

What Kids Eat Around the World (Magazine Articles Lesson)



Lesson Overview:

Students will look at different foods that people eat around the world through a Times article in which kids were photographed with all the food they ate for a week and analyse the diets of kids around the world, specifically looking at how much vegetables and fruit people eat.

There are three articles included:

- Times Magazine: what children eat in a week – children are pictured with all the foods they eat in a week. Some children are in athletic wear.
- NY Times Magazine: Children are pictured with what they eat for breakfast.
- Huffington Post: pictures of kids lunches around the world (food only displayed on the same tray)

Learning Outcomes:

Students will:

- Students will appreciate the difference in how kids eat around the world
- Students will start to gain knowledge of the importance of eating a variety of foods, including vegetables and fruit

Materials:

- Pictures of kids with food from article – print in colour and laminate, or display on screen

Instructions

Activating Discussion:

Ask students to share some foods they usually eat, and write these on the board or chart paper. (You can also get them to draw a meal on the plate template provided.)

*Note: **This may be a sensitive question to ask for some students, especially if they aren't always able to eat breakfast, so this step may be skipped and a typical breakfast or lunch kids eat can be used. Use your discretion***

Let's look at what kids like you eat around the world!

Option: Read "My food, your food" by Lisa Bullard

(Acquire) Learning Plan:

Over the course of a week or so, highlight different foods/meals from different countries. Use the links provided to choose a specific food/country.

(Times Article) Talk about how people from different cultures and different countries eat different foods, even for the same meals we have (e.g. breakfast). Go through pictures of children with the food they eat in a week all around them and have students point out all the food. You can do a couple pictures over a few days or choose a selection to do. Discuss the similarities and differences between different cuisines and dishes. Also, have students notice the way the children are dressed

– some children are dressed in athletic wear. Do these children tend to have a different or ‘healthier’ food intake?

([NY Times Article](#)) Talk about how people from different cultures and different countries eat different foods, even for the same meals we have (e.g. breakfast). Go through pictures of children with the food they eat for breakfast. Is it the same? Different? Would they try it?

([Huffington Post Article](#)) Look at all the pictures of school lunches around the world and discuss what is in them. Have students notice the amount of vegetables and fruit, greens, and ‘fast food’ included in the lunches.

Include local and regional foods, as well as Indigenous foods. (e.g., First Nations and Metis: wild meat and fish; Inuit: seal, whale, polar bear). Discuss why they eat these foods (traditional; from the land; part of their history and identity). Ask: Is it right for other people who don’t live there to tell them they shouldn’t eat it? Include fun facts (such as if you eat polar bear liver you will die of a vitamin A overdose).

Activity Options:

After going through the examples, have students talk about a special food they eat in their family in front of class (if reading the book, similar to how they do it). If they have access, encourage them (and/or their parents) to send a picture of some of the foods they eat.

References:

- <https://time.com/what-kids-eat-around-the-world-in-one-week/>
- <https://www.nytimes.com/interactive/2014/10/08/magazine/eaters-all-over.html>
- https://www.huffingtonpost.ca/2015/02/25/school-lunches-around-the-world_n_6746164.html

Additional reference:

- <https://www.healthyeating.org/Portals/0/Documents/Tip%20Sheets/CulturalFoodGuide.pdf>

Appendices:

- Pdfs of photos from articles
 - Times Magazine “What Kids Around the World Eat in One Week”
 - New York Times “Rise and Shine: What kids around the world eat for breakfast”
 - Huffington Post “School Lunches Around the World”
- The Foods I Eat Plate