

EAT

CAFETERIA CONNECTION

Ask the children to look at the food and culture themed poster in the cafeteria to see if they can identify a country on the poster where a flat bread that may be made from wheat is commonly eaten. Discuss their observations when the students return back from lunch and have had an opportunity to review the poster.

LEARN

CLASSROOM ACTIVITY

Objectives

Students will appreciate that bread is a staple food eaten traditionally throughout the world and will be able to identify three types of bread that may be eaten in three different countries.

10 Minute Lesson

The teacher will lead a discussion about the history of wheat growing and bread making and discuss the names of breads eaten in three countries of the world.

LIVE

HOME ACTIVITY

Ask the children to accompany an adult at home when they go food shopping and look for a kind of bread they have never tried before. Ask them write down the name of the food they saw and share it with the class.

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 and phyto-nutrients. 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).

Classroom Activity



Review history of wheat and bread-making with 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. Maybe teacher can draw a stalk of wheat here and we provide the picture? Draw a picture on the board of a wheat stalk). When the flowers are fertilized, a big 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 made from the whole grain, is rich in carbohydrates, proteins, vitamins and minerals which help our bodies grow and our teeth and bones stay strong, and fiber, which keeps you feeling full after a meal and exercises your intestines (the organ in your body that helps digest and absorb food. 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 and eaten in many countries throughout the world, for example, in India, a wheat flat bread called Naan is eaten at every meal. In Mexico, wheat and corn tortillas are commonly eaten, and in Russia, they eat black bread. The black bread is made with wheat but also rye and molasses which gives it a dark color.

Ask the students: *What nutrients does the wheat flour provide that is good for you?*

Answer: Wheat is rich in carbohydrates, protein, vitamins and minerals. WHOLE wheat also contains important fiber.

Ask the students: *Can you think of a bread that probably didn't need yeast as an ingredient?*

Answer: Naan, pita ?

Ask the students: *I would ask what kind of bread they think is traditional in our country which might spur some discussion*

Answer: Many possible answers and none would be wrong

Ask the students: *Do you think the breads of these countries provide more or less nutrients to the people of these countries than the sliced bread we might eat on our sandwiches?*

Answer: No right or wrong answer

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

Optional Enrichment Idea

Draw a large bread basket on a large piece of paper or posterboard. Instruct students to look for pictures of different kinds of bread (they could look in newspapers, magazines, supermarket circular advertisements, or packages of food from home. Have the students cut out the pictures, bring them to school, and paste them into the bread basket. Hang the display in the classroom or in the cafeteria.