

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



CROSS-CURRICULAR LINKS

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



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:

What were the challenges:

Changes I made to customize:

FOODS FROM AROUND THE WORLD - ACTIVITY SHEET

Write the food name next to its correct description

Food Name	Description	Answer
 <p>Bannock</p>	A creamy yogurt dish common in Greece that can be used as an appetizer, dip or sauce.	
 <p>Borscht</p>	A dish of vegetables, meat and rice that is cooked in a wok. This style of dish first appeared in China.	
 <p>Couscous</p>	A type of flat-bread that is popular both in Scotland and among Indigenous peoples in North America.	
 <p>Enchilada</p>	A dairy product often used on pizza and that traditionally comes from Italy.	
 <p>Falafel</p>	A staple food of Northern Africa. This food is a coarsely ground pasta made from semolina (a type of wheat).	
 <p>Mozzarella Cheese</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>Paella</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>Pierogi</p>	A Spanish rice dish that often includes a mix of meat, fish and vegetables.	
 <p>Stir-fry</p>	A food of Japanese origin that contains rice, vegetables and seafood. It is often wrapped with seaweed.	
 <p>Sushi</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>Tabbouleh</p>	A beet-based soup that is popular in Eastern European countries such as Ukraine, Poland and Russia.	
 <p>Tzatziki</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.