

Our Food, Our World

Lesson plan 2: Favourite foods (long version)

(45mins)

Age range: 5-9

Aims

- To introduce Yamini and Luis to the pupils in the class
- To discover what knowledge and links pupils already have with India and Mexico
- To demonstrate the diversities and similarities of food and food preferences locally

You will need

The following **photographs**, displayed on a whiteboard or printed out (below or in Power Point):

- Yamini is from India
- Yamini buys fruit on her way to school
- Yamini visits a big market
- Luis is from Mexico
- This is the greengrocer's shop Luis sometimes visits
- Luis eats with his family

Information on the photographs for teachers (below)

World map or globe

One paper plate per pupil

Felt-tipped pens

What to do

1. Display the photos of Luis or Yamini alongside a world map (and/or have a globe available). Use the questions from the **Information on the photos for teachers** (below) as a basis for initial discussion about the children. Find India and Mexico on the world map or globe.

2. Explain to the pupils that they are going to be finding out more about the kinds of food Luis and Yamini like to eat, including their favourite meals. Next tell the pupils about your own favourite meal and, if possible, the favourites of other adults in your setting. What do they think of these people's preferences?

3. Ask pupils to draw their own favourite meal on a paper plate and then compare it with the meals of other pupils nearby. Do they have preferences in common? Are there surprises?
4. Ask pupils to sit with a partner and try to find a taste they both like, one they both dislike, and one difference. Can they agree that if someone prefers food which is different from what they're used to, then they should respect that preference? After all, what *you* eat may seem strange to someone else!
5. Finally tell the group or class about Luis' and Yamini's favourite foods:

Luis' favourite food is his grandma's homemade corn pancakes, called tortillas. These can be filled and fried to make enchiladas, and Luis' favourite meal is enchiladas with cheese or tuna inside. Have any of the pupils ever tried tortillas or enchiladas? You might like to bring some tortillas for pupils to try in the classroom.

Yamini's favourite food is flat bread (called paratha) filled with potatoes and onions. She also enjoys mangoes and watermelon every day in the summer. Have any pupils tried these? Which fruits do pupils in the class eat several times a week? Why do they think these fruits are different from those Yamini eats? (Begin to explore the idea of the effect of climate on the availability and cost of certain kinds of fruit.)

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Information about the photos for teachers

Yamini from India



1. Yamini is from India. Yamini (pronounced *ya mee nee*) lives in Kolkata (formerly Calcutta) in the state of West Bengal in India. Kolkata is a big city full of life. *Discussion: Has anyone heard of India? Has anyone visited India? What do you think of when you hear the word 'India'?*



2. Yamini buys fruit on her way to school. On her way to school Yamini chooses a guava for her fruit snack. There are a lot of markets and street traders in Kolkata. *Discussion: Do you like fruit? What fruits do you eat? Do you eat fruit at school?*



3. Yamini visits a big market. New Market in Kolkata is an exciting maze of stalls. At this stall, Yamini helps choose dried beans, spices and rice. *Discussion: Have you ever visited a big market? What did you think of it? Did you buy anything?*

Luis from Mexico



4. Luis is from Mexico. Luis (pronounced loo eess) lives near Mexico City in a small town called Magdalena. He is carrying the lasso he uses to help his grandfather round up sheep. *Discussion: Has anyone heard of Mexico? Has anyone ever been there? Do you know where it is?*



5. This is a greengrocer's shop which Luis sometimes visits. Luis sometimes helps his mum with the shopping. She chooses the vegetables and salad but he is often allowed to pick a cake afterwards. The green fruit on the left are called black sapote or 'chocolate pudding fruit'. Their pulp is dark brown and sweet, and they are good for making cakes and puddings.
Discussion: Where do you buy your vegetables? Do any of you go to a greengrocer's shop? Which fruit and vegetables do you like best?



6. Luis eats a meal with his family. Luis lives with his sister Ana and his parents. At meals, the main food is usually tortilla (a kind of pancake). Tortillas can be fried and filled with tuna, cheese, vegetables, beans or meat to make enchiladas.
Discussion: Do you eat meals with your friends or your family? At what times of day do you eat? Do you enjoy eating with your friends or family?

