

Our Food, Our World

Lesson plan 3: Getting to know you (40-60 mins)

Age range: 5-9

Aims

- To become more familiar with Yamini and Luis
- To make connections between pupils' own lives and those of Yamini and Luis

You will need

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

- Yamini is from India
- Luis is from Mexico

Information on the photographs for teachers (below)

World map or globe

Copies of the **profiles for Yamini and Luis** (below)

Copies of the **information slips for Yamini and Luis**, enlarged to A3 (below)

What to do

If you have already done one of the 'Favourite foods' starting points, skip to step 2, otherwise begin with step 1.

1. Display the mounted portraits of Luis and 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. Read out loud the profiles for each child. Encourage discussion and speculation. If you have not already done one of the 'Favourite foods' Starting Points, ask pupils what they think of the favourite foods? Emphasise that it's fine for people to grow up eating different meals. If someone is used to food which is different from our own, we should respect that difference.
3. When you have introduced both children, use the information slips to summarise the profiles. Read out one or two of the slips yourself and ask the pupils which child's portrait they would go with and why. Stick them near the relevant portrait.

4. Mix the rest of the slips up and give them out. Ask pupils to take turns to read them out and to post them around the relevant portrait. After each pupil has posted their slip, ask the rest of the group whether it is in the right place. How do they know? Is there anything pupils would like to add to the portrait which is not covered by the slips? Do the pupils have any questions they would like to ask Yamini or Luis?

5. Remind the pupils of how much we all have in common by including the general information slips which could apply to more than one child, or to every child (e.g. 'I have to get up in the morning to go to school'). The pupils could invent a few slips of their own. After all, there is far more we don't know about these children, (and each other probably) than we do know, so it's important to keep an open mind.

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Information about the photos for teachers

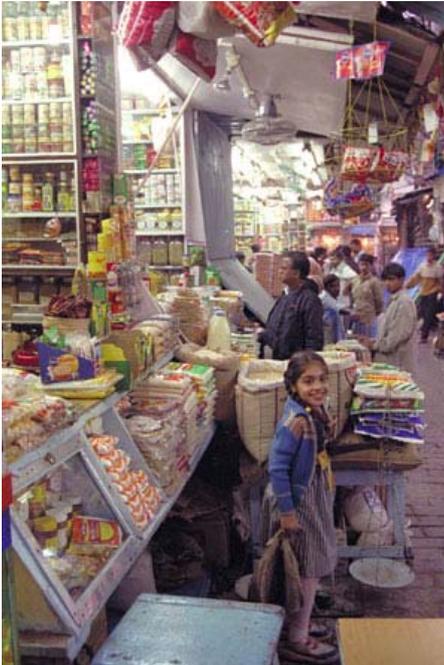
Yamini from India



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?*

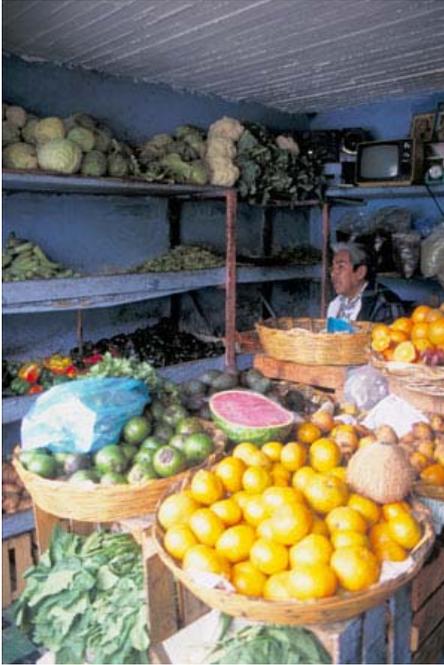


3. Yamini visits a big market. New Market in Kolkata is an exciting maze of stalls. At this stall, Yamini helps choose dried beans, spices and rice. *Discussion: Have you ever visited a big market? What did you think of it? Did you buy anything?*

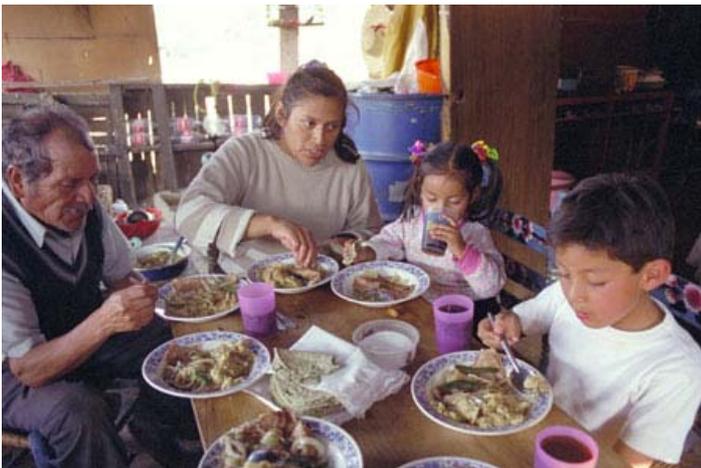
Luis from Mexico



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?

Yamini

Namaste, ap kaise hain? Hello, how are you? My name is Yamini Arora. You can call me Yamini. I am six.

I live in India in a big city called Kolkata. Kolkata is bigger than London even. In Kolkata there are cars and trams and underground trains and temples and factories – so many things!

In the mornings I find my lovely Amijee, my gran, and have a big hug – it starts my day right. My school starts early in the morning so I don't have much time for breakfast. Dadu (my grandad) and I sit and have some milk and biscuits or chocolate cereal.



Mum and I walk to school. Along the street, people are selling fruit and snacks in baskets on the pavement. I like to eat fruit every day so we stop to buy some. Today it's a guava. Other days it might be mango, watermelon, banana, papaya, orange or apple. At break time I eat my guava with some puffed rice (like popcorn) some cucumber and a biscuit. We call snacks like these tiffin.

After school, my sister Soheni and I have raw carrot and cucumber with puffed bread called puri and a lentil sauce, called dal. We love sweet things too, like coconut ladoo, a kind of home-made sweet.

Later we might go to Kolkata's largest market – New Market. Inside this very old building there are hundreds and hundreds of market stalls. You can buy bangles and bracelets and shirts and saris and CDs and videos and tools for DIY – almost anything!

But we're here to buy the food for our main meal. Sometimes we buy meat. There is a big room full of butchers chopping up meat to sell. I have seen a butcher take a live chicken and chop off its head ready for a customer! Often we eat vegetarian food, so today we go to the stalls which sell rice and lentils and chickpeas and dried beans. There are several kinds of rice and tubs of spices in many bright colours. There are so many vegetables: cauliflower, tomatoes, green beans, onions, bindi, aubergine, mooli, sweet potato and lots more.

Tonight we will eat these things with paneer (home-made cheese). I will have my favourite food, a flat bread called paratha. It is filled with potato and onion and fried in butter.

Then I will go to bed early because tomorrow is a special day. I will no longer be six! But more about that another time ...

Luis

¡Hola! ¿Como estas? Hello, how are you? My name is Luis. Luis Emanuel Sanchez Jimenez. I am six.

I live in Mexico, in a small town called Magdalena. Magdalena is on the side of a hill. Here the countryside is nearby, and the air is cool – but not far away is the city called Mexico City. Lots of people from my town go there every day to work. My father drives them there and back in his bus.

In the mornings I go outdoors to give my face a wash. Before school I have breakfast. I'll probably have rice pudding or cornflakes and chocolatey milk. At morning break I might have a snack of cake and juice. At the end of break I usually clean my teeth under a tap in the playground.

After school I go back home. I live with my mum and dad and my little sister, Ana.

Ana and I often go shopping with Mum. We help her choose the meals for the day. Every day we buy fresh food. They say fresh food is better – and anyway there's no fridge at home to make food last longer. We're allowed to choose a cake at the baker's shop, but we're not allowed to eat it until after the main meal. We nearly always buy tortillas. Tortillas are pancakes made from flour. You can wrap other foods up in them and then fry them – then they're called enchiladas. I love cheese or tuna enchiladas. I love oranges too, and in our salad we sometimes have cactus leaves – juicy ones!

I'm learning to herd sheep. My gran and grandad live quite nearby. They have a small farm with sheep and chickens. When we visit them I'm allowed to collect the eggs from the hens and, best of all, I help with the sheep. I'm learning how to lasso a sheep so I can lead it in by a rope.

My gran and grandad grow corn on the cob. I watch it grow and help with the weeding. Gran grinds up the seeds to make flour. Then she rolls out a dough. Now Gran can cook home-made tortillas and enchiladas. They are so much more tasty than the ones from the shop.

Soon it will be time for a special day, with special foods. There's going to be a fiesta with lots of people! But more about that another time ...



Worksheet: Information slips – for pupils to build profiles

Luis
iHola! I live in Mexico, in Magdalena.
I live in a town on a hill, near to fields and near to a big, busy city.
For breakfast I often have cornflakes and chocolate milk.
My favourite food is enchiladas with cheese or tuna inside.
I'm good at herding sheep.
My main meal can be tortillas and a salad with juicy cactus leaves.

Yamini
Namaste! I live in India, in Kolkata.
I live in a big, busy city.
For breakfast I often have milk and biscuits.
My favourite foods are fruit and paratha bread with potato and onion inside.
I'm good at cooking and food shopping with my Amijee.
My main meal can be rice, lentils, chickpeas, spicy vegetables and paneer.