

## **Week 5**

*Topic:* Food: “We are what we eat”

### *Guiding Questions:*

How is food reflective of one’s culture?

In what ways is food a mechanism for crossing cultures?

How can food be used to understand cultural differences?

### *Goals:*

- I. To explore the role food plays in the creation of culture
- II. To recognize food as a tool to bridge between differing cultures - everyone eats
- III. To gain knowledge of various cultural practices through food preparation and presentation

### *Activities:*

1. Recipe Video: This can be done individually or in groups. Students should film themselves making a popular dish either at home or on the school’s campus. Individuals should verbally talk about the steps and ingredients involved in making the dish. Show the finished product. Also explain how this dish is used – is it usually eaten for breakfast? Is it typically eaten with another dish?
2. Tour of Cafeteria/Canteen Video: In groups, have students give a tour of the school’s cafeteria/canteen. The video should address some of the following questions, in addition to others:
  - What facilities does the cafeteria/canteen have?
  - What are typical dishes that students eat?
  - How are these dishes eaten (fork, chopsticks, hands, etc.)?
  - What are the students’ favorite dishes?
  - Do the students pay for their meals? If so, how much does a typical meal cost?

3. Recipe book: Make a class cookbook. Each student will write a recipe for their favorite dish that should include ingredients, steps to prepare the dish, and illustrations.
4. [Stone Soup Story & Discussion/Poem Writing](#): Share the story of “Stone Soup” with your class and discover the power of working together.
5. [What Do People Around the World Eat?](#): Using photos and videos from [Hungry Planet: What the World Eats](#), [Huffington Post](#), and [Buzzfeed](#) students can get an in-depth look at what mealtime looks like in every part of the world.

*Active Cross-Cultural Exchange:*

Recipe Videos and Tour Videos: Instructors and students can visit Global Playground’s YouTube channel (<https://www.youtube.com/TheGlobalPlayground>) to view videos submitted from classrooms around the world with students making local foods and giving tours of their own canteens and cafeterias. Instructors may also submit videos of their own students to be included on the channel. Contact [info@globalplayground.org](mailto:info@globalplayground.org) for more information.