

Worldly Restaurants

Materials:

- Ethnic Foods List (in kit)
- Sample restaurant menus
- Cookbooks featuring various ethnic groups

Procedures:

i. Plan a restaurant menu

- Divide the class into small groups. Each group will be planning a restaurant menu for a specific cultural group.
- Allow each group to select a cultural group.
- Display some of your own sample restaurant menus or cookbooks in a classroom resource centre.
- Encourage students to do some research into the eating habits of the cultural group they have selected. Students can consult the Ethnic Food List, collect menus, consult with resource people (including classmates) or study cookbooks in the library.
- Ask each group to plan a restaurant menu based on the cultural group they have selected. Ask students to categorize the menu items into the four food groups. Can someone coming to their restaurant get a balanced meal?
- Expand the activity by asking students to investigate other aspects of the culture they have chosen. For example, how will the restaurant be decorated? What dishes and utensils will be needed?
- Have each group present their menu to the rest of the class.
- If possible, ask the group to prepare one of their menu items so that classmates can sample foods prepared in various ethnic styles.

