

## Foods of Life

---

**Major Topic:** Cultures and Customs

**Length of Unit:** 6 – 45 minute blocks

**Unit Summary:** Students will be given the question, “How do diet and lifestyle customs of a culture affect obesity and longevity?”

**Interdisciplinary Connections:** Students will read a selected article at the introduction of the unit. Students will respond to the unit by answering an anticipation guide before reading the article or by creating a double-entry draft after reading. Students will search and read articles to gather information about their chosen country; then compile the information with their groups to create and present a poster.

**Understanding Goals:** Students will research a chosen country and link food and diet to obesity and expected life span. Students will create a poster with their research and present their information to the class as a group.

**Essential Questions:**

- How do the diet and lifestyle customs of a culture affect obesity and longevity?

**Student Objectives:**

Students will be able to:

- ENG 7.1 participate in and contribute to conversations, group discussions, and oral presentations.
- ENG 7.6 read and demonstrate comprehension of a variety of nonfiction texts.
- ENG 7.9 apply knowledge of appropriate reference materials to produce a research product.

**Differentiation:** Students will work in collaborative groups. If students have difficulty reading, they can be given extra time to complete assignments or have the articles read aloud to them.

Blooms Taxonomy	21 <sup>st</sup> Century Skills
Creating Evaluating Analyzing	Critical Thinking Communication Creativity & Innovation Collaboration Information & Media Contextual Learning Global/Multicultural Research

**Performance Tasks:**

Students will:

- Complete one anticipation guide or double entry draft.
- Research chosen country with at least three sources per individual.
- Create a poster displaying the information gathered.
- Present poster and information to the class.

**Evidence of formative assessment:**

- Students will be assessed by teacher observations, class participation, and group work reports.
- Students are required to provide three reputable sources and notes taken of research.

**Evidence of Summative Assessment:**

- The assessment of student work will culminate with a poster and presentation of a chosen country.
- Final poster project (based on a rubric)

**Technology**

Hardware	Software
Computers Printer Internet Connection Laptop Cart Projection System	Multimedia Word Processing Internet Web Browser

**Resources from the web:**

- [Food Beast: The Do's and Don'ts of Dining Etiquette Around the World](#)
- [Cultural Etiquette Around the World](#)
- [Business Etiquette Tips for International Travel](#)
- [13 Examples of Good and Bad Manners](#)
- [How Not to be the Ugly American](#)
- [Five Lessons Learned from Living in Paris](#)
- [Under the Volcano](#)
- [10 things France does better than anyone else](#)
- [10 things Italy does better than anyone else](#)
- [European Culture and Diet](#)

**Supplies:**

- Encyclopedias
- World Almanac
- Paper
- Pencils, Markers, Pens
- Poster Board
- Glue
- Article: "15 international food etiquette rules that might surprise you"
- Double Entry Draft and Anticipation Guide slides
- Article: "Obesity in America vs. Other Countries"
- Computers
- Internet

**Vocabulary:**

- Etiquette
- Customs
- Longevity
- Body Mass Index (BMI)
- Nutrients
- Culture
- Obesity

**Lesson 1:** (1 -45 minutes)

- Students are first introduced to the topic of cultures and customs by reading the article, "15 international food etiquette rules that might surprise you."
- Students will answer an anticipation guide before reading an article or create a double entry draft after reading. Students will be reading the article titled "15 international food etiquette rules that might surprise you" from CNN.com

Lesson Contributed by: Holly Long

Funded through 2013 State Council of Higher Education for Virginia (SCHEV) grant, Creativity & Innovation in STEM (CI STEM)

- Students will reflect on surprising or interesting facts from the article by completing a double entry draft.
- Students will define vocabulary words by recording the words on a list in their own writing.
- Students will form groups and discuss which country they would like to research.
- Students will reflect on the essential question “How do the diet and lifestyle customs of a culture affect obesity and longevity?”

**Lesson 2:** (1-45 minutes)

- Students will read an article, “Obesity in America vs. Other Countries”, as a group about the obesity rate in America versus other countries.
- Students will brainstorm why America has a higher rate of obesity than European and Asian countries.
- Students will begin their research process.
- Focus on what type of food is prevalent in your country of study. Hypothesize how this relates to obesity rates.

**Lesson 3:** (2-45 minutes)

- Divide research tasks amongst the group.
- Provide credible sources about the country of choice that provide evidence about the country’s obesity rate. Research should come from a variety of sources.
- Students will be assessed on their participation with group research.
- Create a poster that includes the following: country name, continent, currency, population, life expectancy, obesity rate, common foods, recipes, transportation, lifestyle, “strange” etiquette rules, and interesting facts. Students should link diet to longevity and obesity rates in their presentation.

**Lesson 4:** (2-45 minutes)

- Students will present their research and poster to the class.
- The other students in the class will compare their research to other groups’ countries.
- When all groups have presented, there will be a class discussion that compares and contrasts all countries researched.
- Chart each country’s obesity rate and longevity on a chart in the classroom.

## 15 international food etiquette rules that might surprise you

By Amanda Ruggeri , *Budget Travel*

updated 11:58 AM EST, Wed February 29, 2012

CNN.com



*Be mindful of how you eat and drink in different countries.*

**(Budget Travel)** -- You have good manners, right? After all, you (usually) keep your elbows off the table and say "Please pass the salt," right? But when you head abroad, things get a little more complicated. Case in point: Rest your chopsticks the wrong way, and you might remind a Japanese friend of their grandmother's funeral (Rule 2).

But knowing what the etiquette rules are won't just save you from some awkward situations, says Dean Allen, author of the "Global Etiquette Guide" series. It can also help you make friends. "It's really a statement of your openness and awareness of the fact that the people you're with... may in fact see the world differently," he says. "It's simply going to get you out of the tourist bubble." Sound good? Then here are 15 rules to keep in mind.

### **In Thailand, don't put food in your mouth with a fork.**

Instead, when eating a dish with cooked rice, use your fork only to push food onto your spoon. A few exceptions: Some northern and northeastern Thai dishes are typically eaten with the hands -- you'll know you've encountered such a dish if the rice used is glutinous or "sticky". Also, stand-alone items that are not part of a rice-based meal may be eaten with a fork. But, says Leela Punyaratabandhu, a food writer who blogs at SheSimmers.com, the worst thing to do at a traditional, rice-based meal would be to use chopsticks. "That is awkward and inconvenient at best and tacky at worst," she says.

### **In Japan, never stick your chopsticks upright in your rice.**

Between bites, your chopsticks should be placed together right in front of you, parallel to the edge of the table -- and nowhere else, says Mineko Takane Moreno, Japanese cooking instructor and co-author of "Sushi for Dummies." (If there is a chopsticks rest, you use it, putting the tips you've been eating with on the rest.) But sticking them upright in a bowl of rice is even worse: During funerals in Japan, the rice bowl of the deceased is placed before their coffin...with their chopsticks upright in the rice. So what would she rather see: Someone doing that at a meal, or asking for a fork? Mineko doesn't hesitate. "Asking for a fork," she says.

### **In the Middle East, India and parts of Africa, don't eat with your left hand.**

In South India, you shouldn't even touch the plate with your left hand while eating. That's largely because the left hand is associated with, um, bodily functions, so it's considered to be dirty. In fact, says Allen, don't even pass important documents with your left hand. A lefty? Then it's okay to use your left hand -- as long as you take your right hand out of the game.

### **At a traditional feast in Georgia, it's rude to sip your wine.**

At what Georgians call a supra (traditional feast), wine is drunk only at toasts. So wait for those... and then down the whole glass at once. On the upside, says Georgia-based photographer and videographer Paul Stephens, the glasses tend to be on the small side.

### **In Mexico, never eat tacos with a fork and knife.**

Worried about spilling refried beans and salsa all over your front? Tough. Mexicans think that eating tacos with a fork and knife looks silly and, worse, snobby -- kind of like eating a burger with silverware. So be polite: Eat with your hands.

### **In Italy, only drink a cappuccino before noon.**

Some Italians say that a late-day cappuccino upsets your stomach, others that it's a replacement for a meal (it's common to have just a cappuccino, or a cappuccino and a croissant, for breakfast). Either way, you won't see Italians ordering one in a café at 3pm -- and certainly not after a big dinner. Do so, and you'll be instantly branded a tourist. If you need that coffee fix, though, an espresso is fine.

### **In Britain, always pass the port to the left -- and remember the Bishop of Norwich.**

It's unclear why passing port on the left is so important; some say it has to do with naval tradition (the port side of a boat is on your left if you're facing the helm). Regardless, passing the decanter to the right is a big gaffe. So is not passing it at all. If you're at a meal and the decanter stalls, then ask the person with it, "Do you know the Bishop of Norwich?" If they say they don't know him, reply, "He's a very good chap, but he always forgets to pass the port." It sounds weird, but it's true. This is such a nationwide tradition, the Telegraph wrote an article on it.

### **In France, don't eat your bread as an appetizer before the meal.**

Instead, eat it as an accompaniment to your food or, especially, to the cheese course at the end of the meal. That said, one thing that would be a faux pas anywhere else -- placing bread directly on the table and not on a plate -- is perfectly acceptable in France -- in fact, it's preferred.

### **In China, don't flip the fish.**

Although you might be used to flipping over a whole fish once you've finished one side, don't -- at least when you're in China, especially southern China and Hong Kong. That's because flipping the fish is "dao yue" in Chinese, a phrase similar to "bad luck." Plus, says Allen, "to flip the fish over is like saying that the fisherman's boat is going to capsize." The most superstitious will leave the bottom part untouched, while others will pull off the bone itself to get to the bottom.

### **In Italy, don't ask for parmesan for your pizza -- or any other time it's not explicitly offered.**

Putting parmigiano on pizza is seen as a sin, like putting Jell-O on a fine chocolate mousse. And many pasta dishes in Italy aren't meant for parmesan: In Rome, for example, the traditional cheese is pecorino, and that's what goes on many classic pastas like bucatini all'amatriciana, not parmesan. A rule of thumb:

If they don't offer it to you, don't ask for it.

### **Don't eat anything, even fries, with your hands at a meal in Chile.**

Manners here are a little more formal than many other South American countries. So while it might be the most practical to just pick up those fries with your fingers, don't do it. "The greater need is to identify with European culture, so food is [eaten] with a knife and a fork," Allen says.

### **In Korea, if an older person offers you a drink, lift your glass to receive it with both hands.**

Doing so is a sign of respect for elders, an important tenet of Korean culture. After receiving the pour with both hands, you should turn your head away and take a discreet sip, says Stephen Cha-Kim, a Korean-born worker's rights advocate who regularly visits family in Korea. "To this day, if anybody hands me anything, both hands shoot out instinctively," Cha-Kim says. Similarly, don't start eating until the eldest male has done so (and don't leave the table until that person is finished).

### **When drinking coffee with Bedouins in the Middle East, shake the cup at the end.**

Typically, anyone Bedouin -- or Bedouin-related -- will continue to pour you more coffee once you've finished unless you shake the cup, meaning tilting the cup two or three times, when you hand it back. It's such an important tip, says Middle East-based freelance correspondent Haley Sweetland Edwards, that last year, Bedouins she was eating with in Qatar made her practice it until she got it right.

### **In Brazil, play your tokens wisely.**

At a churrascaria, or a Brazilian steakhouse, servers circle with cuts of meat and diners use tokens to place an order. If a server comes out with something you want, make sure your token, which you'll have at your table, has the green side up. If you don't want any more, flip it with the red side up. Since the meat can be never-ending, it's important to strategize -- if you leave that token green side up you could end up ordering a lot more than you intended.

Copyright © 2011 Newsweek [Budget Travel](#), Inc., all rights reserved.

---

© 2014 Cable News Network. Turner Broadcasting System, Inc. All Rights Reserved.

# Obesity in America vs. Other Countries

Last Updated: Aug 17, 2013 | By Jae Allen

The United States has the second-highest obesity rate in the world.

Since 1980, obesity rates in the developed countries of the world have risen significantly. In the United States, obesity statistics indicate that almost one in every three people is medically obese. Other countries have also experienced significant increases in obesity rates over three decades. Obesity is defined by a body mass index greater than 30. A BMI between 25 and 29.9 is considered overweight, while a healthy BMI range is between 18 and 24.9. BMI is not always accurate, however -- especially in instances of people with large frames and lots of muscle mass -- and some in the medical community don't recommend its use to determine obesity.

## Obesity Rates

According to a book published in September 2010 by the Organization for Economic Co-operation and Development, or OECD, obesity rates in the U.S. and Mexico are the highest in the world. Medical News Today reports that 2010 data indicate that 28 percent of all U.S. residents are medically classified as obese, while 30 percent of Mexicans are obese. A person whose weight is at least 20 percent higher than the upper limit of the healthy range is considered obese.

## Comparison with Other Countries

Mexico's 2010 obesity rate is the highest in the world; the U.S. ranks second. Other countries with obesity rates between 20 percent and 27 percent include New Zealand (27 percent), Australia and the United Kingdom (25 percent), Canada (24 percent), Ireland (23 percent), Chile (22 percent), Iceland and Luxembourg (20 percent each). Countries with the lowest overall obesity rates include Japan (3 percent), Korea (4 percent), Switzerland (8 percent), Italy, Norway and Sweden (10 percent each). In all of the countries examined by the OECD, the average obesity rate was 16 percent.

## Causes

Causes of obesity in the U.S. and other countries include the typical national diet and nutritional profile and also lifestyle trends in each country. An article in the August 2004 issue of the American Journal of Preventive Medicine indicates that community design, physical activity levels and levels of car use all affect obesity rates. Many American cities and towns were built in the automobile era, resulting in fewer walkable communities in the U.S. than in countries with lower obesity rates, such as Italy or France.

## Effects

Obesity puts you at risk for many health problems and diseases, according to Medical News Today. Obesity increases your risk of heart disease, osteoarthritis, high blood pressure, high cholesterol, respiratory issues, stroke, Type 2 diabetes and stroke. It's estimated that an obese person will, on average, live eight to 10 years less than a non-obese person. A high obesity rate in the population of a country increases health care costs significantly.



# Anticipation Guide

1. It is always polite to use a fork and knife for a meal.
2. When using chopsticks, stick them in the bowl of rice.
3. Use both hands to eat.
4. You can drink cappuccino all day, any time.
5. It's polite to place bread on the table, not a plate.
6. It's polite to eat with your hands.

# Double-Entry Draft

Directions: Divide a sheet of paper in half.

Section of Text

(From Article)

Your Reaction

## Rubric for Research Project and Presentation

Research and present information answering the question- How do the lifestyle and diet customs of a culture affect longevity and health? Research information from reliable resources and create a PowerPoint or Poster to present.					
Criteria	Points Earned From Possible	Accomplished	Developing -5 or more points	Beginning -10 or more points	Problem Areas -15 or More
<b>Time Management</b>	___/30	<ul style="list-style-type: none"> <li>• All assignments are turned in by due dates</li> </ul>	<ul style="list-style-type: none"> <li>• Some assignments are turned in by due dates</li> </ul>	<ul style="list-style-type: none"> <li>• Assignments are not turned in by due date</li> </ul>	<ul style="list-style-type: none"> <li>• Some assignments are not turned in at all</li> </ul>
<b>Sources</b>	___/50	<ul style="list-style-type: none"> <li>• Includes 5 or more sources</li> <li>• Variety of sources (electronic, book, etc.)</li> <li>• Sources are factual</li> </ul>	<ul style="list-style-type: none"> <li>• Includes 3 or 4 sources</li> <li>• Some variety of sources</li> <li>• Sources are factual</li> </ul>	<ul style="list-style-type: none"> <li>• Includes 2 or less sources</li> <li>• Little variety of sources</li> <li>• Sources have facts and opinions; some opinions are presented as facts</li> </ul>	<ul style="list-style-type: none"> <li>• No documented sources used</li> <li>• All sources are of the same type</li> <li>• Sources blur the distinction between fact and opinion</li> </ul>
<b>Content of Finished Product</b>	___/50	<ul style="list-style-type: none"> <li>• In-depth coverage of topic</li> <li>• Thoughtful analysis of topic</li> <li>• Reader gains important insights</li> </ul>	<ul style="list-style-type: none"> <li>• Displays an understanding of topic</li> <li>• Basis analysis of topic</li> <li>• Content is accurate</li> <li>• Reader gains some insights</li> </ul>	<ul style="list-style-type: none"> <li>• Little understanding of topic</li> <li>• Minimal or general analysis of topic</li> <li>• Does not cover entire topic; some inaccuracies</li> <li>• Reader gains few insights</li> </ul>	<ul style="list-style-type: none"> <li>• No understanding of topic</li> <li>• Analysis vague or not evident</li> <li>• Little support of topic</li> <li>• Reader is confused or misinformed</li> </ul>
<b>Mechanics/ Format</b>	___/20	<ul style="list-style-type: none"> <li>• Correct vocabulary</li> <li>• Correct grammar, usage, mechanics, and spelling</li> </ul>	<ul style="list-style-type: none"> <li>• Good vocabulary</li> <li>• Mostly correct grammar, usage, mechanics, and spelling</li> </ul>	<ul style="list-style-type: none"> <li>• Little variety in word choices</li> <li>• Some errors in grammar, usage, mechanics, and spelling</li> </ul>	<ul style="list-style-type: none"> <li>• Simple word choice</li> <li>• Errors in grammar, usage, mechanics, and spelling distract from readability</li> </ul>

**Total Score** \_\_\_\_\_

**Comments:**