

KEY QUESTION

HOW CAN FOOD FROM AROUND THE WORLD INSPIRE US TO BE CREATIVE WHEN COOKING?

LEARNING OBJECTIVES

- To discover the food and national dishes of a country in which the Olympic Games or the Olympic Winter Games has been held.
- To compare different recipes for a national dish.
- To come up with a new, healthy recipe for a national dish.

STARTER ACTIVITY

- Ask students to name three different cities that have hosted the Olympic Games or Olympic Winter Games since the Modern Olympics started in 1896.
- Hand out the **Olympic Host City Guide** information sheet. Were student right? Are there any host cities that surprise them? Which city has hosted the Olympic Games the most times?
- Explain that today students will explore different foods and national dishes from around the world.

MAIN ACTIVITIES

Recommended for 7–11

- As a class, decide on a host city (and country) whose cuisine they can explore further.
- Think, Pair, Share. What do students already know about your chosen country? Do they know anything about its cuisine or national dishes? Have they tried similar food before?
- Make a list of all the things the class think they know about your chosen country and all the new things they would like to find out about the country and its food.
- Divide the class into small groups or pairs. Give each group or pair one of the following topics to research about your chosen country: geography, culture, local produce, national dishes. Students should complete the relevant section of the **Food from around the World** activity sheet with their findings.
- Ask different groups to feedback to the rest of their class with their findings. Students should complete the rest of the **Food from around the World** activity sheet with their classmates' findings.
- As a class, decide on one national dish to investigate further. Ask students to work in pairs to find a recipe they like for this national dish, either in books or online.
- Create a carousel activity. Ask one member of each pair to go and visit other pairs, while the other member stays to explain the recipe they have found. Ask each pair to find out / explain the following things about their recipe:
 - Where did they find it?
 - What did they like about this recipe?
 - Do they think it is healthy?
 - How is it different to others' recipes for the same dish?



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- Take feedback as a class. What did students notice was different about the recipes for the same dish? Which recipe do they think was the easiest to follow? Which do they think was the healthiest?
- Either as a class or in pairs, ask students to create their own recipe for the selected national dish from their chosen country using the **Recipe from around the World** activity sheet.

Recommended for 11–14

- Divide the class into small groups or pairs, and ask each to choose a different country to explore further. Ask students to research their chosen country, completing the **Food from around the World** activity sheet with their findings.
- Ask each pair or group to decide on one national dish to investigate further. Students should research at least three different recipes for their chosen national dish, either in books or online. When comparing the recipes, ask students to consider:
 - Where did they find the recipe?
 - What do they like about this recipe?
 - Is it easy to follow?
 - Do they think it is healthy?
 - How is it different to other recipes for the same dish?
- Explain that students will be working to create their own recipe for their chosen national dish. Take feedback as a class. What did students think when they compared recipes for the same dish? What will they incorporate from their research into their own recipe for a healthy version of the national dish?
- Ask students to create their own recipe for the selected national dish from the chosen country using the **Recipe from around the World** activity sheet.

PLENARY

- Create a cultural food display featuring the different recipes students have created.
- Ask pairs to articulate why theirs is a good recipe for the chosen national dish, and what they have learnt about the cuisine of their chosen country and about creating recipes from the lesson.

EXTENSION ACTIVITIES

- Hold a class discussion about food in different countries. Find out what different cuisines students eat at home. Do they have any traditional dishes their families make at home? Create a class list of future cuisines and dishes they would like to try.
- To challenge young people further, ask them to think about the specifics of their recipe. How can they ensure their recipe delivers nutritional balance? Are the required ingredients grown locally or would they need to be imported? Can they work out the costs associated with cooking their recipe, or how to alter the ratio to feed more or fewer people?
- Arrange for students to cook their national dish using their recipe to share on a stall during your food celebration event. You could ask visitors to the stall to perform a taste test on the different dishes prepared.



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ACTIVITY SUPPORT SHEETS

- **Olympic Host City Guide**
- **Food from around the World**
– recommended for students aged 7–11
- **Food from around the World**
– recommended for students aged 11–14
- **Recipe from around the World**
– recommended for students aged 7–11
- **Recipe from around the World**
– recommended for students aged 11–14

DISCOVERING MORE

- Find out more about different cuisines here:
bbc.co.uk/food/cuisines.

SHOWCASES

- Share students' recipes on the Get Set to Eat Fresh website for the chance to win prizes or special opportunities at getseteatfresh.co.uk/community/share.