

EAT

CAFETERIA CONNECTION

Ask the children to look at the food and culture themed poster and the food offered at lunch in the cafeteria to see if they can identify the country where a tortilla might be eaten as a type of bread. Discuss their observations when the students return back from lunch and have had an opportunity to review the poster.

LEARN

CLASSROOM ACTIVITY

Objectives

Students will appreciate that bread is a staple food eaten traditionally throughout the world.

10 Minute Lesson

Students will listen to a story describing the steps taken to change seeds to bread. The teacher will lead a discussion to teach the students the names of breads eaten in three countries of the world.

LIVE

HOME ACTIVITY

Ask the children to accompany an adult when they go grocery shopping to look for a kind of bread in the store that they have never tasted.

Teacher's Notes

Background

Bread, one of the world's oldest prepared foods, is made by baking dough – a mixture of grain flour (usually wheat but also sometimes rye, barley, corn, and oats), water, and other ingredients. Bread is a dietary staple in many countries, supplying energy as well as protein, vitamins, minerals, and, if made with whole grain, a source of fiber and phyto-nutrients. In many cultures, bread has significance beyond nutrition. In American culture, the word “bread” serves as a metaphor for basic necessities and living conditions in general. For example, a “bread-winner” is a household's main economic contributor and has little to do with actually providing bread. A remarkable or revolutionary innovation is often referred to as “the greatest thing since sliced bread.” There are many variations on the basic recipe of bread, including sliced wheat bread loaf, pizza crust, pretzels, bagels, and biscuits (typically eaten in the US); soda bread (eaten in Ireland); chapati (flat wheat bread eaten in east Africa and south Asia); tortillas (flat breads made from corn or wheat eaten in Mexico), pitas (Greek wheat flatbread), naan (flatbread eaten in India and other countries in central and south Asia), black bread (Russia).



10 Minute Lesson



Read “The Little Red Hen” story to the students: Once upon a time, there was a Little Red Hen who lived on a farm with a Lazy Dog, a Sleepy Cat, and a Noisy Duck. (Draw a picture on the board of a hen pecking seeds on the ground or use a picture from a book in class). One day, Little Red Hen was pecking along the ground and came upon some seeds of wheat. She got an idea. “If I plant these wheat seeds,” she said, “some day I will be able to bake some bread!” The Little Red Hen asked the other animals to help her plant the seeds but they all refused to help her. “Then I will do it myself,” said the Little Red Hen. So she dug a garden and planted the seeds in the ground. A few days later, the seeds sprouted, and tiny wheat plants poked through the soil. The Little Red Hen was pleased to see her seeds were growing. She asked her friends, “Who will help me tend my garden?” Again they refused to help her, so the Little Red Hen tended to her garden alone, pulling up weeds and watering the little wheat sprouts so they would grow. (Draw a picture on the board of a wheat sprout or use a picture from a book) After some time, the little sprouts grew into medium sized shoots, and the shoots eventually grew into tall stalks of golden wheat. At the top of each fully grown wheat stalk were lots of new wheat seeds. The Little Red Hen said, “Now that my wheat is grown, I’ll take them to the mill, so the seeds can be ground into flour.” When the seeds were all ground up, she carried the heavy sack of flour from the mill back to the farm all by herself and baked the bread herself. She mixed the flour with yeast, a little salt, and water, shaped it into a loaf, and set it in a warm sun so the dough could rise. Last, she baked it in the oven until it was golden brown. The Little Red Hen asked her friends, “Who will help me eat the bread?” “I will!” they all said. So the little red hen shared, and all the animals enjoyed the fresh baked bread. (Draw a picture of a loaf of bread)



Ask the students: At the end of the story, the little red hen and the other animals get to enjoy fresh baked bread. Where did the bread come from? **Answer:** The bread was baked from flour, and the flour came from wheat (have students recall the steps described in the story).

Ask the students: Where do you get bread in your neighborhood? **Answer:** We buy it from a store or bakery, but originally bread comes from a grain like wheat that grows in the ground. Some students may have baked bread.

Ask the students: What types of bread do they like to eat? **Answer:** Answers will depend upon the geographic area and cultural diversity of the class.

Explain that bread is a basic food eaten throughout the world, citing three examples from the background information above. For example, in India, the bread is called Naan and is eaten throughout the day. In Mexico, a tortilla is eaten at every meal, and in Ireland, they eat soda bread.

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

Optional Enrichment Idea

Review the school menus with to see how many different kinds of bread are offered. Discuss if some of the kinds might be eaten in different countries.