Lesson 3 High School

"Food Customs Around the World"

EAT
CAFETERIA CONNECTION

Ask the students to look at the food and culture themed poster in the cafeteria. Have them identify one food commonly eaten in Italy, Ireland, and Mexico that is a good source of vitamin C. *Answers: Italy- tomatoes; Ireland- potatoes; Mexico- peppers*

LEARN
CLASSROOM ACTIVITY

Objective
Students will learn about cultural diversity through the foods of different cultures.

10 Minute Lesson
Students will take a fun and educational quiz and guess which common dish is found in various countries around the world.

LIVE
HOME ACTIVITY

Ask students to devise their own food and culture quiz question to share with the class.

Teacher's Notes

Background

Food and cuisine may not always seem to be an obvious marker of identity - not as obvious as clothing, or festivals - but food clearly plays an important role in cultural identity. 'We are what we eat' is true not only in a physical sense but also in a cultural sense. Cuisine plays an important role in solidifying our subjective sense of cultural identity.

10 Minute Lesson

Start your lesson with a brief statement such as: "*Have you ever had a strange or different food placed before you to eat? How did you feel about trying the food?" (Have the participants relate their experiences with strange and different foods.)*

Explain to the group *that people all over the world tend to regard their own diet as sensible and the diets of other cultures as bizarre and strange. What people may eat around the world is deeply rooted in traditions as well as the types of foods that are easy to grow or raise in that particular geographic area. People may adopt food customs from other countries when they come in contact with people from other cultures, either through trade or immigration.*

Lead an activity where students will identify foods that may be eaten in different countries by taking a <u>food and culture quiz:</u> *Ask your students what country would you find these common dishes:*

- Wonton Soup – Eaten in China, the name won ton means swallowing a cloud, and the wonton floating in this popular soup are thought to resemble clouds.
- Chilaquiles –Pronounced [chee-lah-KEE-lehs]. This dish is popular from the U.S. border all throughout Mexico and downward into Guatemala because it is a popular way to use stale corn tortillas.
  Depending on the dish the tortillas are cut in strips or broken into pieces and topped with a sauce or layered, casserole style. Chilaquiles are frequently eaten as a breakfast food. One traditional variation mixes the tortillas strips with freshly scrambled eggs and roasted chiles.
- Mizutaki – A Japanese chicken and vegetable casserole dish eaten as an entree
- Biergarten Potato Salad – a German side dish made with potatoes
- Panaeng beef curry –A classic Thai curry dish that originates from the Muslim influences of Southern Thailand.
- Corned beef & cabbage- a hearty Irish entrée where corned beef, cabbage, and potatoes are boiled together

Introduce and explain the EAT Cafeteria Connection and LEARN Home Activity to the students.

Optional Enrichment Idea

Have students organize a cultural diversity themed food drive where donations of healthful, nonperishable food items that represent various ethnic cultures are collected. Donate food to the local food bank, soup kitchen or other community agency.