

Lesson Three

## My Food Culture

### Indiana Social Studies Standards

#### 4<sup>th</sup>

4.5.1 *Identify ways that social groups influence individual behavior and responsibilities.*

4.5.3 *Identify the different types of social groups to which people belong and the functions these groups perform.*

4.5.3 *Define the term cultural group and give examples of the challenges faced by diverse cultural groups in Indiana history.*

#### 6<sup>th</sup>

6.5.3 *Explain that cultures change in three ways; cultural diffusion, invention, and innovation.*

6.5.9 *Examine artifacts, including documents, from other cultures to determine their use and significance.*

### Student Objectives:

- Students will examine how social groups culture affects the food they eat.
- Students will select and research a family favorite recipe.
- Students will design and produce a classroom cookbook.

### Student Assessment

- Each student will select and research a family favorite recipe.
- Each student will design their cookbook page using Publisher.

### Student Outcome

- Students know that culture defines the food they eat and the food they eat defines their culture.

Number of Days/Periods to Complete: 4

Day One: The teacher will introduce this lesson by asking students to brainstorm words they use to describe their favorite family events. Discuss with students how food traditions and culture are linked. Tell them they will be collecting and researching a family favorite recipe for a classroom cookbook. Students are encouraged to ask family members for recipe ideas.

Day Two: Students research the culture of their recipe (place, social group, how your family picked that recipe as one of its favorites), the history of some of its ingredients ([www.foodtimeline.org](http://www.foodtimeline.org)) and why they chose that recipe. They will begin writing a paragraph about their recipe and its ingredients.

Day Three: Students will finish researching and writing their food paragraph. They will begin using Microsoft Publisher to create their page of the cookbook. Their page should include the food paragraph and the recipe.

Day Four: Finish creating the cookbook page.

*4<sup>th</sup> grade variation-None*

Materials Needed: Microsoft Publisher or any other publishing software