



International Foods

Lesson Plans

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Note to Teachers:

I have had the good fortune to travel many countries of the world and to experience their culture and cuisine. This opportunity has given me a greater appreciation of the foods of the world and the rich heritage that has contributed to them. I believe that as educators we can help students gain a better understanding of our world by experiencing its food and culture.

These lesson plans and resources have been divided into two parts:

The first part is **The Global Picture - Foods of the World**. My intent with this is to get students to make connections, as to how we all are together in this world and how we share more than one realizes. Hopefully, these worksheets and resources will bring your students to a higher level of global understanding and appreciation.

The second part relates to **International Cuisine**. In this area I have included both student resources and worksheets. My intent was to have material readily available for your students and to engage them in an understanding of the food and cultural characteristics of the country, before preparing the foods. How you use these resources is up to you. They are written to save you time and help you engage your students in a variety of related experiences. Included in each section are also recipes of common dishes for that country/area.

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