

Global Eating Patterns

Objectives:

- To discuss eating patterns of people across the world
- To practice eating exciting new foods different, fun ways

Materials:

- 1 set of chopsticks, 1 fork and spoon, and 1 plate for each student
- Cooked rice, add vegetables such as edamame, green peas, chopped carrots, onion and/or soy sauce if possible
- Cooked spaghetti, add tomato sauce if possible
- Naan or another flat, Indian bread
- Cooked lentils, add little curry powder and/or some green peas if possible

Preparation:

- Have students wash hands with soap and water thoroughly
- Ask each student to take one plate, one set of chopsticks, and one fork and spoon

Introduction:

- Talk to the students about eating habits in America. Ask, "What are your favorite foods? How do you eat them? When you set the table, what do you put on it?"
- Show the attached pictures of food dishes from different areas in the world and ask students to guess where in the world people eat this food
- Finally, tell students that not only do people around the world eat different types of food, they also eat them in different ways

Activity:

1. Discuss Italian cuisine, such as spaghetti, pizza, and lesser-known food such as gnocchi (made of potato but looks like pasta nuggets), rabbit meat, and tiramisu.
2. Distribute a scoop of spaghetti to each student and show them how to use a fork and spoon to twirl the noodles into a neat bunch before eating.
3. Discuss Chinese cuisine, such as rice, noodles, hot and sour soup, and lesser-known foods such as spicy Sichuan peppercorns, bamboo shoots, and bok choy (Chinese cabbage).
4. Distribute rice with vegetables and show students how to hold chopsticks and use them to pick up

and eat the food.

5. Discuss Indian cuisine, such as masoor (made of red lentils), poori (puffy, fried bread), naan (a flatter bread). Also mention that this cuisine does not usually involve meat (due to Hindu influence), especially not beef; and point out that there are a lot of vegetables instead.

6. Distribute the lentils and the naan. Tell students that in India, people pick up their food with their hands, place it on the bread, and eat the food that way. Demonstrate how to do this and ask students to follow along.

Wrap-Up:

- Ask the students what they thought about the food and how they ate it. Was any food really yummy? Was one way of eating the most fun? Which way was the most difficult?
- Have students wash their hands again and help with cleaning up.