

Materials	PowerPoint, poster board, or paper, colouring pencils, access to the internet, art materials (optional)
Learning Outcome	Research the food and food habits of a chosen country or culture and prepare a presentation to share your findings.

Description

Discuss with the child the foods they have tried or foods that they are aware of from different countries or different cultures. Ask the child if they know what is meant by the word culture. If the child does not know, explain that culture is common behaviours or ways of a group of people that include food, language, clothing, music, arts, customs, and beliefs.

Explain to the child how many of these foods are available in Canada because other than Indigenous Peoples in Canada, all other Canadians are originally from different countries around the world. Explain to the child that they will learn about another country or culture and its traditions with food and food habits.

Invite the child to pick a culture or country that interests them and have them practice researching food and food habits about the culture or country. The child will develop a presentation about their culture or country using PowerPoint, poster board, or a piece of paper.

Ask the child to include the following components in their presentation:

- Details of common foods or meals for the country or culture
- Description of *why* these foods or meals are common
- Description of cultural traditions or celebrations involving food
- Food Guide from that country (if applicable and available)
- Any other details of interest

If students need help picking a country or culture, some ideas include India, Thailand, Greece, Jamaica, China, or Ethiopia. Invite the child to get creative with their presentation and think about how they can make the information stand out by being creative and finding or drawing images and graphics. Ask the child to present their work and be sure to ask questions about their findings.

Healthy Eating Competencies



THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *How are the types of foods common in the country or culture you chose impacted by the history or geography of the country or culture?*
- *How can you continue to develop your knowledge about foods from other countries and other cultures?*