

**5****November PE Activity: Playing with Food****Nutrition Lesson(s) Supported:**

-Food and Culture

**Supplies Needed:**

- 10 sets of color coded cards with pictures of foods (1 set of 36 cards per team)
- 6 Hula hoops or 6 mats
- 6 signs to designate the following countries: China, Pakistan, Israel, Kenya, South Korea, and France
- Whistle

**Length of Time to Complete:**

5 minutes to introduce activity

10 minutes to play the game

**Audience (grades):** 5<sup>th</sup>**Common Core Standards Taught:**

- English Language Arts: Speaking and Listening: 5.1
  - Follow agreed-upon rules for discussions and carry out assigned roles.
  - Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others.

**Lesson:**

Food not only provides our body with energy, but it is also used to express different cultures. For example, how food is prepared or how it is eaten may be very different in China or France than in the United States.

Raise your hand if you can tell me why it is important to know about other cultures.

(Knowing about other cultures introduces us to new foods, helps us understand lifestyles and habits that are different from our own, it also helps us appreciate our differences.)

Many other things influence what foods we eat. Raise your hand if you can think of something that would influence the type of food people eat.

(Religion, geography, finances, personal preferences)

Today we are going to play an activity called Playing with Food.

First we are going to get into groups of 3-4 (about 10 groups depending on class size). Each group should have a set of 36 cards with pictures on them.

Within each set of cards there are 6 different cards from 6 different countries. Around the room there are hula hoops (or mats) with a sign showing the country it stands for. Each mat or hula hoop represents the country of China, Pakistan, Israel, Kenya, South Korea or France.

Your job is to match the food on the card with the country it comes from.

When the whistle blows, one person at a time will take a card, look at it and take it to the mat or hula hoop of the country it represents.

The winning team is the team with the most correct matches.

### **For PE teacher only**

Here is a key for the cards:

1. China – cards with the numbers 1-6
2. Pakistan – cards with the numbers 7-12
3. Israel – cards with the numbers 13-18
4. South Korea – cards with the numbers 19-24
5. Kenya – cards with the numbers 25-30
6. France – cards with the numbers 31-36