Worldly Restaurants
(Grades 4 to 7)

Overview
Students will plan a restaurant menu based on a cultural group of their choosing.

Learning Outcomes
- Develop appreciation for various cultures
- Compare traditional foods unique to cultural groups
- Categorize foods into food groups
- Demonstrate a willingness to taste new or commonly consumed food

Materials
- Sample restaurant menus
- Cookbooks featuring recipes from around the world
- BC’s Food Mosaic (for help exploring BC’s food and cultural diversity)

Procedures
Plan a restaurant menu
- Divide the class into small groups. Each group will be planning a restaurant menu for a specific cultural group.
- Allow each group to select a cultural group to explore.
- Ask each group to plan a restaurant menu based on the cultural group they have selected.
- Encourage students to do some research into the eating habits of their chosen cultural group. Students can consult menus, cookbooks, history books, restaurant owners, and other people (including classmates).
- Ask students to categorize the menu items into the four food groups based on Canada’s Food Guide.
- Ask students if someone coming to their restaurant would be able to get a balanced meal?
- Have each group present their menu to the rest of the class.

Extension Activity
- If possible, ask the group to prepare one of their menu items so that classmates can sample and discuss.
- Investigate other aspects of their selected culture and discuss how they would decorate a restaurant. What dishes and utensils would be needed?
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More information for Teachers
To offset food costs, find out about mini food grants.

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.