

# Let's Eat!



Lesson plan by **Sarah Shiva**

First Grade

Parthenia Street Elementary School

**USC US-China Summer Institute, 2014**

***Unit Purpose/Objective:*** Students will gain an understanding and appreciation of different cultures around the world as they learn about meals that are prepared with rice and how they are eaten. Students will also learn about appropriate etiquette when eating with different utensils.

*This Social Studies unit will be followed by the Multicultural Heritage Fair at Parthenia when we may sample the different rice dishes from around the world that we will learn about at the class feast. Afterward, the Farm-to-Table unit, in conjunction with the Healthy Choices Unit from the Dairy Council of California, will be taught.*

***Recommended: Seven 45 minute blocks of instruction***

## **Materials:**

- ☐ Internet access and computer
- ☐ Photo essay "Hungry Planet" by Pete Pin on time.com (Sept. 20, 2013)  
<http://time.com/8515/hungry-planet-what-the-world-eats/>  
These photos show families sitting around the food that they will eat in one week. The caption indicates their favorite foods and the cost of one week's meals.  
Print select photos (there are 28 in all). Suggestions: **China, US, Australia, Japan, India, France, Turkey, Mexico, Mali, Guatemala, Norway, Egypt, Chad** (enough for 24-26 students to share with a partner)
- ☐ [http://en.m.wikipedia.org/wiki/List\\_of\\_rice\\_dishes](http://en.m.wikipedia.org/wiki/List_of_rice_dishes)  
This website contains a list of rice dishes from around the world with photos and a brief description. Print this chart and the photos.

- ☐ Books:
  - Everybody Cooks Rice** by Norah Dooley
  - How My Parents Learned to Eat** by Ina Friedman
- Pictures that show different eating utensils (including fingers)
- ☐ Chart paper for recording class ideas on graphic organizers

## **Lesson 1- Introduction (two 45 min. blocks)**

Background knowledge:

Teacher asks students to look at a world map or globe and asks: what do you think people eat around the world? Students share ideas.

1. Show select photos from the Photo essay “Hungry Planet”

Here is the link: <http://time.com/8515/hungry-planet-what-the-world-eats/>

The children may sit with a partner to identify foods in each picture. Which foods seem different/the same as we eat in the US? Record as a class Same/Different list.

2. Map Activity

Where in the world map are these people in the pictures?

Label each country represented in the picture on a world map. Save for future reference.

3. Math: How much does it cost to eat for a week in these various countries?

Work with a partner and put the countries in order from least expensive to most expensive. Why do you think food costs more in these places? (Look on the photos for this info.)

4. Look at the photos and identify rice or items made out of rice in any of the pictures. What is the food called? Record on a T-chart: rice dish and the country it's from.

5. Homework: Keep track of what you eat for one week with your family. Make a list.

## Lesson 2- Literature Connection (two 45 min. blocks)

1. Read Aloud: **Everybody Cooks Rice** by Norah Dooley
2. Class chart: make a T-chart like the previous day: Rice dish and the county of origin as told in the book.
3. Focus questions for the book and chart:  
How are these rice dishes similar? How are they different?  
How is rice eaten in different parts of the world?
4. Mapping: Identify the countries mentioned in the book on the class map.
5. Access the internet. Click here:  
[http://en.m.wikipedia.org/wiki/List\\_of\\_rice\\_dishes](http://en.m.wikipedia.org/wiki/List_of_rice_dishes)  
Which are simple dishes from the book and the webpage to prepare? Which are more difficult? How do you know?
6. Homework: Which rice dish does your family enjoy? Write down the recipe. Compile recipes in **Favorite Rice Recipes** class book.

## Lesson 3- Utensils/Etiquette (three 45 min. blocks)

1. Read Aloud: **How My Parents Learned to Eat** by Ina Friedman.
2. Focus questions: How do people in the US and Japan eat? What are the similarities? What are the differences? What is considered polite in the two countries?
3. Look at the images of rice dishes from the 2 books used in these lessons and at the pictures from the 2 websites that have been used. With what utensils is each dish eaten?
4. Provide chart paper and print pictures of various rice dishes. Students sort the dishes by categories:  
difficult or simple  
steamed, fried, baked, boiled

eaten with a fork, spoon, fingers/hand, chopsticks

5. Homework: Parents and students prepare a rice dish from around the world to present during the Heritage Fair for tasting in our classroom.

**Presentation: At the Heritage Fair, students present the foods they have cooked at home explaining how it was prepared. The other children partake.**

6. Students eat practicing good manners.

In class project: Working with a partner or in a group, students will create a Manners Poster showing how utensils are used properly around the world. They will also indicate if certain behaviors are considered rude in some places and not in others (such as slurping).