



DEVELOPING TOMORROW'S MISSIONARIES



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World Awareness: Let's Eat!

OBJECTIVE:

To broaden the student's worldview of different cultures and the food they eat.

DESCRIPTION OF ACTIVITY:

- Get the list of ingredients for your international meal from your mentor. With your mentor, visit the following sites for ideas (*NOTE: the sites are subject to change from the time of our posting, so feel free to explore on your own for other international recipe sites*):

<http://www.recipesource.com/>

<http://search.yummy.com/ethnic.htm>

<http://www.world-recipes.info/>



- With your mentor or parent, go shopping for what you need for the meal. For your ingredients, visit an international market, a specialty foods store, or the international aisle at the grocery store.
- Prepare the meal according to the international recipe you have chosen.
- You may serve the meal to your family, Sunday School class, or encourage other church members to prepare dishes so you may host an “international pot luck.”
- After the meal is served, explain the types of food you serve and the people who eat them. It may be helpful to give a brief background of the country.
- Finishing touches you may want to include:
 - A. Music from the same country as the cuisine you serve.
 - B. Decorations in the dining area with the country's flag or map.
 - C. Clothing from the country you want to highlight.
 - D. Ask those you are serving to dine as they would if they were in another country (Example: China and India, people sit on the floor and eat with their hands or chopsticks. In Africa, people pass a basin and towel to wash their hands before a meal).
- Have fun!

It is always interesting to find out what people in other countries eat. All people need to eat, but different cultures enjoy different types of food. By learning about the kinds of food people enjoy, you can learn about different cultures around the world!