: none"> • Egg • Dal (lentil sauce) • Fryums (deep fried soybeans) 	<ul style="list-style-type: none"> • Breakfast is light • Coconut dessert is Naryal Ladoo • Halwa is a birthday dessert with almonds 	

Let's Eat! What Children Eat Around the World

Food and Nutrition Comparison Chart

	Grains	Vegetables	Fruits	Dairy	Protein	Celebration	Interesting Facts
South Africa							
Mexico							
Thailand							
France							
India							

