

# HEALTHY KICKS

STAGES 1-3 (FOUNDATION - YEAR 6)

## Lesson Four

Food and Culture

### Learning Objectives

1. Discuss the connection between food and culture/identity.
2. Research and deliver a short presentation on a chosen cuisine.

### Resources

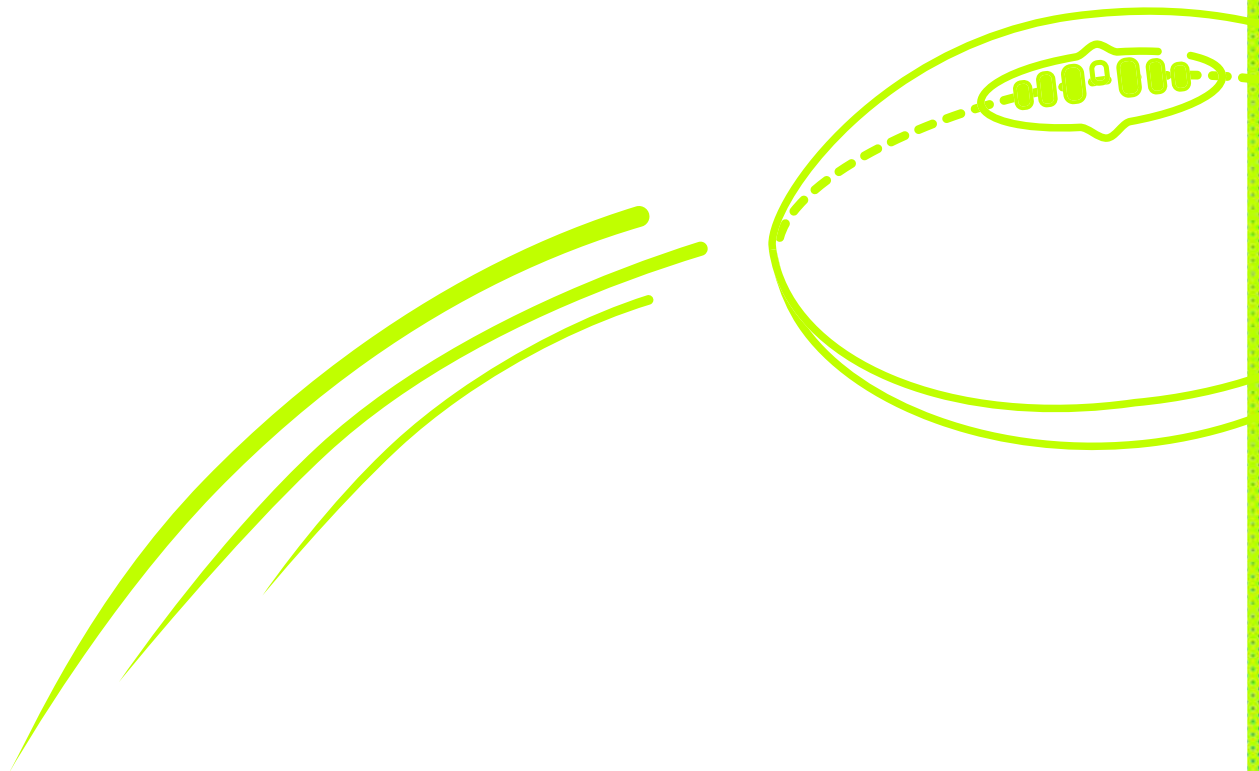
- [Coles Healthy Kicks Recipe Cards](#)

### Video and links

- [Food and Culture](#)
- [Adam Saad and Ramadan \(article\)](#)

### Focus Question

What role does food play in shaping our identity?



# HEALTHY KICKS

## STAGES 1-3 (FOUNDATION - YEAR 6) Lesson Content

### Describe and Explain

Pair-share - students spend some time sharing the following with a partner:

- At home we eat ...
- When I go out I love to eat ...
- My favourite cuisine is ...
- Food is important to people because ...

### Discuss, Research, Perform

**1.** Hold a class discussion on the different types of cuisines from around the world.

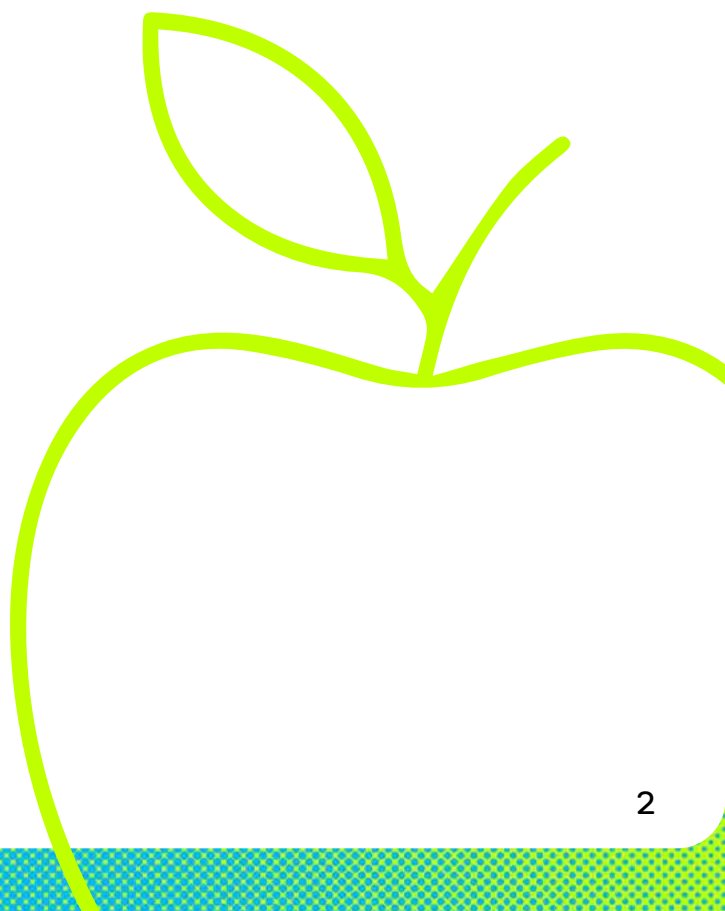
**2.** How do people celebrate culture through food? Cultural and religious celebrations to discuss:

- As part of Lunar/Chinese New Year it is customary to give and eat fruit.
- In Spain, La Tomatina is a festival celebrating tomatoes.
- During Diwali, many traditional Indian dishes are made including laddu and halwas.
- As part of the Christian tradition, many people eat hot cross buns during easter or pancakes on Shrove Tuesday.
- In New Zealand a hangi (food steamed underground) is customary in Maori culture.
- During Ramadan, Muslim people will fast from sunrise to sunset. Did you know, that some Muslim AFL players fast while they continue to play during the season? Read Adam Saad's story [here](#).

**3.** Students research a cuisine of their choice and present the findings to the class in a short presentation. Students may want to explore their own cultural cuisine or may find it helpful to be provided a cuisine to research.

Encourage students to include the following in their presentations:

- Where does this cuisine originate from?
- Give examples of popular dishes/recipes specific to the cuisine chosen?
- What are the common ingredients/produce used in this cuisine?
- Are there any specific cooking techniques or methods used when preparing this cuisine?
- How do people eat this cuisine and how is it shared with others?
- What customs or traditions are practised with regards to this cuisine and the culture to which it is attached?
- Has the cuisine changed over the course of history? (extension)



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## Lesson Content

### Research Prompts for Italian Cuisine

- Italian cuisine has developed over centuries and includes a huge variety of different ingredients which are commonly used across each of the five food groups.
- There are variations in the types of dishes and cooking techniques used for different parts of the country: north of Italy (Milan) is known for its risottos, the central/ middle of the country (Bologna) is known for its tortellini and the south (Naples) is famous for its pizzas and spaghettis.
- Pasta dishes with the use of tomato are spread across all of Italy. Italians like their ingredients fresh and subtly seasoned.
- In the north of Italy, fish, potatoes, rice, corn, sausages, pork and different types of cheeses are the most common ingredients.
- Traditional central Italian cuisine uses ingredients such as tomatoes, all kinds of meat, fish, and pecorino cheese.
- In southern Italy, tomatoes, peppers, olives and olive oil, garlic, artichokes, oranges, ricotta cheese, eggplants, zucchini, certain types of fish (anchovies, sardines and tuna) are common.
- Italian cuisine is also well known for its use of a large variety of pasta. Actually, there are about 350 different types! Pasta includes noodles in various lengths, widths and shapes.
- Traditionally in Italy, meals go for several courses and are considered a time to spend with family and friends enjoying great food.

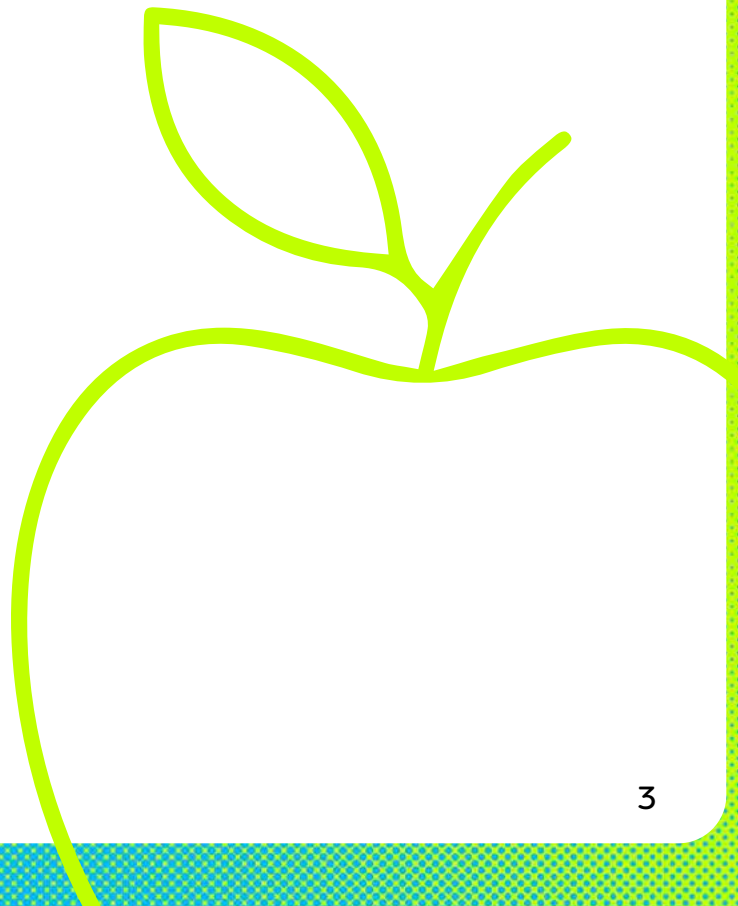
### Go Further

Ask students to select one recipe from their chosen cuisine and to categorise the ingredients into the five food groups, this could be written down, discussed verbally or presented visually.

Or, watch the supplementary Coles Healthy Kicks [video](#) and see how to cook a well known Italian dish followed by a short quiz.

### Five Food Groups

- Proteins
- Dairy
- Vegetables
- Grains
- Fruits



# HEALTHY KICKS

## STAGES 1-3 (FOUNDATION - YEAR 6) Lesson Content

### Reflect and Formulate

Students respond to the following:

- What does food mean to me?

**Note:** Give students the option to respond in a mode appropriate to their needs and interests.

### Extension Question

Write a short response to the following question:

- What role does food play in shaping our identity?

### Ways to Adapt

- Modify the delivery time for the presentations. For example: one minute for younger students and up to three for older ones.
- For students who need support, designate a cuisine to research.
- Use your school library for the research task or provide students with books and magazines as an alternative to internet research.
- To extend - challenge students to respond to the the focus question in their presentation. Focus Question: What role does food play in shaping our identity?

### At Home

Engage children further in food nutrition and preparation through cooking healthy and nutritious recipes.

Download the Coles Healthy Kicks At Home Learning Guide to share with parents and guardians - it's packed full of fun, educative, and creative activities to try at home

