

World Food Day Lesson Plan Ideas

Objective

This lesson is intended to encourage discussions on World Food Day (October 16). Below, you will find short lesson ideas through which you can begin these discussions at any grade level. Beyond these initial ideas, some extension ideas are included that invite further discussions of food growth, access to healthy foods, food insecurity, nutrition, and poverty. Teachers can use these as a springboard and adapt them for their own use.

| Primary | Intermediate | Secondary |
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| Introduction: <ul style="list-style-type: none"> ● Talk about what students usually have for lunch. Do they like it? What would they like to eat? ● Talk about foods in other cultures. What do they imagine students in those cultures might be having for lunch? | | |
| 1. Present a table labeled “common” and “uncommon” so students will know what to watch out for when they watch the video. Talk about what might be common and uncommon foods based on where they live. | 1. Present a Venn diagram labeled “similarities” and “differences” so students will know what to watch out for when they watch the video. Students can list countries that have similar lunches and those that have different ones from their own. | 1. Video Pre-viewing: Give students a list of all the country names in the video below. Ask them to record predictions about what they expect to see on each country’s lunch tray, then debrief these predictions. Viewing: While watching the video, see how their predictions compare. Post-viewing: Debrief where our ideas of a nation come from. 2. Activity View the video a second time and generate themes that arise: (for example: healthy and unhealthy foods, variety of food groups, cost, and dietary restrictions). |
| Watch the video “School Lunches Around the World.” https://tinyurl.com/y7knp4hr (8 mins. 13 sec.) or https://tinyurl.com/k9qzvhl (1 min. 18 sec.). Identify the familiar and unfamiliar foods seen in the video while watching. | | |
| Post-viewing activities: 2. List the foods that are common. 3. List the foods that are uncommon. | Post-viewing activities: 2. What similarities and differences do students notice in terms of contents, amount, portion sizes, etc.? | Post-viewing activities: 3. Collaborate as a group to create a chart of the themes/issues related to global school lunches. |

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| <p>Conclusion: 4. Discussion about which country's lunch they liked best.</p> | <p>Conclusion: 3. Put together all the information on one Venn diagram on the board. Discuss whether it's feasible or not to adapt to other countries' lunches.</p> | <p>Conclusion: 4. Share out: share the themes that each group generated in their second viewing of the film.</p> |
| <p>Extension Activity: Cut out images of food from magazines that represent foods you know or that you eat at home. Share out.</p> | <p>Extension Activity: Take a photo or draw your favourite meal. Share with the class. OR Students create menus for lunchboxes that use local and sustainable food sources.</p> | <p>Extension Activity: Do a review of your school cafeteria through the themes from the chart. How could it be improved? Who might not have access?</p> |