



#9669

## FOOD: A MULTI-CULTURAL FEAST

LEARNING SEED COMPANY, 1998

Grade Levels: 3-6

20 minutes

### DESCRIPTION

Culture dictates our basic food preferences, but familiar foods are found world-wide. How we eat and what we eat varies, but food is a commonality that connects us all.

### ACADEMIC STANDARDS

#### **Subject Area: Grades K-4 History - Topic 1 - Living and Working Together in Families and Communities, Now and Long Ago**

- ★ Standard: Understands family life now and in the past, and family life in various places long ago
- Benchmark: Knows the cultural similarities and differences in clothes, homes, food, communication, technology, and cultural traditions between families now and in the past (See Instructional Goal #1.)

#### **Subject Area: United States History Era 10 - Contemporary United States (1968 to the present)**

- ★ Standard: Understands economic, social, and cultural developments in the contemporary United States
- Benchmark: Understands various influences on American culture (e.g., the desegregation of education and its role in the creation of private white academies; the influence of the media on contemporary American culture; how ethnic art, food, music, and clothing are incorporated into mainstream culture and society) (See Instructional Goal #2.)

#### **Subject Area: Geography Human Systems**

- ★ Standard: Understands the nature and complexity of Earth's cultural mosaics
- Benchmark: Understands cultural change (in terms of, e.g., the role of women in society, the role of children in society, clothing styles, modes of transportation, food preferences, types of housing, attitudes toward the environment and resources) (See Instructional Goal #3.)

### INSTRUCTIONAL GOALS

1. To introduce the cultural similarities and differences in food between families now and in the past.
2. To understand various cultural influences on American food.
3. To examine cultural influences in changing preferences in American food.

## BACKGROUND INFORMATION

Before 1492, from one end of Europe to the other people ate much the same food. By 1600, Europe and the Americas had exchanged the fundamental ingredients and ideas of their cuisines. Old World crops and livestock were introduced to Mexico and Peru to support a civilized (that is Spanish) way of life for the colonists, and New World exotica were sent to Spain as novelties. But once tomatoes had taken root in Italy and once cattle provided beef and milk to Mexico, then local cooks put these “new” foods to use. And the world changed. However now it’s a short and often tragic step from despising foods as people eat to despising the people themselves.

## VOCABULARY

1. culinary
2. eating habits
3. ethnic
4. gross
5. mammary glands
6. multi-cultural
7. origin
8. slurp
9. utensil



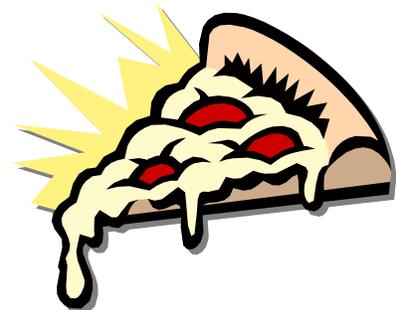
## BEFORE SHOWING

1. Taste or find photos of the following foods: sauerkraut, yogurt, and chili con carne.
2. List foods commonly eaten and the culture or country they may have come from.
3. Find the following places on a map of the world: China, Central America, West Africa, Germany, Cuba, Naples, and Mexico.

## AFTER SHOWING

### ► Discussion Items and Questions

1. What foods shown in the video are not typically eaten in America?
2. What are the multi-cultural origins of the following foods?
  - a. sauerkraut
  - b. chocolate
  - c. yogurt
  - d. banana
  - e. sherbet
  - f. ice cream
  - g. apple pie
  - h. pizza
  - i. cookies and doughnuts
  - j. hot dog
  - k. hamburger
3. Why are these foods not ethnic foods: chili, chop suey, spaghetti, chow mein, and French toast?
4. What American eating habits are considered strange by other cultures?



## ► Applications and Activities

1. Create a classroom multicultural food list.
  - a. If your parents were born in this country find some food or recipe in your house that can be traced to another country.
  - b. If your parents were born in a different country find a food that your parents have “discovered” here, or ask them about a food they used to enjoy but no longer eat because it isn’t easily available.
2. Imagine that you live in a place where “foreign foods” are forbidden. Consider eliminating these foods from a grocery store, restaurant, or school cafeteria. Discuss how this would affect your eating habits.
3. Cook and taste foods from various world cultures. Consider having foods representative of each student’s cultural heritage.
4. Investigate the history of specific foods. Consider: soft drinks, coffee, sugar, turkey, milk, margarine, watermelons, chewing gum, white bread, insects as food, horsemeat, salt, pepper, and rice.
  - a. Who first ate this food?
  - b. How did it come to the United States?
  - c. How has it changed?

## RELATED RESOURCES



- [Foodessence: Myths & Taboos #8725](#)
- [Shuntsuke in Japan #9680](#)



### World Wide Web

The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and “kid safe” sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

### • MULTICULTURAL HOME PAGE

<http://pasture.ecn.purdue.edu/~agenhtml/agenmc/index.html>

Contains country pages organized by regions. The country pages cover a wide range of topics including geographical, historical, arts, weather, recipes, tourist information, and related links.





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- **NOT BY BREAD ALONE: AMERICA'S CULINARY HERITAGE**

<http://rmc.library.cornell.edu/food/>

Explores the influences and inventions that have shaped American food habits over the past two hundred years. Highlights rare books, photographs, menus, and other early documents that trace food history in America.

**Division of Rare and Manuscript Collections - Cornell University Library**



## **The FOOD Museum Online**

- **THE FOOD MUSEUM**

<http://www.foodmuseum.com/index.htm>

This is a source for food exhibits, news/issues, resources, food history, answers to food questions, book reviews, and just plain fun. Includes the surprising stories behind what we eat.