

My Food + Your Food = Our Food

(Grades 2 to 7)

Overview

Students will have the opportunity to explore foods from various cultures and learn how they fit into a balanced pattern of eating.

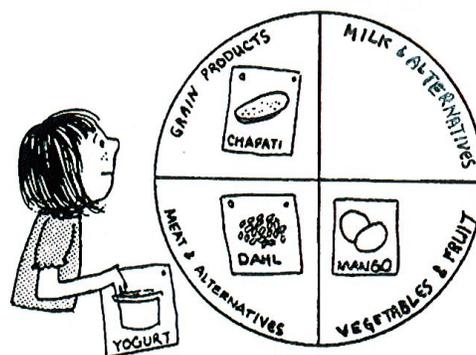
Estimated time: 30 minutes for classification plus extra time for the food or grocery store activity

Materials

Bring in food packages and pictures common to various cultures. Refer to [BC's Food Mosaic](#) for ideas.

1. Collect food packages or pictures

- Divide the class into groups.
- Have each group collect packages or pictures of foods. Try to include foods from all the cultural groups in your class.
- If a picture or package of a particular food cannot be found, the group can do their own drawing, or print the food name on a display card.
- You may want to use students from specific cultural backgrounds as group resource people.



2. Learn about the foods

- Have each group learn about the foods – how they are prepared and eaten, and how to classify the foods into food groups.
- Have each group display their collection of packages, pictures or food names to the rest of the class.
- Involve the rest of the class in trying to classify the foods. Identify similarities and differences between the new foods and foods they are familiar with.

3. “My Food + Your Food = Our Food” Special Day

- Ask each student to bring in food from their culture, or a culture of their choice for a special class party or meal. Students will learn to appreciate cultural differences and similarities through exposure to a variety of culinary traditions.



My Food + Your Food = Our Food

(Grades 2 to 7)

Alternatively, take a field trip to some ethnic food stores. Encourage students to classify the foods they see or talk about how they would like to eat them.

More information for Teachers

To offset food costs, find out about [mini food grants](#).

If you bring in food, refer to [Kitchen Equipment for your Classroom](#) for more preparation and food safety tips.

Curriculum Links

This lesson supports Big Ideas and Learning Standards in the Physical and Health Education [BC curriculum](#) and can also link to other subject areas.

Want to do more nutrition education with your class?

Explore our other [lesson plans](#) or book a [free 1-hour workshop](#).