

Many Cultures, One Community

Applying  C.A.R.E. *about* U.

Plan 6: Exploring Different Foods (55 min)

Materials Required:

Everybody Cooks Rice by Norah Dooley

Paper plates

1-2 Rice dishes to share

Plastic forks or spoons (Chopsticks if desired)

Hand sanitizer and napkins

Completed videos from Plan 1 or video cameras

1 cup of uncooked rice in a small brown bag with the top folded

Objective:

To explore the foods of a variety of cultures with acceptance, respect, empathy and understanding.

Part One: Let's Get Compassionately Curious about Different Foods

1. Explain:

- The ingredients, methods of preparation, preservation techniques, and types of food eaten at different meals vary among cultures.
- People from different cultural backgrounds eat different foods.
- The areas in which families live— and where their ancestors originated—influence food likes and dislikes.
- People connect to their cultural or ethnic group through similar food patterns.
- Immigrants often use food as a means of retaining their cultural identity.



2. Ask: Does anyone eat a food that they believe is from their culture?
3. Explain: Today, we are going to explore different cultures through food, specifically one particular type of food.
4. Shake the brown bag filled with 1 cup of uncooked rice.
5. Ask: Who can guess what is the one particular type of food we are going to explore? If the children cannot guess, offer these clues, one at a time:

Clue 1: This food can be hard or soft.

Clue 2: It can be yellow, white or brown.

Clue 3: It was a tradition to throw this food at a new bride and groom.



6. Unfold the top of the bag. Walk around the room displaying the contents of the bag.

Part Two: Reading and Discussion

1. Display the book *Everybody Cooks Rice* by Norah Dooley
2. Ask: Does anyone eat rice with any ingredients added? What ingredients?

3. Show the recipes in the back of *Everybody Cooks Rice* by Norah Dooley. Select one or two recipes, read some of the ingredients and explain what country that rice dish is from.
4. Explain: Rice is the main food for over half the people of the world. In some countries, rice is eaten at every meal. Point out that the families in the story may have brought their rice recipes with them because, in their native country, rice was their most important food.
5. Read Aloud: *Everybody Cooks Rice* by Norah Dooley
6. Ask:
 - Which rice dish seemed the tastiest to you? Why? Would you like to try this recipe?
 - If Carrie had stopped at your house, what might your family be having for dinner?
 - If your family has rice, how is it served?
 - Why do you think each family had a special way of preparing the rice?
 - Why do people who move to a new country often bring their recipes with them?
 - If your family were to move to another country, which special recipes would you be sure to take with you? Why might this be comforting to you?

Part Three: Enjoying a Rice Recipe



1. Explain: Today we have 1 (or 2) rice dishes to enjoy!
2. Help the children to use hand sanitizer
3. Distribute: Napkins, spoons, forks or chop sticks.
4. Remind students not to start eating until everyone has been served.
5. Give each child a sample of the rice dish(es).
6. Instruct children to enjoy!

Part Four: Video

1. In Lesson Plan 1 students were given a handout to create their own video. If you allowed time for students to complete this video, this is the time to enjoy watching the videos. If students have not completed their videos, please have them do so now and share as time permits.
2. Ask: How do our videos compare with the video we watched in lesson 1? Do they show the difference using our C.A.R.E. about U. glasses/skills can make? Can you give an example from the videos we watched today?

Part Five: Wrap-up

1. Display: Books and projects from previous lessons.
2. Ask: Why is it important to accept others cultures?
3. Ask: When you see that someone speaks another language, has a cultural history which is important to them, dresses differently from you, listens to music you are not familiar with, plays games you've never heard of or eats foods you have never tasted, should you make fun of them? Be cruel? Judge them? Why or why not?
4. Refer to the glasses we made (or received) in Lesson 1. Point out the C.A.R.E. about U. acronym. Ask: What skills should you use to be accepting of others differences?
5. Ask: How do you think you can take the experiences we shared to make a difference? Will you stand up for someone who is being made fun of because they are from a different culture? Will you be Compassionately curious? Accepting? Respectful? Empathetic? And Understanding? Can you help others to be these things too?
6. Ask: Does anyone have anything to add?

Recommended Additional Reading:

Mice and Beans by Pam Munoz Ryan

Rosa Maria, a Spanish-speaking grandmother, spends all week getting ready for her granddaughter's

seventh birthday party. She is preparing a Mexican meal with all the birthday trimmings but each day items keep disappearing.

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