

5 November Lesson: Food and Culture

Goals:

- Students will learn that food is an integral part of culture and celebrations.
- Students will learn factors that influence food choices.
- Students will learn about how food culture around the world varies.
- Students are encouraged to be open to trying new foods.

Audience: 5th grade

Materials:

- Map
- Internet/LCD projector screen

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 5.1
 - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 5 topics and texts*, building on others' ideas and expressing their own clearly.
 - Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others.

Lesson:

"What's for dinner?" is a common question in many households. Raise your hand if you can share what your family enjoys for dinner.

Slide #1-(Hold up picture of map). Do you think people eat the same types of food around the world?

Slide #2-What factors influence the types of food people eat?

- Geography: agriculture, access to markets, clean water, and marine life all dictate the types of food available.
- Climate: do you think diets are different based on the weather? Do tropical regions consume different foods compared to cold regions such as Canada?
- Finances: what can people afford?
- Religion: some religions have special rules about food (some Hindus are vegetarian, Orthodox Jews follow a Kosher diet, some Muslims won't consume pork or alcohol)

Can you think of other factors that influence food choices?

(Convenience, time, personal preferences, marketing/advertising)

We're going to watch a short news clip about dinner around the world.

Slide #3- Link: <http://abcnews.go.com/WNT/video?id=5374546>

Pay special attention to the types of food people eat, how they eat, where they eat, and their dietary customs. (Point to each country on the map).

We will learn what's for dinner in the following countries:

- China (Slide #4),
- Pakistan (Slide #5),
- Israel (Slide#6),
- Kenya (Slide #7),
- South Korea (Slide #8), and
- France (Slide #9).

Discussion questions (Slide #10):

1. Does dinner time look different here in the United States?
2. How is your dinner similar to the meals we saw in the clip? How is it different?
3. Why do you think it is important to know about other cultures?
(It introduces you to new foods, it helps you better understand people's habits and lifestyle, promotes respect and appreciation for people that are different from you)
4. What type(s) of ethnic cuisine did you see that you would like to try?

Conclusions:

We are all unique and have varying preferences in not just food, but books, music, art, and fashion. It is important to appreciate our differences and respect other's opinions and culture.

Tips:

During the discussion encourage kids to talk about new foods they've tried. Remind them that it takes 14 or 15 times of trying a new food to know whether you like it or not.