

2.2 LET'S EAT!



FOCUS QUESTIONS:

- What basic foods are found in all diets across the globe?
- What do we learn about a culture when we study what the people eat?
- In what ways does food reflect globalization?

STANDARD #1 CULTURE.

LESSON OVERVIEW:

One of life's basic needs is food! Many people enjoy tasting new and different foods from all over the world. This lesson will compare and contrast the dietary habits between Americans and/or Canadians and Germans. Students will be able to notice the effect of globalization at the completion of the activity. This is an interdisciplinary lesson requiring students to use their math, ELA, and art skills.

TEACHER BACKGROUND INFORMATION:

To provide a basis of comparison/contrast between Germany and the United States and/or Canada, this lesson revolves around Peter Menzel and Faith D'Aluisio's photographic essay *Hungry Planet: What the World Eats* (Material World, 2007), in which they profiled families from around the world, revealing what people eat during the course of one week. Despite some national differences, through globalization and the proliferation of fast food enterprises, students may discover fewer differences between what their families consume and their German counterparts.



TIME:

2 (45-minute Class Periods)

INSTRUCTIONAL RESOURCES:

- Let's Eat! PowerPoint (**PowerPoint 2.2 A on Resource Disc**)
- Food Data Handout (**Handout 2.2 B on Resource Disc**)
- Graph Paper
- Construction Paper and Art Supplies
- White Paper Plates



PROCEDURE:

DAY 1:

- **Anticipatory Set:** The teacher should ask students what their favorite food is. The teacher should then place these ideas into a two-column chart on the board without providing a heading until the list is exhausted. One column should include regular food items such as spaghetti, chicken fingers, apples, etc. The other column will be the fast food chains, restaurants or ethnic varieties of cuisine, such as McDonalds, Chinese food, etc. The teacher should facilitate a discussion of how ethnic foods do or do not tend to reflect the immigrant communities of the area.
- The teacher should project the Let's Eat! PowerPoint (**PowerPoint 2.2 A on Resource Disc**) using the slides as talking points to facilitate a discussion of the dietary habits of the US and/or Canada and Germany. The teacher may divide the class into four groups and have students examine the pictures by quadrants- then share what they see.

Here are some suggested questions for the teacher to ask:

- What is the primary food?
- What food group is more/less plentiful?
- Are there any American products bought by the Germans, and vice versa?
- Do you see any English words in the German picture?
- The teacher may distribute the Food Data Handout (**Handout 2.2 B on Resource Disc**). Students should collect data about the American and German families' weekly food supply from the photos in the slideshow. This activity is interdisciplinary because of the math skills that will be used to collect and display the data. The teacher should remind students how to tally up to five items and then count by fives. Students should understand that these families are representative of the countries; not every family eats exactly the same food. Students may realize this when they compare their family's eating habits to the American or Canadian family shown in the slideshow. The teacher should read over the directions with the students.

The teacher should pause between slides to allow students to share answers, total the tally marks, and discuss the similarities and differences between the diets. As a class, the students should decide upon an approximate amount for each category. The teacher should then guide the students to draw conclusions about the data collection and facilitate a discussion of what they can learn about people based on the food that they eat.

DAY 2:

- The teacher should give the students graph paper to construct a bar graph using the data from the slideshow. Their graph requires a title and labeled axes. Once completed the student may choose between the following activities:
 - a. As an English Language Arts activity: the students may write an essay comparing and contrasting the food of Germany and the United States or Canada. To display their work, they should glue the graph and essay onto a sheet of construction paper.
 - b. An art activity: the students may take a white paper plate and draw the German food for a meal. As a method for contrasting, the students should take another white plate and draw the food for a typical American and/or Canadian meal.



WHOLE GROUP REFLECTIONS:

- The students should be asked to write short informative responses to each of the focus questions:
 - What basic foods are found in all diets across the globe?
 - What do we learn about a culture when we study what the people eat?
 - In what ways does food reflect globalization?
- The teacher should facilitate a discussion based on the students' responses.

MODIFICATION:

- Teachers interested in Canadian Studies may wish to incorporate the Let's Eat! PowerPoint (**PowerPoint 2.2 A on Resource Disc**) slides on Canada, which may be found at the end of the slideshow.

EXTENSIONS:

- For students who have cell phones with video capability, they may research the differences in etiquette between the US and Germany and make a short video of how to eat using German manners.
- Students may create their own photo of the food items their family eats in a week and recreate the picture as shown in the slideshow.
- The teacher should explain to students that we live in a global society and immigration can result in new recipes being carried from one culture to another. Students can research a German recipe, prepare the item, and bring it with the recipe to school to share.
- The teacher might organize (with assistance from parents) an *Oktoberfest* or German Food Day. This could be a fun (and delicious!) activity which broadens the taste of many students by having them sample new foods.

Source:

Menzel, P., & D'Aluisio, F. (2007). *Hungry Planet: What the World Eats*. Napa: Materials World Books.