

# Soups of the World — Food Traditions Across Cultures

Base Sheet

## Activity Sheet

The child explores how different cultures around the world make soup, connecting the week's cooking theme to cultural studies. From Japanese miso to Mexican tortilla soup to West African peanut soup, children discover that every culture has its own special soup tradition.

### What You Need:

- Globe or world map
- Photos of soups from different cultures
- Drawing paper
- Colored pencils or crayons
- Country flag cards (optional)

### Steps:

1. 'We made vegetable soup this week! Did you know that people in EVERY culture around the world make soup?'
2. Show photos and discuss soups from different regions:
  - Japan: miso soup (with tofu and seaweed)
  - Mexico: tortilla soup (with tomatoes, peppers, tortilla strips)
  - Italy: minestrone (vegetables, beans, pasta)
  - West Africa: peanut soup (with peanut butter, tomatoes, sweet potato)
  - France: French onion soup (with onions, bread, cheese)
  - China: wonton soup (with dumplings)
3. Find each country on the globe or world map.
4. 'What do all these soups have in common? They all use water and local ingredients!'
5. Child draws their favorite soup from another culture.
6. Optional: taste a new soup variety at lunch.

### Work Space:



