



Building Healthy Communities AROUND THE WORLD

OBJECTIVE

What am I learning?

In this lesson, we will be looking at many kinds of **breakfasts** that children **all around the world** eat.

How will I know I've learned it?

- I know that breakfast looks different depending on **culture, geography, and available resources**.
- I know that breakfast is the most important meal of the day no matter where you live in the world.

LESSON OVERVIEW

During this video, your students will look at different countries from around the world and learn about the foods these countries . Different cultures also have many different traditions surrounding food that make them unique from others. Although these plates might look different from an American plate it is important to be open to trying new foods from different parts of the world.

https://youtu.be/ONC6Bi_G1w8



Discussion Questions:

1. How do other cultures plates differ from an American plate?
2. Are you able to easily tell the different food groups present on each country's plate?
3. Which country's plate would you like to try?

MICHIGAN NUTRITION STANDARDS

Click on the below grade icons to see the associated nutrition standards highlighted in the attached documents.

K-1 **2-3** **4-5**

GRADE LEVEL

CLASSROOM ACTIVITIES



- [Read Along: 'My Food, Your Food'](#)
- [Around the World Coloring Sheet](#)



- [Food Heroes Activity Book](#)
- [Draw Your Usual Breakfast](#)
- ["Lunches around the world" Video](#)



- [Exploring World Spices with our Senses](#)
- [Breakfasts Around the World](#)
 - [World Breakfast Map](#)
- [Food Around the World](#)



- [Around The World Advanced](#)

READ ALONG

Pancakes to Parathas: Breakfast around the world

Breakfast varies from country to country, but it's how all children begin their day. Explore the meals of twelve countries in this playful approach to the world! From Australia to India to the USA, come travel around the world at dawn. ..

