

## Foods from Around the World

A cross-curricular lesson plan for teaching nutrition and building food literacy.



### STUDENT LEARNING OUTCOMES

- Students will match a variety of foods with their cultural origins.
- Students will explore and describe foods from different cultures and the importance of these foods.



### LESSON

#### Introduction/Minds On:

- Explain to students that there are different types of food that come from around the world.
- Describe how exploring or learning about foods that are traditional to different cultures can be both a social experience and an important contribution to eating well.

#### Action:

- Have students complete the activity sheet by matching the food item to its description.
- Have students work in pairs or small groups.

#### Consolidation:

- Use the answer key to take up the activity with the class.
- For each food item, have one student (or group of students) share their answer.
- **Grade 3:** have students discuss how food connects with various cultures and what that means to them.
- **Grade 4:** discuss how the foods from all different cultures can fit with Canada's Food Guide and contribute to eating well.



### EXTENSION ACTIVITIES

- Have students research and share information about their favourite traditional foods; if possible, have each student bring in a food item that is traditional or special to them.
- Have students create their own food matching activity. Students provide pictures and definitions for three of their favourite traditional foods.



### ONTARIO H&PE CURRICULUM LINKS

This lesson helps meet the following "Healthy Eating Expectations":

#### Grade 3:

- D1.1 Food origins, nutritional value and environmental impact
- D3.1 Local and cultural foods, eating choices

#### Grade 4:

- D2.1 Personal eating habits

### L A M CROSS-CURRICULAR S S ST LINKS

This lesson can help meet expectations in the following subject areas:

-   Oral Reading
-   Social Studies



### TIME

**Prep:** 5 Minutes

**Lesson:** 25 Minutes

**Total Time:** 30 minutes



### MATERIALS

- Activity Sheet for each student
- Answer Key



### ALWAYS REMEMBER



- Apply nutrition education best practices and follow the principles of **do no harm** and **eating competence** when conducting this lesson.
- In lessons involving food, apply the 4 **Food Safety Principles**

# EDUCATOR NOTES

What worked well with this activity:

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What were the challenges:

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Changes I made to customize:

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# FOODS FROM AROUND THE WORLD - ACTIVITY SHEET

Write the food name next to its correct description

Food Name	Description	Answer
 <p><b>Bannock</b></p>	A creamy yogurt dish common in Greece that can be used as an appetizer, dip or sauce.	
 <p><b>Borscht</b></p>	A dish of vegetables, meat and rice that is cooked in a wok. This style of dish first appeared in China.	
 <p><b>Couscous</b></p>	A type of flat-bread that is popular both in Scotland and among Indigenous peoples in North America.	
 <p><b>Enchilada</b></p>	A dairy product often used on pizza and that traditionally comes from Italy.	
 <p><b>Falafel</b></p>	A staple food of Northern Africa. This food is a coarsely ground pasta made from semolina (a type of wheat).	
 <p><b>Mozzarella Cheese</b></p>	Dumplings that are often filled with potatoes, ground meat and cheese. They come from European countries such as Poland, Slovakia, Ukraine and Hungary.	
 <p><b>Paella</b></p>	A tortilla that can be filled with meat, cheese, vegetables and beans. It is often topped with a sauce and popular in Mexico.	
 <p><b>Pierogi</b></p>	A Spanish rice dish that often includes a mix of meat, fish and vegetables.	
 <p><b>Stir-fry</b></p>	A food of Japanese origin that contains rice, vegetables and seafood. It is often wrapped with seaweed.	
 <p><b>Sushi</b></p>	A common Middle Eastern food that is made from ground chickpeas. It is shaped as a ball or patty and is often served in a pita.	
 <p><b>Tabbouleh</b></p>	A beet-based soup that is popular in Eastern European countries such as Ukraine, Poland and Russia.	
 <p><b>Tzatziki</b></p>	A dish made of tomatoes, finely chopped parsley, mint, bulgur and onion that originally comes from the Middle East.	

## FOODS FROM AROUND THE WORLD - ANSWER KEY

### Food

### Description



**Bannock**

A type of flat-bread that is popular both in Scotland and among Indigenous peoples in North America.



**Borscht**

A beet-based soup that is popular in Eastern European countries such as Ukraine, Poland and Russia.



**Couscous**

A staple food of Northern Africa. This food is a coarsely ground pasta made from semolina (a type of wheat).



**Enchilada**

A tortilla that can be filled with meat, cheese, vegetables and beans. It is often topped with a sauce and popular in Mexico.



**Falafel**

A common Middle Eastern food that is made from ground chickpeas. It is shaped as a ball or patty and is often served in a pita.



**Mozzarella Cheese**

A dairy product often used on pizza and that traditionally comes from Italy.



**Paella**

A Spanish rice dish that often includes a mix of meat, fish and vegetables.



**Pierogi**

Dumplings that are often filled with potatoes, ground meat and cheese. They come from European countries such as Poland, Slovakia, Ukraine and Hungary.



**Stir-fry**

A dish of vegetables, meat and rice that is cooked in a wok. This style of dish first appeared in China.



**Sushi**

A food of Japanese origin that contains rice, vegetables and seafood. It is often wrapped with seaweed.



**Tabbouleh**

A dish made of tomatoes, finely chopped parsley, mint, bulgur and onion that originally comes from the Middle East.



**Tzatziki**

A creamy yogurt dish common in Greece that can be used as an appetizer, dip or sauce.