

# Food – Globalized Food Culture

## 1. Have you ever eaten...?



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raspberries

brussel sprouts

lamb

parsnips

artichokes

## 2. Foreign food or globalized culture?

Are these foods foreign to you? Are they a part of global culture?

hamburgers

pizzas

noodles (ramen / soba / udon )

tacos

curry

sushi

fish and chips

coffee

## 3. What foods are foreign to Japan? What is foreign, what is not foreign? Make your top 5 list of foreign foods that you want to try.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## 5. How do you think foods came to Japan? What's the origin of food words like パン、カレー、カステラ etc.?

## 6. Breakfast Geography!

Match the breakfasts to their countries.



**Rice and Soup:** steamed rice, miso soup, pickles, raw egg, seaweed

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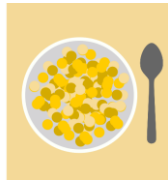
**Chai and Mandazi:** spicy donut served with chai

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**Dim Sum:** shrimp dumplings, tea, chestnut cake

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**Kasha:** porridge

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**Huevos Rancheros:** fried eggs with tortillas, salsa, beans, and avocado

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**Prima Colazione:** coffee and a pastry or croissant

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**Full Breakfast:** fried eggs, bacon, sausages, tomatoes and beans

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**Barbari:** white cheese, egg, flatbread, vegetables

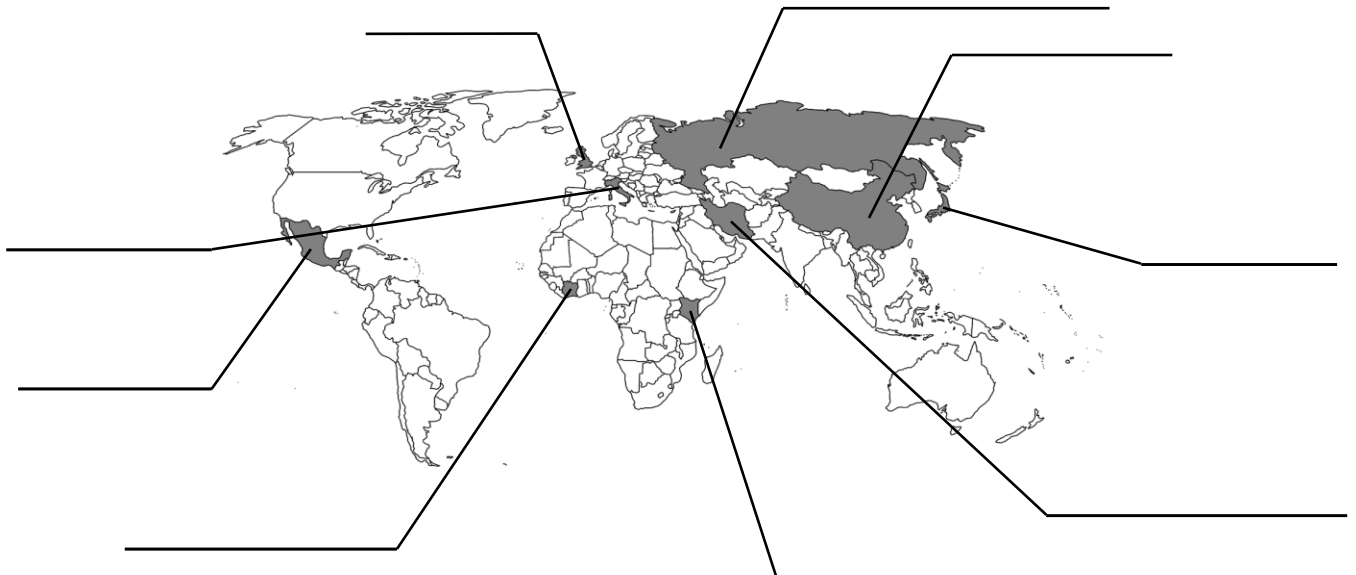
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**Ampesi:** fish, avocado, cooking

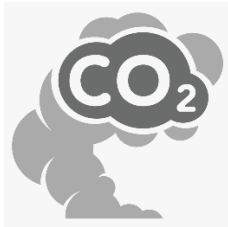
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**Countries:** Japan, Mexico, Russia, Kenya, Ghana, China, Italy, the UK, Iran



# Food – the Carbon Footprint of Food

## 1. The Carbon Footprint of Our Food

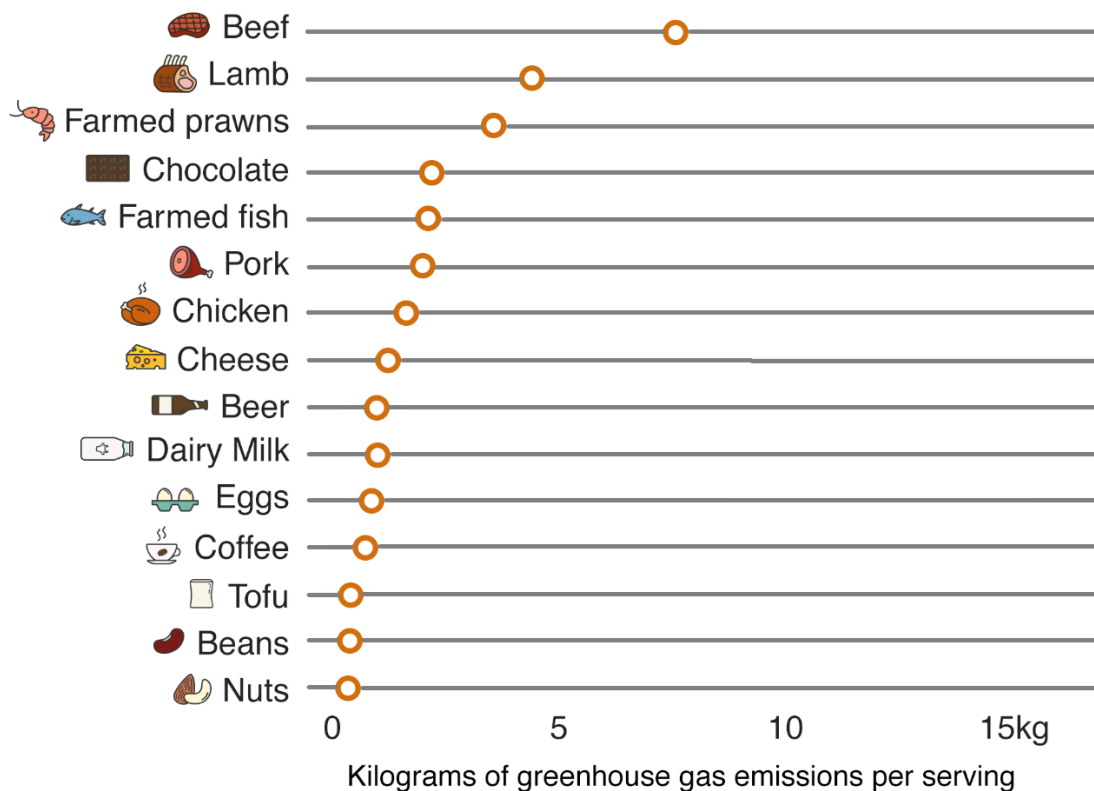
CO<sub>2</sub> / carbon dioxide

footprint



the greenhouse effect

The **carbon footprint** is the amount of **CO<sub>2</sub>** produced when we do something. CO<sub>2</sub> contributes to global warming. When we eat food, there is a carbon footprint. This is the amount of CO<sub>2</sub> that was needed to produce the food, transport the food, and put the food in a package. Different foods have different carbon footprints.



Source: Poore & Nemecek (2018), Science

BBC

(edited from: <https://www.bbc.com/news/science-environment-46459714>)

**2. Think about why some foods have a higher carbon footprint than others. Why is this? Can you think of the main reasons?**



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### 3. Vegetarians, vegans, what's the difference?

vegetarians / vegetarianism	vegans / veganism

#### 4. Is being vegetarian better for the environment?

# Food – Global Food Transport and Food Waste

## 1. Where Our Food Comes From - Talk about the article in pairs. Then answer the questions together.

A lot of our food comes from very far away. People in Italy can buy coffee from Brazil and fish from Spain – and in shops in Japan, there is meat from the USA and vegetables from China. But some people think that when food is moved across the world, this **wastes** energy and causes **pollution**.

Even when people eat food that was grown in their country, it has probably travelled far. Until recent times, **sugar cane**, the plant that produces sugar, grew on the island of Maui, in Hawaii – but the sugar from Maui travelled to San Francisco, where it was made into white sugar, and then to New York, where it was packaged, before it came back to Maui. So the sugar that people ate in Maui had grown a few kilometers away, but had travelled about 16,000 kilometres.

Bladon, R. and Raynham, A. *Factfiles Global Issues*, p.9-13. OUP 2018



## 2. Comprehension Check! Did you understand the key points?

1. What examples are given for global food transportation?

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2. Where did sugar travel to after leaving Hawaii as sugar cane?

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### 3. Food Waste - Talk about the article in pairs. Then answer the questions together.

People in many parts of the world are hungry every day, but in some places, a lot of food is thrown away. Food is wasted when farmers cannot sell their **crops**, or when restaurants and supermarkets make or buy more food than they need – but most food waste happens at home, and the problem is biggest in rich countries.

Every year, people and businesses in the USA waste about 60 **billion** kilograms of food – 33% of all the food in the country. Companies use a lot of energy when they make food and move it from place to place to sell – so when food is not used, energy is wasted and pollution is produced, for nothing. Food **decomposes** – it breaks into smaller and smaller pieces, and goes back into the land. But when it decomposes, it produces strong **gases** that are very bad for the environment.

Bladon, R. and Raynham, A. *Factfiles Global Issues*, p.9-13. OUP 2018



### 4. Comprehension Check! Did you understand the key points?

1. Where does most of food waste happen?

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2. What happens when food decomposes?

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# Food – The Price of Convenience

How many times do you go to convenience stores in a week?

What do you think about convenience stores? Are they useful?

Let's list some advantages and disadvantages.

Discussion:

**We do not need 24-hour, seven days a week convenience stores.  
This is too much convenience.**

## Japanese Convenience Stores

Advantages

Disadvantages

**Thought provoking questions:**

- 1. Can you live without convenience stores?**
- 2. How much junk food can you eat in one afternoon?**
- 3. Have you ever compared the difference between popcorn from 7-eleven and the popcorn from Coop?**
- 4. Do people really have self-control? Can we all eat less meat and save the planet? What would happen if we all become vegan?**
- 5. Why does Japan have drink machines everywhere?**
- 6. Why can't Japanese restaurants just put less dressing on their salads?**
- 7. Why does Fuji Gran have really nice Gorgonzola cheese but most other shops don't?**
- 8. Why did the small Aeon have a "bikkuri" size tiramisu in April during the school closure but has never had it since?**
- 9. What's going to happen if everyone gets diabetes? Do we need a sugar tax?**
- 10. Why does "Trattoria Nonna" near the culture center have such a good risotto?**
- 11. Why can't we have a 3 hour lunch break? Why not? Some Italian towns have long lunch breaks and their education system is OK isn't it?**
- 12. Why does everyone hate British food? What's so bad about it?**