



## Lesson 6: Family Foods

### Nutrition Objectives:

1. Students will be able to identify one fruit and one vegetable that is important to their family's diet.

### Supplies/Materials:

- Family Foods worksheet (one for each pair of students)
- Fruit and Vegetable Pledge Form (one for the entire class)
- Food and Fitness Word Search (one for each student)

### Lesson:

**Ask**→ Who ate the root of a vegetable this week? What vegetable did you eat? (*carrot, potato*)

**Ask**→ Who ate the stem of a vegetable this week? What vegetable did you eat? (*celery, asparagus*)

**Ask**→ Who ate the seeds of a vegetable this week? What vegetable did you eat? (*corn, peas*)

**Say**→ Today we are learning about the different food traditions that your family has.

**Say**→ What we eat is determined by many factors, including certain foods that come from the traditions of our family and our culture. Here are some examples:

Example #1: Many families from Central and South America eat rice and beans almost every day.

Example #2: In Ethiopia, people do not eat with utensils—instead, they use spongy unleavened bread called *injera* (pronounced *in-jeer-ah*) to scoop up stews made of vegetables and lentils.

Example #3: Here in Rhode Island, many people drink coffee milk. In other parts of the United States, people usually drink only plain or chocolate milk.

**Say**→ There may be certain foods that your family prepares on special occasions or holidays.

**Ask**→ Who has a special food that is part of your family's culture?

### Activity #1: Family Foods Interview

- Put students in pairs. Hand out one copy of the Family Foods worksheet per pair and have one student be the interviewer. The interviewer asks the other student the questions and records the answers.
- Repeat the interview activity, giving the other student a chance to be the interviewer.
- Have students share their family's favorite fruits and vegetables with the class.

**Ask**→ Now that you've learned about some special foods that are part of different cultures, who is ready to ask their parents if you can try some of those foods, especially different fruits

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and vegetables?

**Ask**→ Who is ready to pledge to eat more fruits and vegetables and to convince their family to do the same?

**Say**→ By signing your name on this certificate, you are making a promise to eat more fruits and vegetables and to try to persuade the members of your family to also eat more fruits and vegetables.

**Activity #2: Sign Pledge Form**

- Have the entire class sign the Pledge Form and hang it in a prominent place in the classroom. Refer to it periodically as a reminder to the children to eat more fruits and vegetables and encourage their families to do the same.

**Activity #3: Curriculum Connection/Social Studies** Have each student pick a different country and research the food traditions of its people. What fruit and vegetables do they eat in that culture?

**Activity #4: Food and Fitness Word Search**