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Sleeping at a friend's - Intercultural awareness and understanding

ACTIVITY 1: FOOD TRAVELS

Objectives/ aims of activity (children will be able to):

- Understand that food preferences differ according to people and countries and that people from different countries can enjoy the same food
- Learn where the food comes from
- Learn about stereotypes

Activity steps

- 1) The teacher places large food pictures around the room, in an open space or all around the gym. The children are invited to come to the centre and then run to the food they like most. Next, the teacher engages children in a conversation about food. (What food did you choose? Why do you like it? Do you eat it at home? Is it okay if someone doesn't like the same food as you?). The teacher can highlight shared preferences by drawing children's attention to the number of classmates standing next to the same picture. The activity can be repeated with other prompts (Run to food you have never tried; you would like to taste; you eat with your family).
- 2) The teacher invites children to run to food they think comes from far away. They discuss where the food comes from and match the items to the countries of origin on the map.
- 3) The teacher chooses one of the food pictures, e.g. pizza that comes originally from Italy, and asks who likes it. It is likely that all children in the class like it, whatever their origin. Strings are used to show the distance between the country of origin of the food and the location of the kindergarten.
- 4) The teacher could also engage children in a conversation about the ways people eat in different countries (e.g., cutlery, chopsticks, hands)

Resources needed to carry out the activity

- Food pictures: Story4_ICAU_1_Res
- Map and strings to show distances on the map
- <https://www.latmultilingual.com/blog/eating-around-the-world-with-unique-dining-traditions/>
- Worksheet with interesting pictures/designs about meals in different cultures
- Website with 80 different cultures and meals

Approximative time indication for activity: 5 minutes

Link to other activities:

- THE BIGGEST SANDWICH IN THE WORLD (Language Awareness, Story 4, activity 1)
- DIFFERENT WAYS OF EATING (Intercultural awareness, Story 4, activity 1)