



Culture Day 2020: Food from around the world

This year's Culture Day will focus upon discovering the similarities and differences in cuisines from around the world! Pupils will research the food and eating cultures for a given country around the world; what is grown and produced in that country; traditional ingredients used in that country; traditional recipes created in that country; usual eating practices in that country. Pupils will reflect on their learning and consider how the culture of food compares to their own food culture. The aim of the project is for pupils to learn about the impact food has on world culture and celebrate the diverse cuisines from around the world!

Each Year Group will plan activities linked to the following countries:

Year 1 - Mexico

Year 2 – China

Year 3- Turkey

Year 4- Morocco

Year 5- Italy

Year 6- Greece

Here is a simple planning brief/outline to follow to make it easy for Culture day.

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Task 1	<p>Research task about food from ITALY Have you been to Italy? What did you learn from your visit? What kind of food do Italians eat? Why do they eat these types of foods? (Think about the climate) What is their national dish? What food do they grow? What do they use to eat their food? (chopsticks) Where do they eat their food? (floor, tables etc) Who do they eat with?</p> <p>Have you tried any Italian food? Did you like them? Share your experiences of Italian food with friends and family.</p>
Task 2	<p><u>Flour and Water fresh pasta recipe</u> https://youtu.be/QKo58X_h7po Watch the above video to help you make the pasta. You may decide to video the process of you making the dish.</p> <p><u>Flour and water pasta</u> Serves 1 (just multiply for the number of people you are making this dish for)</p> <p>Ingredients</p>

	<ul style="list-style-type: none"> • 100g plain flour • 50ml tepid (warm water) <p>Method</p> <ul style="list-style-type: none"> - Follow the instructions from the video. - Instead of a gnocchi board, use the back of a fork or a cheese grater. <p><u>Fresh tomato and vegetable pasta sauce</u> https://www.youtube.com/watch?v=RutgN3hS_al</p> <p>Watch the above video. Think about the ingredients that you would like to use. You can use as many different vegetables as you like and that you know your family enjoy. Have a go at making the sauce with the help of an adult and serve with your freshly made pasta. Make it look presentable by garnishing with fresh basil and grated cheese.</p> <p><u>Write down your recipe</u></p> <p>Now that you have made you pasta and sauce, you need to now write step-by-step instructions for making the pasta and sauce. Remember to include an ingredients list as well as quantity needed. Share this recipe with another family or neighbour safely. You could ask them for feedback on your recipe as this will allow you to change and improve the recipe.</p> <p>Make your recipe outcome (video, PowerPoint, or written) as colourful and creative as you can. Some may appear on the school website for other children to use!</p>
Task 3	<p style="text-align: center;"><u>Dining experience task</u></p> <p>You need to recreate the atmosphere of being in Italy, enjoying the food. You could this by drawing pictures of famous landmarks found in Italy as well as scenery and the Italian flags.</p> <p>You also need to set the table for lunch/dinner in an Italian style. Have a look at how cutlery is set out and presented. You could also learn some basic Italian phrases such as, hello, please take a seat and even 'I hope you enjoy your meal'.</p> <p>Think about the Italian ambience with some classical Italian music in the background</p> <p>Make sure you take pictures and share them with you class teacher by email. Some of these might be appearing on the school website!</p>
Task 4	<p style="text-align: center;"><u>Comparison/Reflection task</u></p> <p>It is important to reflect on not just the food you have cooked but the whole process. What part of cooking did you find easy? Challenging? How did you overcome these challenges? Also think about your cutting skills and techniques.</p> <p>What did the food taste like? Did you and your family enjoy it? What would change about the recipe next time? Why?</p> <p>It is also important to make sure the food is presented well. Were you happy with the presentation? Why? How could it be improved?</p>