

FOOD WE EAT IN OUR CULTURE AS FAMILY MEMBERS

3.15.2019

Subject

Social Studies

Prepared By

[Instructor Name]

Grade Level

1

Overview

This lesson plan covers teaching content for;

1. The types of Food in our Culture.
2. Eating together in the family.
3. Reasons why we eat together as a family.

Teacher Guide

Day 1/Lesson 1 – 20Mins

1. Start a discussion on different food in our culture by asking the students what type of food they eat in their homes.
2. Use guided questions like;
 - mention one of the foods you ate yesterday.
 - mention some of the food you eat that others do not eat.
 - mention some of the foods you have seen others eat but which you do not like.
 - mention one (1) food that is solid and another that is liquid.
3. Explain to them the peculiarities of the different food they mentioned to different cultures.

Day 3/Lesson 3 – 30Mins

1. Start a discussion by asking students what role food play in their lives.
2. Lead the students to know the reason why they eat food by asking them the following questions;

Guided Practice

Day 2/Lesson 1 - 15Mins

1. Have students watch videos of different families eating different types of food.
2. Pupils bring out some of the food they brought from home (teacher must have informed them beforehand).
3. Pupils identify their foods and the ones displayed by the teacher – real or in picture.
4. Pupils, based on the locality they are familiar with, group the foods as peculiar to localities or culture.

Day 4/Lesson 4 - 25Mins

1. Lead the students to explain some of the things they do or discuss while they are at table with members of their family, as those are some of the reasons for eating together. Ask the following questions;
 - Do you sometimes discuss family matter while eating?
 - Do you settle quarrels while at table?
 - Are you always happy to eat with members of your family?

Materials Required

- video clip
- picture
- real food.

Additional Resources

- <https://study.com/academy/lesson/th-culture-society.html>
- <https://healthyplanet.org/healthy-g-lessons/lesson-7-food-culture-and-orig>
- <https://www.nourishlife.org/teach/cu-traditions/>
- <https://freelymagazine.com/2017/01/culture/>
- <http://ricediversity.org/outreach/educ-PLAN-Food-and-Culture.pdf>
- techcabal.com

Additional Notes

Objectives

Students will be able to:

1. Define food.
2. List at least five (5) types of food in Nigerian culture.
3. Mention at least five (5) foods that are consumed in different cultures
4. Mention at least five reasons why we eat together as a family.

Information/Instruction

1. Food is an essential commodity, just like water.
2. Food eaten in one culture may be different from the one eaten in another culture.

3. Because of the variety of food in our cultures, it may sometimes not be surprise to find oneself in the midst of those who eat food we consider forbidden in our own culture.

Teacher Guide

- Do we eat food to grow?
 - Do we eat food to be strong?
 - Do we eat food to stay alive?
 - Do we eat food to avoid sickness?
3. Ask the students if they eat together as a family and let them discuss why they eat together and when they eat together.
4. Some of the reasons for eating together are;
- To promote communalism
 - For happiness
 - For family unity and for loyalty, etc.
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Guided Practice

- Do you take food from the same flask or eat together from the same plate?
2. Students will share their experiences based on the lead questions.
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Assessment Activity

1. Write an essay about the food eaten in your culture and how it is prepared.
2. State two (2) types of food eaten in the home.
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Assessment Activity

3. State reasons for eating together.
4. List 3 types of food relating to 3 different cultures.
5. Mention 3 reasons why we eat food.
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Summary
