



Developed with Diane Foss, Retired FCS Educator

Family food heritage

Volume 10 | Gr. 6–8



Standards NASAFCAS 6.1.4

Analyze the role of family in teaching culture and traditions across the life span.



Materials list

- Nasco food replicas
- Optional – white board
- Optional – EXPO® dry-erase markers, set of 4 ([6100285](#))

Objective

Students will...

- Present written responses to a series of questions about cultural food heritage

Essential Question

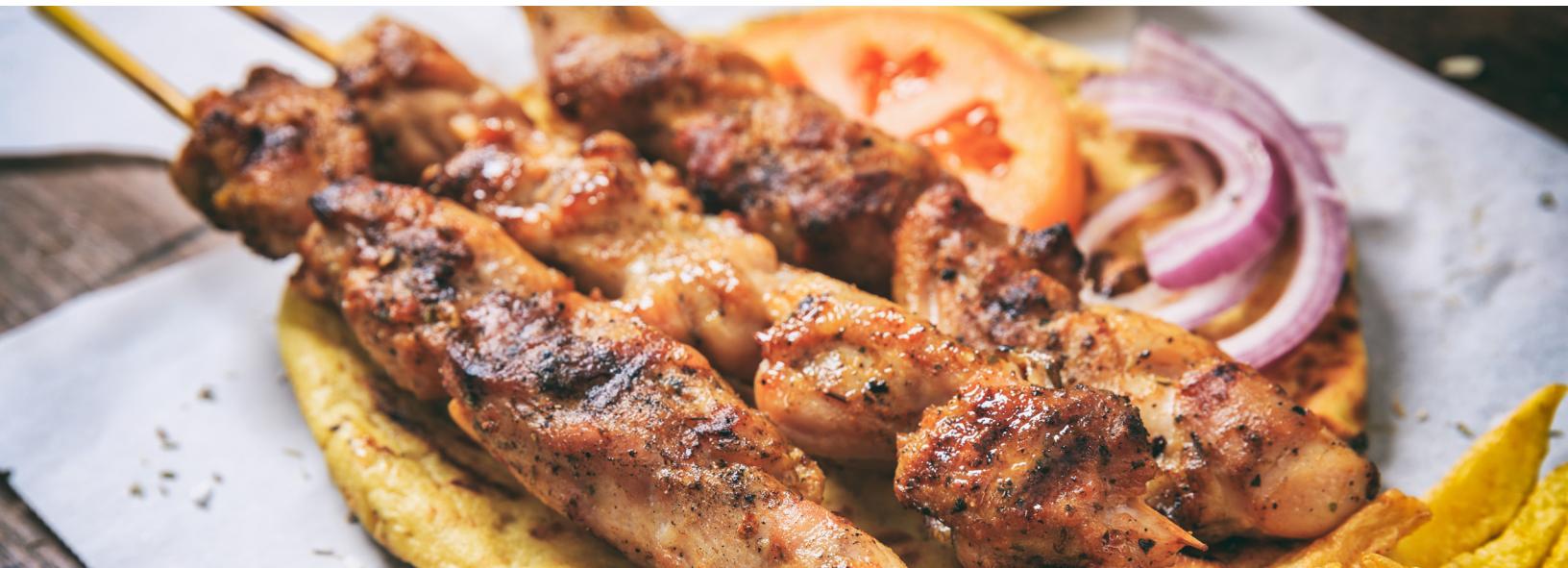
What influences the foods that families eat?

Career Clusters (& Pathways)

Hospitality and Tourism (Restaurants and Food/Beverage Services)

FCCLA Connections

- Families First
- Culinary Arts
- Food Garnishing



Introduction (10–15 minutes)

On a table in front of the room, set out an assortment of ingredients used in international recipes such as feta cheese, soy sauce, parmesan cheese, curry powder, kalamata olives, tortillas, sauerkraut, pita bread, cilantro, red beans, etc. Instead of using actual foods, Nasco Food Replicas or pictures of foreign foods may be used. Start by asking the students what they think all of the foods have in common. Next, explain what each food is and with what country it is associated.



Activity 1 (20–25 minutes)

Ask for a volunteer to discuss the location of countries where common ethnic foods come from, such as lasagna, gyros, lo mein, egg rolls, tacos, etc. Discuss why they think these foods are so popular here. Have students record a list of all the global foods they can think of on a piece of paper. Give them 5 minutes to do this. At the end of the time, have each student read their list. Record all answers on the white board with slash marks used when a food is repeated.

Activity 2 (10–15 minutes)

Hand out a piece of paper to students with two questions on it:

1. Why do Americans eat so many foods of foreign origin?
2. Why are some foods more popular than others?

Each student should come up with at least one response to each question, but encourage multiple responses. Discuss the answers.

Activity 3, conclusion and homework (5–10 minutes in class)

Have students record the responses to the next three questions based on answers from their parents, guardians, or grandparents.

1. What is the main country or countries of your heritage?
2. What foods from these countries do you remember eating as a child?
3. What foods from these countries does your family still eat?

The next three questions are to be answered by the student:

4. What value do you think there is in eating foods from your heritage?
5. Are there any foods from your heritage you want to fix for your children some day? Explain.
6. What benefit could there be to passing cultural food heritage on from one generation to the next?

*This lesson should be followed by planning and preparation of foreign foods of the students' heritage. Students could bring in foods and a parent or grandparent can do a demonstration.