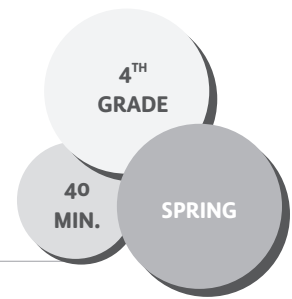


Mealtime Traditions Around the World

THEME: CONNECTING FOOD, CULTURE, AND COMMUNITY



ESSENTIAL QUESTION

Why do cultures create traditions and habits around eating food?

LEARNING OBJECTIVE

✓ Students will be able to compare and contrast the mealtime traditions of various cultures.

LESSON DESCRIPTION

In this lesson, students learn about mealtime traditions from other cultures by taking a walking tour of the world.

MATERIALS

- Mealtime Traditions Posters from five different regions around the world (pp. 475–479)
- 1 Mealtime Traditions Worksheet for each student (p. 480)

PREPARATION

- › Print and hang the Mealtime Traditions Posters in different spots around the room.
- › Photocopy the Mealtime Traditions Worksheets.

ACTION STEPS

1. Engage: Explain that today you'll be discussing some mealtime traditions from around the world. Ask students, *What are some traditions or habits your family or culture has around mealtime?* Discuss student responses. **(5 min.)**

2. Explain the Activity: Explain, *You'll be going on a world tour today. In teams, you'll travel to a particular region of the world. Together, you'll read about the mealtime customs in that region, and use that information to answer the questions on your worksheet.* Explain that some families in the United States also eat these ways because immigrants have continued their traditions. Remind students that it is important when discussing culture to be respectful of differences. **(5 min.)**

3. Conducting Research: Have students count off from one to five to make even teams. Then send each team to a different photo. They can work together to read the information, look at the image, and discuss it. Then have each student complete their own worksheet about Mealtime Traditions in the region assigned to them. **(15 min.)**

4. Scramble Gallery Walk: Have everyone write their own name and the name of their region on the bottom of their worksheet, then fold it over twice to hide that information. Next gather students and collect all the worksheets. Shuffle them. Explain, *Now I'm going to give you a worksheet completed by someone else. Your job is to read the information on the worksheet, walk around to look at the photos and descriptions of mealtime traditions, and try to match the worksheet to a region of the*

world based on the information. Once you think you've got it, open up the bottom to see if you were correct. Then you can refold it and trade with someone else who also made a match. Continue trying to match worksheets to regions until I call you back together. **(10 min.)**

REFLECTION

Have students discuss the following questions in small groups, then share with the class: **(5 min.)**

- *What surprised you when learning about mealtime traditions from around the world? Did you notice anything different from your own traditions?*
- *What are similarities among different mealtime traditions? Did you notice anything similar to your own traditions?*
- *Why do you think cultures create traditions and habits around eating food? What purpose do these traditions serve?*

ADAPTATIONS

Extension: Students brainstorm their own mealtime traditions to adopt in the cafeteria at lunchtime or in their classroom during snack or FoodCorps lessons.

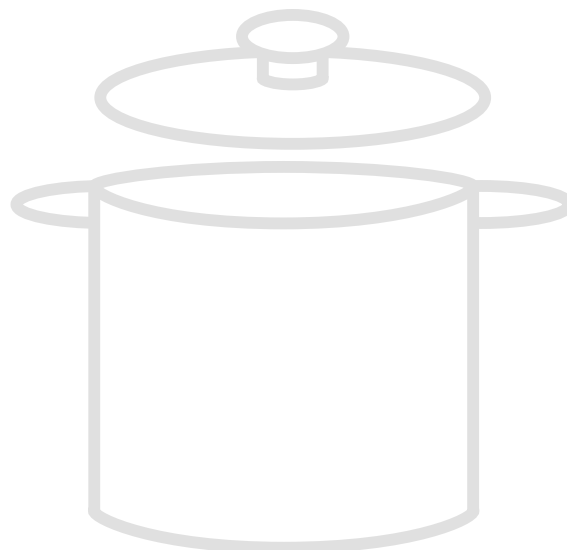
Research: Have students research lingering questions about the cultures in the countries they learned about. One approach could be connecting with community members to learn more about specific mealtime traditions.

ACADEMIC CONNECTIONS

English Language Arts Common Core State Standards

CCSS.ELA-LITERACY.RI.4.1

Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.



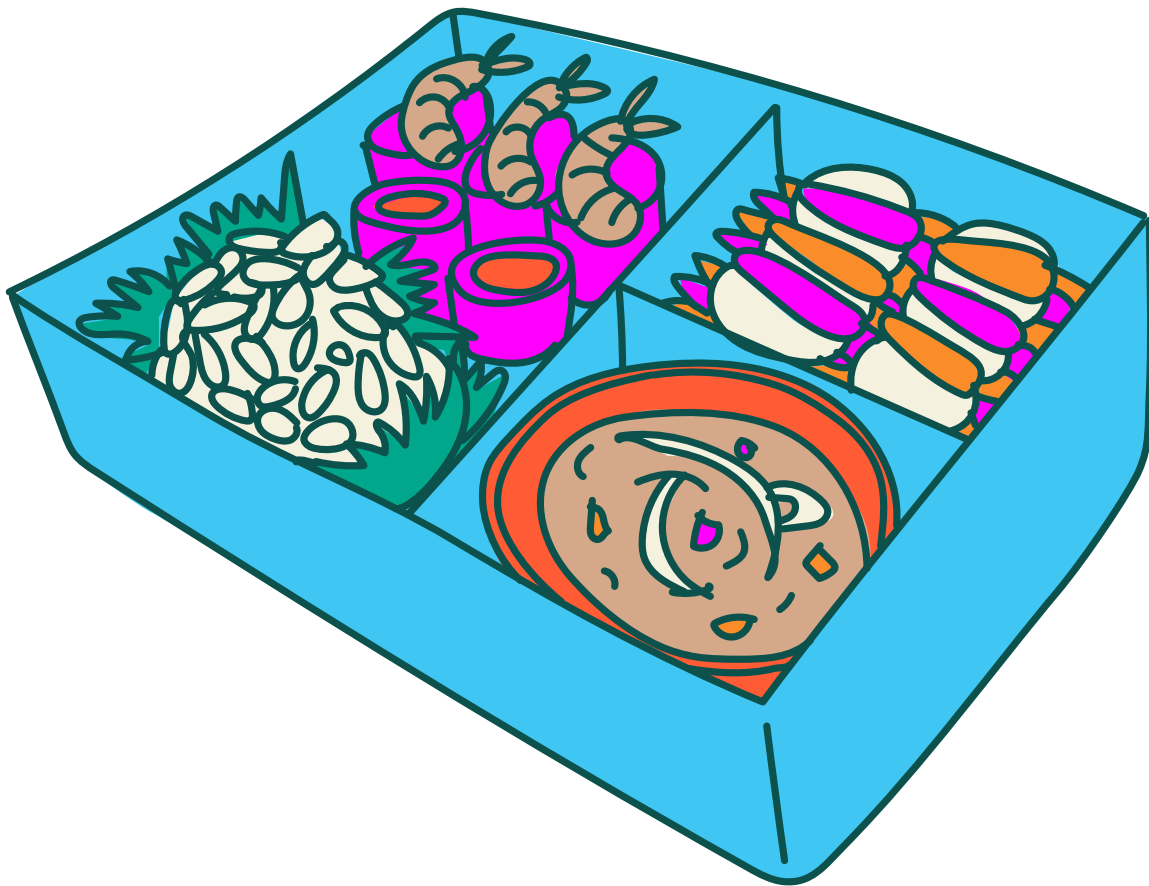
MEALTIME TRADITION EXAMPLE

Ethiopia: In Ethiopia, people eat food with their right hand only, usually with a piece of bread called injera. Everyone eats from one really big sharing plate in the middle of the table, instead of having their own plates. You should eat what's closest to you on the plate instead of reaching across the table.



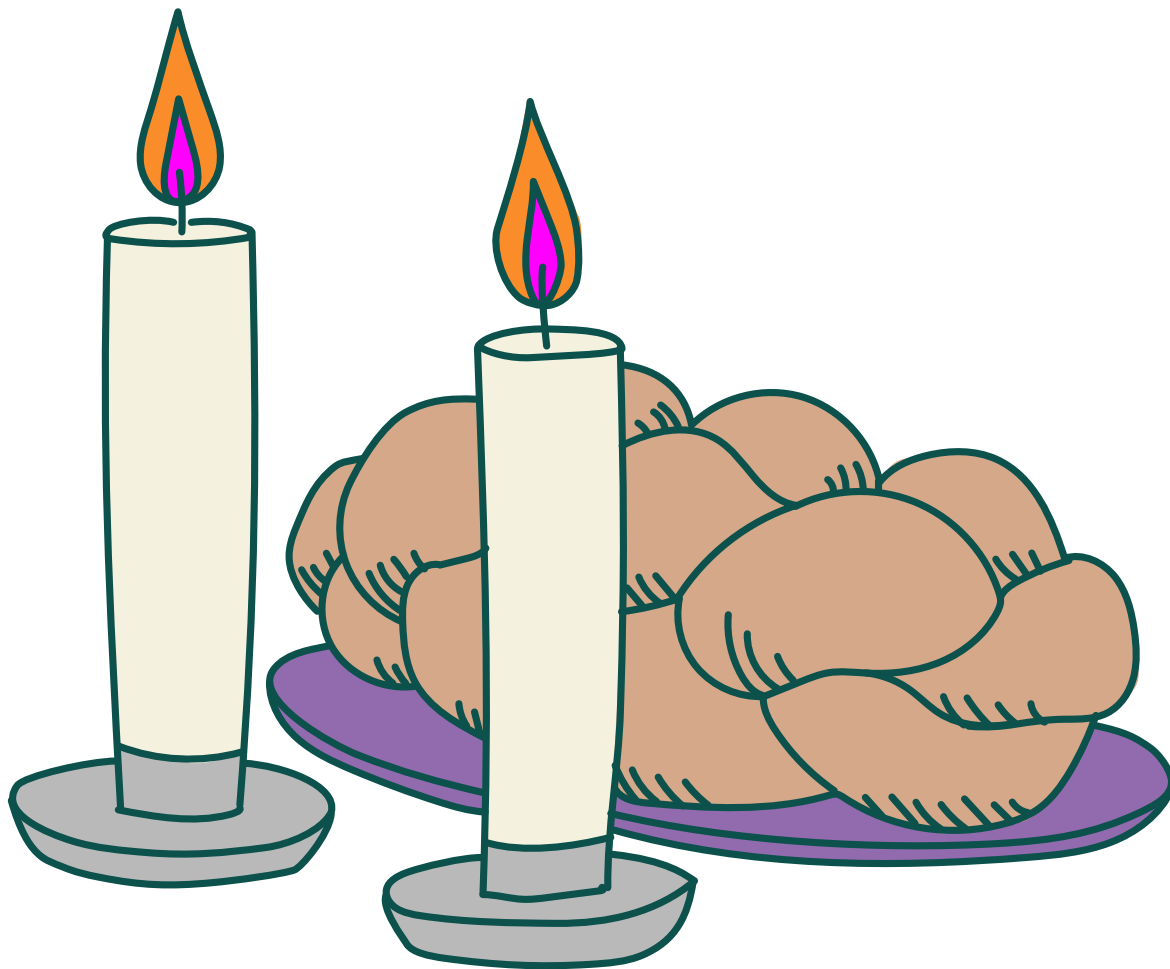
MEALTIME TRADITION EXAMPLE

Japan: In Japan, people prepare bento, a box-shaped container, for lunch. It has fish or meat, vegetables, and rice in separate compartments. It's popular for parents to make bento boxes for their children's lunch at school and shape the food into different cartoon characters. When eating a hot noodle soup, it's OK to make slurping sounds.



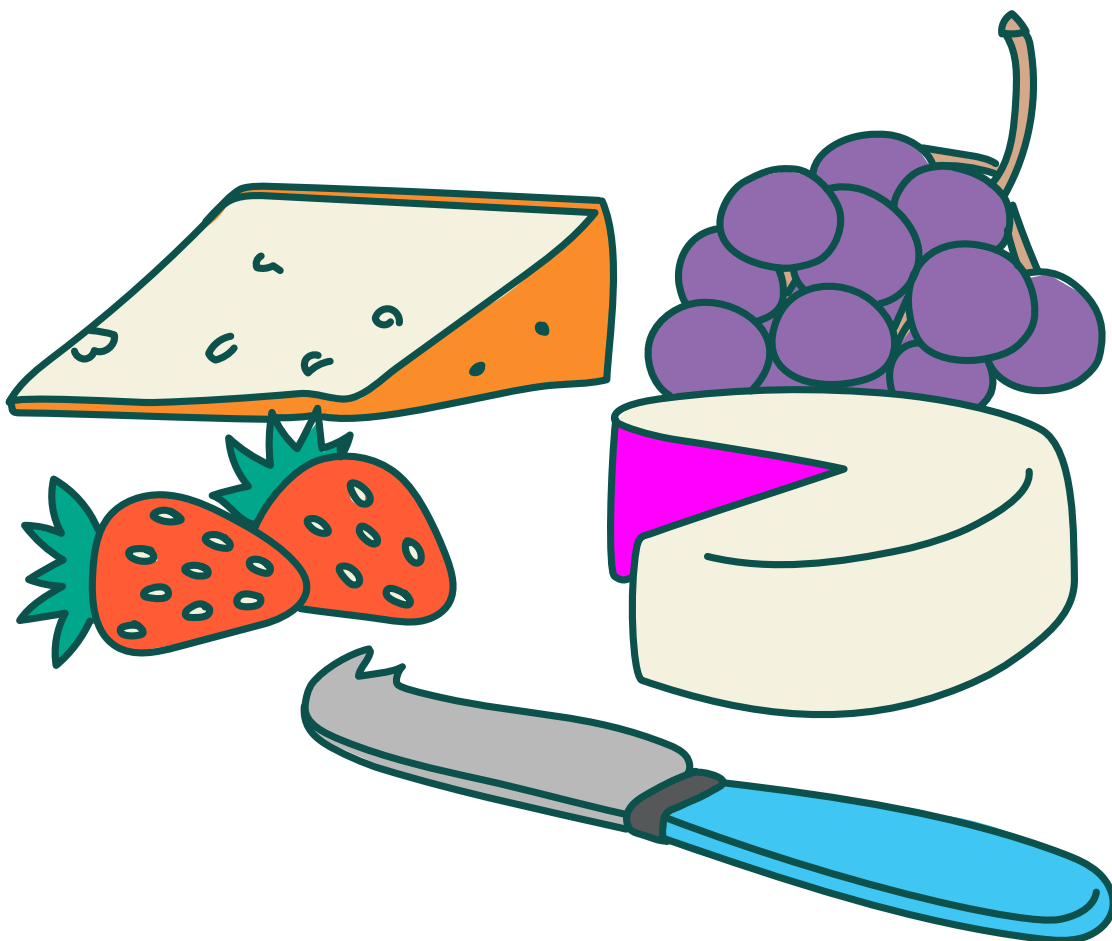
MEALTIME TRADITION EXAMPLE

Israel: In Israel, people who are Jewish honor Shabbat, which is from sundown on Friday to sundown on Saturday. During that time people are expected to rest and not use any technology. Dinner includes challah, a light egg bread, and is a time to connect with friends and family over candlelight.



MEALTIME TRADITION EXAMPLE

France: In France, people like to eat a nice long meal together. Usually meals are a communal time that lasts at least one hour, and families and friends talk and enjoy each other's company. You should always keep your hands above the table. French people often eat cheese and fruit as dessert.



MEALTIME TRADITION EXAMPLE

Peru: In Peru there are more than 5000 varieties of potatoes, the biggest in the world. However, the mixing of cultures and the variety of climates determine the variety of local cuisine. On the coast, people eat ceviche, a dish of marinated raw fish or seafood. In the valleys and plains, the diet is still a traditional one based on corn and potatoes. Meat comes from indigenous animals like alpacas and guinea pigs but also from imported livestock like sheep, cattle and swine.

