



Description

This activity introduces what influences students' own food choices and those of people in different cultures.

Objective

To identify and describe sociological and environmental influences on food choices.

Background

The saying "You are what you eat" is true. There are many factors that influence our food choices: culture, religion, agriculture, medicine, tradition, economics, history, geography, climate, and what kinds of food we can afford to eat. For example, at the first Thanksgiving celebration, pilgrims and Native Americans shared certain foods. Americans still eat turkey because of that historical tradition.

Groundwork

1. Discuss the fruits and vegetables found in the book/novel selected, and the influences that food had on the storyline.
2. Ask: "What influences your food choices?" Write the following lists in front of the class random order:

I am a person who Lives by the ocean Has a garden Lives in Alaska Lives without electricity Is always in a rush	I choose to eat shrimp fresh salads canned vegetables pickled meat, vegetables and fish processed foods, frozen dinners
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3. Have students match the appropriate person with the food that person might select.
4. Continue by having one student announce a cultural or environmental influence and another name a food that a person might eat because of that influence.

Time:

Groundwork: Time to read the book(s) plus 30 minutes
Exploration: One-to-two days
Making connections: Ongoing

Materials:

- Book(s) from those listed on page 98

Standards At-A-Glance

Florida Standards Met:

SS.K.A.2.1, SS.K.A.2.3, SS.K.G.1.2, SS.1.A.2.2, SS.1.G.1.5, SS.2.A.2.4, SS.2.G.1.3, SC.2.L.17.2, SS.3.A.1.1, SS.3.G.1.1, SS.3.G.4.1, SS.4.A.1.1, SS.4.A.4.2, SS.5.A.1.1, SS.6.G.2.1, SS.7.G.3.1, SS.8.A.1.3, SS.912.A.1.1, LAFS.K.RL.1.3, LAFS.K.RL.3.7, LAFS.K.RL.4.10, LAFS.1.RL.1.2, LAFS.2.RL.1.1, LAFS.2.RL.1.2, LAFS.7.RL.1.1, LAFS.7.RL.3.9, LAFS.8.RL.1.1, LAFS.9-10.RL.1.1, LAFS.11-12.RL.1.1, LAFS.K.RI.4.10, LAFS.1.RI.4.10, LAFS.2.RI.4.10, LAFS.4.RI.4.10, LAFS.5.RI.4.10, LAFS.6.RI.1.1, LAFS.6.RI.4.10, LAFS.7.RI.4.10, LAFS.8.RI.4.10, LAFS.9-10.RI.4.10, LAFS.K.W.3.8, LAFS.1.W.3.7, LAFS.2.W.1.3, LAFS.2.W.3.7, LAFS.3.W.1.3, LAFS.3.W.3.7, LAFS.4.W.1.3, LAFS.4.W.3.7, LAFS.5.W.1.3, LAFS.5.W.3.7, LAFS.6.W.1.3, LAFS.6.W.3.7, LAFS.7.W.1.3, LAFS.7.W.3.7, LAFS.8.W.1.3, LAFS.8.W.3.7, LAFS.9-10.W.1.3, LAFS.9-10.W.3.7, LAFS.11-12.W.1.3, LAFS.11-12.W.3.7, LAFS.68.WHST.1.2, LAFS.910.WHST.1.2, LAFS.1112.WHST.1.2, MAFS.K.MD.2.3, MAFS.1.MD.3.4

Exploration

1. Research the geographic origins of each food discussed in the novel. (Refer to vegetable information in the back of this activity guide.)
2. Draw a map and label the country of origin.
3. Discuss how these foods travel from their geographic origin.



Extensions for Middle and High School

1. Draw a menu of a dinner eaten by a character in a Florida historical novel, and design a menu of a dinner you've had recently. Where did the food come from for both of those meals?
2. Discuss the cost of having food shipped great distances and in packages. What are the benefits and tradeoffs for eating processed food?
3. Research different food preferences of different cultures in the classroom. Invite students to share their cultural food practices with the class.

Roots of Food

Sample Pre-Post Assessment

1. The following factors affect a person's food choices:
 - a. Geography, culture, agriculture
 - b. Religion, culture, hair color
 - c. History, geography, allergies

2. Why would a person living in Alaska eat a lot of canned vegetables?

3. Food comes from the grocery store. True False