

Potential Integration:

ELA

Health
K.NPA.2.1 Recognize nutrient-dense foods in a list of foods that are culturally diverse.

Materials:

- Book: “This is the Way We Eat Our Lunch: A Book about Children Around the World” by Edith Baer.
- Appendix 1, I Would Like...
- Crayons
- Optional, globe
- Optional, Handouts from MyPlate
- The MyPlate icon is currently available in 20 languages: English, Arabic, Chinese (simplified and traditional), Filipino-Tagalog, French, German, Hindi, Indonesian, Italian, Japanese, Korean, Malay, Pashto, Portuguese, Russian, Spanish, Thai, Urdu, and Vietnamese.
- Link: <http://www.choosemyplate.gov/multilanguage-other-languages>

Focus:

Option 1

Play a few games of Duck, Duck, Goose

(Instructions: kids sit down in a circle facing each other. One person is "it" and walks around the circle. As they walk around, they tap people's heads and say whether they are a "duck" or a "goose". Once someone is the goose they get up and try to chase "it" around the circle. The goal is to tap that person before they are able sit down in the goose's spot.

If the goose is not able to do this, they become "it" for the next round and play continues. If they do tap the "it" person, the person tagged has to sit in the center of the circle.

Then the goose becomes it for the next round. The person in the middle can't leave until another person is tagged and they are replaced.)

After you have played for a few minutes, ask the following questions:

What types of animals are ducks and geese?

Are there any types of birds that your family likes to eat?

How many of you like to eat chicken?

How do you like it prepared?

Option 2

Prepare either the Fruit Salad or Hummus recipe from the back of the book and allow a sample for each child who is willing to try (be aware of possible food allergies).

- Ask students what makes these recipes healthy. (lots of fruits, beans from the hummus)

Statement of Objectives:

Today we will talk about the different types of foods we like and where some of them come from. I want you each to be able to make healthy food choices from many different cultures.

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Teacher Input

Before we begin, let's recall that we have discussed some foods that are good for us. Remember, we want to have foods with low fat, low sugar, and low salt.

Now I am going to read you a story called "This is the Way We Eat our Lunch". Pay attention to places we visit and the foods that they eat. I will show you the pictures as we go. Try to decide whether the food each person has for lunch is healthy or not very healthy.

(If you have a globe, pause and show the location for the foods as you read. There is also a map in the back of the book.)

After completing the book, ask the following questions:

- Where were some of the places that were mentioned that are located in the United States? What about countries outside of the US? (see back of the book for a map and locales)
- Who were the names of some of the people eating lunch? (see back of the book for a map and locales)
- What were some of the foods that people enjoyed for lunch? (Chowder, hot dog, pretzels, sweet potato pie, fruit, gumbo, tacos, burgers, salad, soup, soufflé, plantains, tamales, beans and rice, fish, couscous, hummus with pita bread, macaroni and cheese, bubbles and squeak, curry, dumplings, tempura, barbecue)
- Have you heard of all of the foods? (food items are described in the back of the book)
- Have you travelled to any of those places?
- Have you eaten any of those foods?
- What are some examples of healthy lunch choices?

Assessment:

Now you get to select a new food that you would like to try. Here is a handout to use. Put your name at the top, then write which healthy food from around the world you would like to try and why. At the bottom, draw a picture of your food. You may use the book if you need help to see what it looks like. You will take this home and maybe you will be able to make this lunch at home!

Closure:

Today we explored the world and what people eat for lunch. You selected a new, healthy food to try and explained why. Take your handouts home with you.

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Name:

I would like to try _____

because

This is what it looks like:

(draw a picture of the food below)