

Food, Culture & Technology



Food is more than just eating properly to be healthy. Food also tells us stories - wonderful stories about ethnic backgrounds. In this section we were able to explore that in greater depth and develop a heightened appreciation for food from other countries.

In this section we discussed and explored:

- How foods differ based on culture and geographic location
- Understanding the effect food has on our health
- How food preparation has changed over the years
- What Ethnic Grocer.com carries
- How museum exhibits on food help us understand culture
- How to read nutrition fact labels
- The food pyramid as a guide to healthy eating

Food



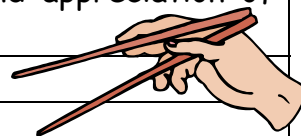
#1 This activity will teach: awareness, acceptance, and appreciation of other cultures' foods

Resources needed: food, atlas or globe

Skills utilized: how to use a map or atlas

Activity: After you eat out at different ethnic restaurants, go home and look at an atlas or globe. Have your children identify the place where your food came from. Speculate as to why that type of food is grown in that area, how it was prepared, and how it is similar and different to the food you usually eat at home.

Hints: Discuss how the food we commonly eat now comes from different cultures - tacos, fried rice, etc.



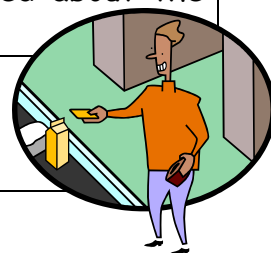
#2 This activity will teach: awareness, acceptance, and appreciation of other cultures' foods

Resources needed: recipes, ingredients, map or atlas

Skills utilized: how to use a map or atlas

Activity: Once every other month, have your children pick a different country. Have them locate that place on a map or atlas and then investigate the other foods grown in that area. Then find a recipe for food from that culture and have your children read the recipe as you cook that food. Your children can tell the other family members what they learned about the place where the food came from over dinner.

Hints: Visit an ethnic grocery store to buy ingredients for your dinner and discuss how that store is different from your grocery store.



#3 This activity will teach: exploration of different ethnic foods

Resources needed: grocery store that carries many different types of food

Skills utilized: making comparisons

Activity: My son and I went to a grocery store called Treasure Island. They have an abundance of ethnic foods and we chose several products to purchase and try with our meal. In trying the new food, we talked about the difference in texture and taste between it and the food we usually ate.



Hints: Discuss your reactions to the new tastes. Did you like the food? Why or why not?



#4 This activity will teach: how to read food labels

Resources needed: food around the house

Skills utilized: understanding the information on a food label

Activity: I will have my children look at the labels on different types of food and compare their nutritional value. They will specifically examine the number of calories in different foods and the amount of fat in products.

Hints: You might also want to discuss the salt content or figure out the calories, fat content, and sodium of an entire meal.

Nutritional Facts

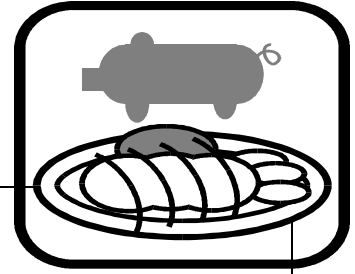
Serving size: 2 whole crackers (27g)

Servings per carton: about 17

Amount per serving:

Calories 120 Calories from Fat 30

	% Daily Value
Total Fat 3.5 g	5%
Cholesterol 0 mg	0%
Sodium 95 mg	4%



#5 This activity will teach: the origin of African-American food culture

Resources needed: history knowledge

Skills utilized: making connections

Activity: Discuss examples of food from African-American culture, such as greens and pig ears, feet, tails, and intestines. Explain that long ago, slave owners would eat the vegetables and pig meat and throw out the stems and extra parts of the pig. African-American slaves took those leftovers and used them to make food for their family. Thus, black culture carries the tradition of eating greens and pig ears, feet, tails, and intestines.

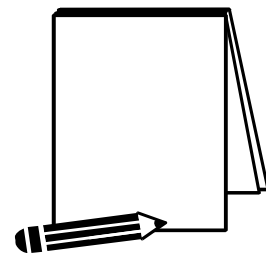
Hints: Look for a book that discusses African-American food culture. You could also teach your child how to prepare some of these foods.

#6 This activity will teach: how critical diet is to our health

Resources needed: notebook, pencils, family members

Skills utilized: researching information

Activity: In our family, there is a history of diabetes. This means my children are more likely to develop diabetes. We took our notebooks and wrote down the foods we like to eat. Then, we made a list of the family members that have diabetes. We asked them for a list of the foods they ate before developing the symptoms of diabetes and the foods they eat now. Then, we compared their current list of foods to our lists of favorite foods and found that eight out of ten foods on their lists were not on our lists. We need to carefully watch what we eat and monitor our bodies to find a balanced diet that will help us avoid acquiring diabetes.



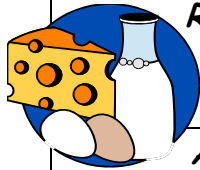
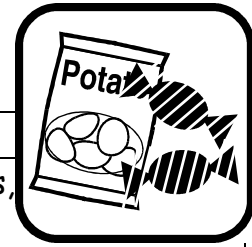
#7 This activity will teach: about healthy eating costs

Resources needed: grocery sale advertisements, markers, paper, pencil, calculator (optional)

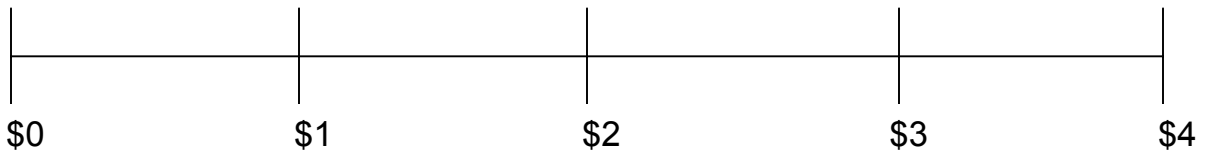
Skills utilized: addition, subtraction, multiplication could be used

Activity: Go through the weekly grocery sale ads, marking all the unhealthy snacks in red and all the healthy snacks in green. Compare the number of good snacks advertised with the number of unhealthy snacks advertised. Create a chart that demonstrates where healthy and unhealthy snacks fall on the pricing scale. Then, add the prices of all the healthy snacks and compare this with the sum of prices of all the unhealthy snacks. Compare the numbers to determine if eating healthy food costs more or less than eating unhealthy food.

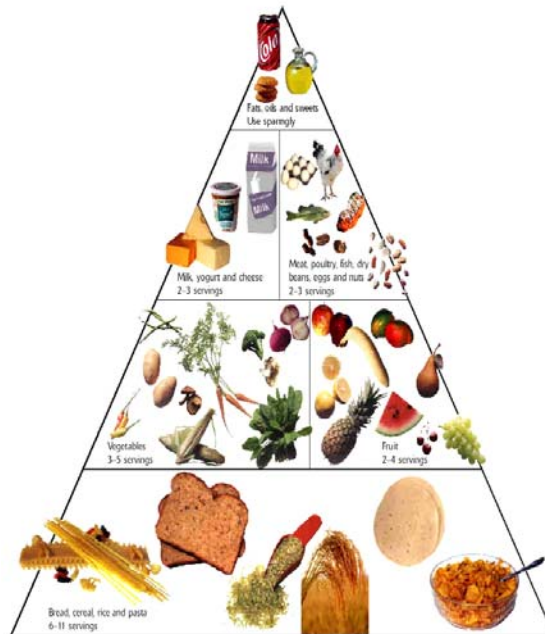
Hints: You may want to select 3 unhealthy snacks and 3 healthy snacks and compare their calorie, sodium and fat contents.



Using green for healthy snacks and red for unhealthy snacks, chart where each snack falls on this pricing scale.



THE COST OF HEALTHY EATING			
Healthy Snacks		Unhealthy Snacks	
Baby Carrots	\$1.15	Oreos	\$2.99
Bag of 10 Apples	\$3.00	Bugles	\$1.98
Cheerios	\$3.25	Fruit Loops	\$3.05
Total Number of Healthy Snacks Advertised	Total Cost	Total Number of Unhealthy Snacks Advertised	Total Cost



Daily Servings:

Milk, yogurt, and cheese group = 2-3 servings

Meat, poultry, fish, beans, eggs, and nuts group = 2-3 servings

Vegetable group = 3-5 servings

Fruit group = 2-4 servings

Bread, cereal, rice, and pasta group = 6-11 servings

#8 This activity will teach: how to evaluate eating habits
Resources needed: the food pyramid
Skills utilized: An understanding of what the pyramid represents
Activity: Everyone in our family wrote down everything we had eaten in the past two days and what categories they fall under in the food pyramid. We compared our eating habits with each other to see whose diet contained foods in proportion to the recommended diet as shown in the food pyramid.
Hints: Once you've seen what your diet is lacking, plan menus that will make sure <u>you</u> are eating a balanced diet. Then have each of your family members identify specific food items/categories they need to eat more or less of. Try adding or subtracting those foods from their diets.





Resources

Written Materials

University of Illinois Extension Services
Chicago Department of Public Health

Websites

<http://monarch.gsu.edu/nutrition>
http://kidshealth.org/kid/stay_healthy/food/pyramid.html
www.chicagohistory.org (Chicago Historical Society)
www.fmnh.org (The Field Museum)
www.dusablemuseum.org (The DuSable Museum of African American History)
www.mfasmchicago.org (Mexican Fine Arts Center Museum)

People to Talk to

Dietician
Doctor
Grocer
Friends of other ethnic cultures

