

EAT CAFETERIA CONNECTION

Instruct the students to look at the food and culture themed poster in the cafeteria and to identify the countries where the following types of bread are commonly eaten: soda bread, black bread, and naan. Discuss their observations when the students return back from lunch and have had an opportunity to review the poster.

LEARN CLASSROOM ACTIVITY

Objective

Students will explain why bread is an important food staple in many cultures and identify grain/bread foods commonly eaten in three foreign countries.

10 Minute Lesson

The teacher will lead a discussion about the history of wheat growing and bread making and lead an activity where the students will match the names of breads to the names of foreign countries where those breads are commonly eaten.

LIVE HOME ACTIVITY

Have the students examine the food ingredient labels on packages of foods they eat at home from the grain/bread group and identify the type of grain(s) those foods contain.

Background Teacher's Notes

Bread, one of the world's oldest prepared foods, is made by baking dough – a mixture of grain flour (usually wheat but also sometimes rye, barley, corn, and oats), water, and sometimes other ingredients. Bread is a dietary staple in many countries, supplying energy as well as protein, vitamins, minerals, and, if made with whole grain, a source of fiber. In many cultures, bread has significance beyond nutrition. In American culture, the word “bread” serves as a metaphor for basic necessities and living conditions in general. For example, a “bread-winner” is a household's main economic contributor and has little to do with actually providing bread. A remarkable or revolutionary innovation is often referred to as “the greatest thing since sliced bread.” There are many variations on the basic recipe of bread, including sliced wheat bread loaf, pizza crust, pretzels, bagels, and biscuits (typically eaten in the US); soda bread (eaten in Ireland); chapati (flat wheat bread eaten in east Africa and south Asia); tortillas (flat breads made from corn or wheat eaten in Mexico), pitas (Greek wheat flatbread), naan (flatbread eaten in India and other countries in central and south Asia), black bread (Russia).

10 Minute Lesson

Read this short history of wheat and bread-making to the students:

Wheat is thought to have been cultivated over 9000 years ago. There are over 30 varieties of wheat grown today. Most of the varieties have hollow stems and long, narrow leaves and is actually considered a grass. Each head of wheat has 20-300 flowers. When the flowers are fertilized, a machine called a combine is used to harvest the plant. Grain is produced and that grain is ground – this is called milling, into flour from which bread is made. The wheat flour is rich in carbohydrates, proteins, vitamins and minerals which help our bodies grow and our teeth and bones stay strong. The Egyptians were the first to produce risen loaves by using yeast – a leavening agent. Could this have been an accident? Perhaps someone left their bread dough outside in the hot sun too long. Heat causes the yeast to grow and make light, air-filled bread. Wheat is grown in many countries throughout the world, the bread that's made may look different and have added ingredients, but it's still called bread. Bread is international and is eaten throughout the world, in India the bread is called Naan, it's baked in a clay oven and is eaten at every meal. In Mexico, the tortilla cooked on a griddle and is eaten at every meal. In Russia, the bread is a dark color because it's made using molasses.

Write the names of breads eaten in different countries on the blackboard and lead an activity where students match the name of the bread/grain food to the country where it may be commonly eaten:

<u>Bread/Grain Food</u>	<u>Country</u>
Soda bread	Israel
Matzoh	Mexico
Foccacia	India
Tortilla	Ireland
Pita	Kenya
Black bread	Greece
Naan	Italy
Chapati	Russia

Explain that these foods supply important nutrients: energy in the form of carbohydrates, protein, vitamins and minerals, and if made with whole grain, they also supply a source of fiber. Ask the students if they have tried any of these foods.

Introduce and explain the EAT Cafeteria Connection and LEARN Home Activity to the students.

Optional Enrichment Idea

Have students taste different breads that may be eaten in different cultures. Examine the nutrition facts and ingredient labels for the foods in order to identify the nutrients they supply and types of grain they contain.