

Lunches Around the World

Years 1 - 6

Learning Intentions:

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

Activity:

1. Choose a different country for each day of the week. Use the 'Lunches Around the World' infographic for inspiration.
2. Using supermarket catalogues and/or online images, ask students to find pictures of various lunch foods originating from the chosen country.
3. Collate the pictures and place on a whiteboard, pin board or butchers paper. See sample 'Class Collage'.

Alternative:

Use the 'Lunches around the World' worksheet as an independent research task for students to list food items from the chosen country.

You will need:

- Food catalogues
- 'Lunches Around the World' infographic
- Whiteboard, pin board or butchers paper
- Scissors and markers
- Blu-tac, pins or glue
- 'Lunches Around the World' worksheet (optional)



Aim

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

Lunches Around the World

National
Lunch
box
Week

Extension activity:

View the short video and/or read the below texts to provide more background for the class activity.



Video Link:

[Lunchboxes Around the World | YouTube](#)



My Food, Your Food

By Lisa Bullard

Published by Lerner Publishing Group, 2015



Read Along Link:

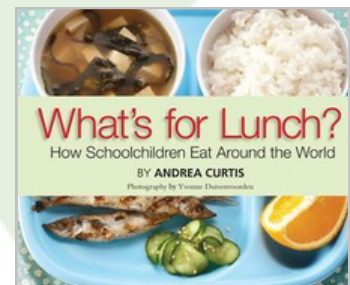
[My Food, Your Food | Read Aloud | Vimeo](#)



What's for Lunch? How Schoolchildren Eat Around the World

by Andrea Curtis

Published by Red Deer Press, 2013



Discussion Questions:

1. Which country's school lunches would you like to try?
2. Are there foods in the video that you have tried before? Share with the class what your experience was.
3. If you were responsible for providing school lunches for your school, what would you put on the menu as a representation of Australia or the region you're from?

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



Lunches Around the World

Sample Class Collage



Lunches Around the World

Name.....

Monday

Country of the day

.....

- 1.
- 2.
- 3.
- 4.

Tuesday

Country of the day

.....

- 1.
- 2.
- 3.
- 4.

Wednesday

Country of the day

.....

- 1.
- 2.
- 3.
- 4.

Thursday

Country of the day

.....

- 1.
- 2.
- 3.
- 4.

Friday

Country of the day

.....

- 1.
- 2.
- 3.
- 4.

Our Lunchbox Week Journey

Class: _____

Adventure: _____

PIT
STOP

Plan your pit stops. Tick the coloured circles after completing each pit stop to reach the finish line.

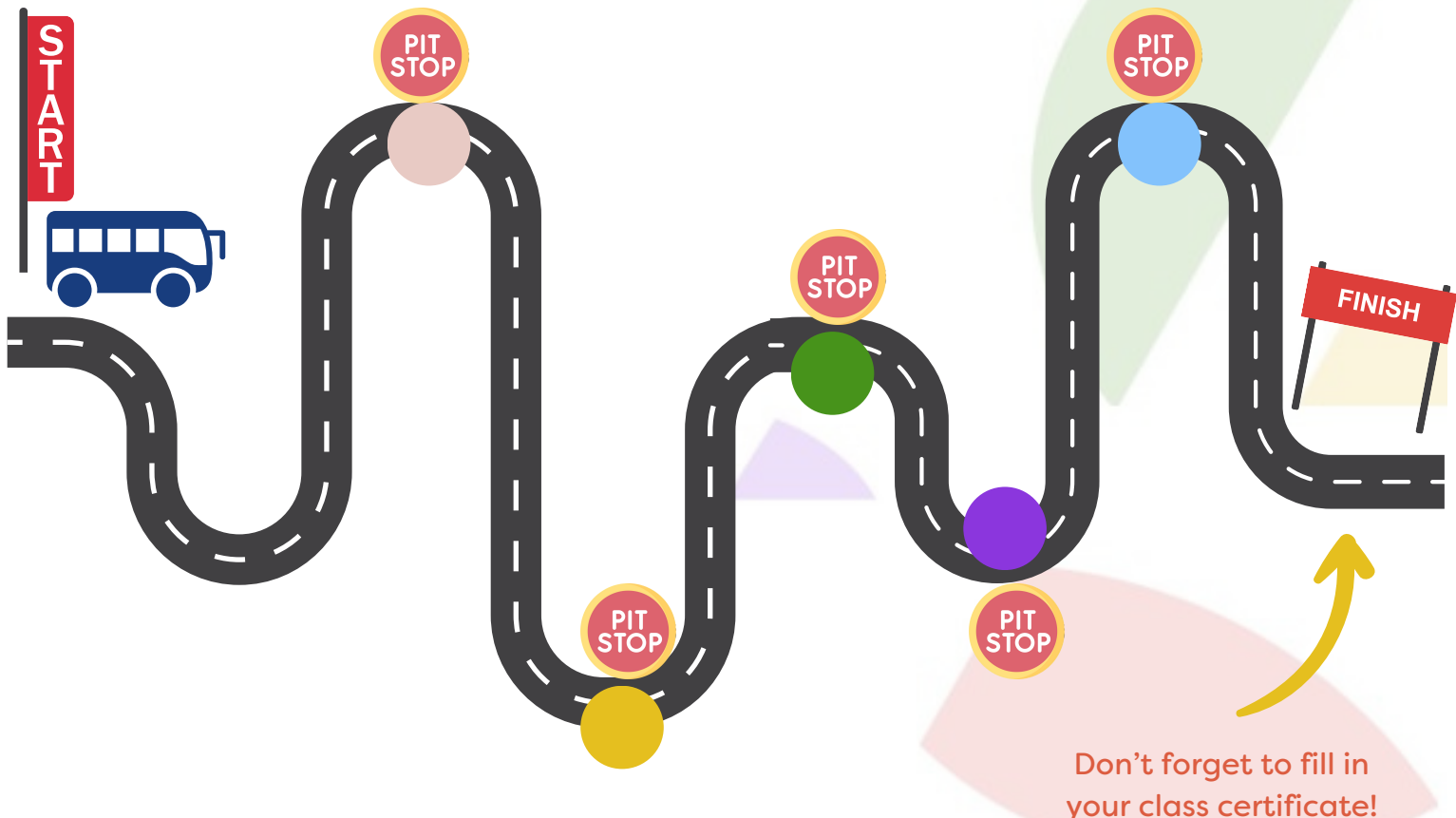
Monday

Tuesday

Wednesday

Thursday

Friday



Don't forget to fill in
your class certificate!

Class Certificate

CONGRATULATIONS

Class: _____

For completing Lunchbox Week
Lunches Around The World

