



LUNCHES AROUND THE WORLD

Take your class on a world adventure by exploring multicultural lunches. Create your own class collage celebrating cultural variation through food.

Learning objectives:

- Students will learn about a variety of lunchbox foods that originate from other countries.
- Students will learn to be accepting and respectful of other cultures and their food choices.

You will need:

- Internet access
- Food magazines
- 'Lunches Around the World' infographic
- Whiteboard, pinboard or butchers paper
- Scissors
- Markers
- Blu-tack, pins or glue
- 'Lunches Around the World' worksheet (optional)



Activity:

- Choose a different country for each day of the week. Use the infographic below for inspiration.
- Using food magazines and/or online images, ask students to find pictures of various lunch foods originating from the chosen country.
- Collate the pictures and place on a whiteboard, pin board or paste on butchers paper.
- Repeat with a different country each day.

Optional:

- Use the 'Lunches Around the World' worksheet as an independent task for students to list foods from each country.

LUNCHES AROUND THE WORLD

AUSTRALIA



- Sandwiches
- Rolls
- Wraps



ITALY



- Pizza
- Pasta
- Risotto



CHINA



- Chow Mein
- Dumplings
- Fried Rice



JAPAN



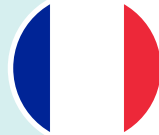
- Bento Box
- Donburi
- Sushi



FRANCE



- Baguette Sandwich
- Gratin
- Quiche



MEXICO



- Burrito
- Nachos
- Tacos



GREECE



- Moussaka
- Pastitsio
- Souvlaki



TURKEY



- Börek
- Kebabs
- Pide



INDIA



- Biryani
- Curry
- Roti and Parathas



VIETNAM



- Banh Mi - Vietnamese Roll
- Broken Rice
- Fresh Rice Paper Rolls



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Sample Class Collage

By the end of the week, the class will have created a multicultural lunchbox collage filled with foods representing five different countries.





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Name: _____

Choose five different countries and list four foods from each of those countries that you would like for lunch.

Country: _____

1. _____
2. _____
3. _____
4. _____

Country: _____

1. _____
2. _____
3. _____
4. _____

Country: _____

1. _____
2. _____
3. _____
4. _____

Country: _____

1. _____
2. _____
3. _____
4. _____

Country: _____

1. _____
2. _____
3. _____
4. _____

LUNCHES AROUND THE WORLD

Suggested classroom literature

Use the reflection questions below to help generate positive discussion about the foods portrayed in each book.

Discussion questions:

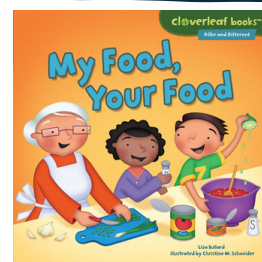
1. What parts of the world does your family come from?
2. Do you like to eat any special foods from those places?
3. What food did you recognise in the books?
4. What foods do you like to eat in your own homes?
5. Were there some foods in the story that you haven't tried before?
6. Which foods would you like to try?
7. What sorts of food from the story could you put in your lunchbox?

My Food, Your Food

By Lisa Bullard
Published by Lerner Publishing Group, 2015

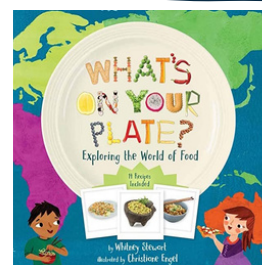
Read-along link:

[My Food, Your Food - YouTube](#)



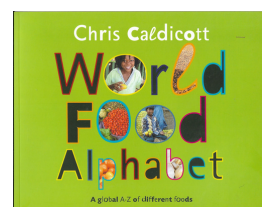
What's on your plate?

By Whitney Stewart
Published by Stirling Children's Books, 2018



World Food Alphabet

By Chris Caldicott
Published by Frances Lincoln Children's Books, 2012



What's for Lunch?

By Andrea Curtis
Published by Red Deer Press, 2012

