Northern York County School District

Curriculum Overview

Course: Multicultural Foods	
Grade Level: 10-12	
Approval Date: January 2025	**Length of Time:** 180 days

Course Description:

As part of the Family and Consumer Sciences (FCS) curriculum, the Multicultural Foods course is designed to explore the rich diversity of food traditions around the world, understanding how culture, geography, history, religion, and economics influence the cuisine of different countries and regions. This year-long course will provide students with practical culinary skills through the preparation of traditional dishes, while encouraging them to appreciate the social and cultural significance of food. In addition to hands-on cooking experiences, students will research and analyze global food systems, nutritional differences, and the evolving fusion of foods in the modern world. This course will foster cultural awareness, respect for diversity, and inspire students to think critically about the role food plays in society.

Prerequisite: Introduction to Culinary

Course Objectives:

- Understand cultural diversity through the lens of food, exploring how geography, history, religion, and social customs influence food traditions worldwide.
- Develop culinary skills by preparing traditional dishes from a variety of global cuisines, using correct techniques, tools, and food safety standards.
- Identify global ingredients and cooking methods, including key spices, herbs, staple foods, and traditional cooking techniques unique to specific regions.
- Analyze global food systems, including food security, production, and sustainability issues, comparing and contrasting these systems with local and national practices.
- Understand nutritional variances across different regions and evaluate the impact of cultural diets on health and wellness.
- Explore food fusion by examining how different culinary traditions have combined in modern-day cuisine, recognizing global influences in local food trends.
- Respect cultural traditions by appreciating the role food plays in social, religious, and ceremonial practices around the world.
- Enhance research and communication skills by completing projects and presentations on world cuisines, addressing specific cultural, historical, and nutritional components.
- Reflect on personal experiences with food preparation, taste testing, and cultural research to deepen understanding and awareness of diverse cuisines.

Related Standards:

National Standards for Family & Consumer Sciences

1.0 Career Community and Family
2.0 Consumer and Family Resources
3.0 Consumer Services
8.0 Food Production and Services
9.0 Food Science, Dietetics, and Nutrition

14.0 Nutrition and Wellness

Pennsylvania Academic Standards for Career Education and Work

13.1.11.B Analyze career options based on personal interests, abilities, aptitudes, achievements and goals.

Pennsylvania Academic Standards for Reading in Science and Technology

CC.3.5.11-12.C. Follow precisely a complex multi-step procedure when carrying out experiments, taking measurements, or performing technical tasks; analyze the specific results based on explanations in the text.

Pennsylvania Standards for Writing in Science and Technology

CC.3.6.11-12.F. Conduct short as well as more sustained research projects to answer a question (including the self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.

Units:

- North America Cuisine: Explore diverse culinary traditions and regional dishes influenced by geography and immigrant cultures.
- Central and South America: Examine vibrant cuisines and cultures, along with indigenous ingredients.
- Europe: Discover various European cuisines, key dishes, and historical influences on food practices.
- Africa: Highlight diverse food cultures, traditional grains and spices, and key dishes.
- Asia: Examine the diversity of Asian cuisines, staple ingredients, and the cultural significance of food.
- Australia: Explore indigenous food traditions, modern fusion cuisine, and multicultural influences on Australia's food scene.

Concepts:

- **Cultural Identity and Diversity through Food -** Food is a powerful expression of cultural identity, shaping and reflecting the values, traditions, and histories of societies. Understanding global cuisines fosters respect for diversity and broadens students' perspectives on how food connects people across borders, celebrating both commonalities and differences.
- **Global Interconnectedness -** The exchange of ingredients, cooking methods, and food traditions highlights the interconnectedness of the world. Through colonization, migration, trade, and globalization, food has evolved beyond regional boundaries, showing the impact of cultural exchange on both historical and modern cuisine.
- **Sustainability and Food Systems -** Food production and consumption are deeply

Competencies:

Students will:

- Demonstrate proficiency in a variety of cooking techniques, including boiling, sautéing, grilling, baking, and steaming, while following proper kitchen tool usage and safety protocols.
- Read, interpret, and adapt global recipes with confidence, modifying ingredients and techniques to suit available resources and dietary preferences while maintaining the essence of traditional dishes.
- Identify and use a wide range of global ingredients**,** understanding their cultural significance, nutritional value, and how to source them locally or find suitable substitutes.
- Demonstrate cultural awareness and sensitivity by respecting the diversity of global food practices, traditions, and dietary restrictions, and by appreciating

tied to environmental sustainability, economics, and global food security. Exploring global food systems teaches students to think critically about sustainability, resource distribution, food waste, and the challenges of feeding a growing population. • **Nutritional Diversity and Health in Global Diets -** Each region has its own approach to nutrition and diet, influenced by local ingredients and traditional cooking methods. This concept explores how regional diets affect health and wellness, allowing students to compare the nutritional benefits and challenges of different cuisines and consider how cultural practices contribute to long-term health. • **Innovation and Adaptation in Cuisine -** Global cuisines are constantly evolving, influenced by migration, technological advancements, and social changes. This concept highlights how food is a dynamic force, blending tradition with innovation, and how modern chefs and home cooks adapt recipes to suit changing tastes and available resources. • **Food as a Social Connector -** Beyond sustenance, food is central to social life—bringing people together in celebrations, rituals, and everyday meals. This concept emphasizes the role of food in building community, creating shared experiences, and fostering understanding across cultures, linking food to broader social, emotional, and cultural connections.	the cultural importance of specific foods and meals. • Analyze and compare regional food systems**,** including food production, sustainability, environmental impact, and global food security, and explain how these factors shape local diets. • Evaluate the nutritional content of global cuisines, comparing traditional diets from various cultures and understanding their impact on health and wellness to make informed food choices. • Collaborate effectively in kitchen groups to plan, prepare, and present dishes, communicating clearly with peers about food preparation, cultural insights, and the significance of different cuisines. • Apply critical thinking to food-related challenges, such as adapting traditional cooking methods to modern kitchens, addressing food scarcity or sustainability issues, and making mindful decisions about food consumption. • Demonstrate creativity by combining elements from different regional cuisines to create fusion dishes, using their knowledge of global ingredients and techniques innovatively. • Conduct research on global food traditions and present their findings clearly and confidently through written reports, projects, and oral presentations, reflecting a deep understanding of regional diets and historical influences.
Learning Activities: • Students will participate in hands-on cooking labs where they prepare traditional dishes from each region studied (North America, Central and South America, Europe, Africa, Asia, and Australia). These labs will allow students to apply cooking techniques, use regional ingredients, and follow traditional recipes while adhering to proper kitchen safety protocols. • Students will research the food traditions of a specific country or region, exploring its cultural significance, key ingredients, cooking methods, and how geography, religion, and history influence its cuisine.	**Performance Tasks:** Classwork Projects Lab planning Cooking labs Lab evaluations/reflection (both peer and self) Unit tests

• Students will discuss topics related to global food systems, such as sustainability, food security, and the environmental impact of different agricultural practices • Students will apply their creativity by designing and preparing a fusion dish that combines elements from two or more global cuisines. They will consider ingredient compatibility, cooking techniques, and cultural respect in blending traditions. • Students will create visual food maps to show how ingredients and cooking practices spread across regions through trade, colonization, and migration, highlighting the global connections and influence of different cuisines. • Students will compare the nutritional content of traditional dishes from different regions. • Throughout the course, students will reflect on their cooking experiences, taste tests, and cultural research. • Students will have the opportunity to learn from guest speakers, local chefs, or through field trips to explore diverse cuisines. These experts will demonstrate traditional cooking techniques, share insights into regional food cultures, and discuss how culinary traditions have evolved. Students will engage in Q&A sessions or conduct research to deepen their understanding of global food traditions. • Students will read articles relating to various cuisines and write responses.	

Other Assessment Measures:
In class discussions
Knowledge checks

Textbook/Primary Resource:
Guide to Good Food, 15th Edition By: Velda L. Largen and Deborah L. Bence Copyright: 2022

ISBN: 978-1-63563-958-2

Supplemental Resource Materials:
Online resources
Teacher generated notes and presentations
Teacher generated activities
Multimedia resources
Recipe book or access to online culinary resources

Kitchen equipment and supplies for hands-on labs (stoves, utensils, ingredients etc.)