

Global Learning Unit

AUTHOR:	ACRACCS - CISV
COUNTRY:	Italy
TITLE:	We do not all eat the same things: food from all over the world
STUDENTS' AGE:	8-10 years
SUBJECTS:	Food and culture
DURATION:	10

Competences:

- Communication in the mother tongue
- Mathematical skills and basic competences in science and technology
- Learning to learn
- Social and civic skills
- Sense of initiative and entrepreneurship

Objectives:

- Discovering the wide range of eating traditions that exist
- Knowing the nutritional needs of the human being
- Writing a recipe (instructional text)
- Spotting similarities and differences
- Being curious and welcoming new experiences

Activities:

Starting from the word breakfast, children learn that breakfast varies from country to country. Carry out a small survey to see whether the children have similar eating habits (food and recipes most used, eating times and ways of having meals, foods allowed or prohibited, etc.). Using the experience of foreign children in the classroom as well as that of their parents or of cultural mediators, children are introduced to different eating habits in Europe and around the world. All eating traditions have common basic foods: cereals, vegetables and fruit, meat or fish or cheese, fats, water. Present the nutritional needs of the human being (perhaps comparing them to those of animals) and introduce the food pyramid. Try out recipes that are uncommon in the national context and describe their taste. Then compare this food with something similar in the national tradition and engage in a discussion on what makes the taste different from habitual food.



Teaching tools:

- Texts or videos on the theme of breakfast
- Science texts on nutritional needs and the food pyramid
- Information on cookbooks and food consumption in other cultures

