



KINDERGARTEN

LESSON: Cultural Influences on the Food We Eat

SC STANDARD: Literacy Standard



It's your world.

CULTURAL INFLUENCES

OBJECTIVES:

- Discuss the different cultural influences on the food we consume

LET'S GET STARTED! (10 MINUTES):

- Explain what cultural influences are and discuss the four main influences on the food we eat

STORY (15 MINUTES):

- Read the story about Boss learning about all of the cultural influences that there is on food and how we eat

WRAPPING UP (5 MINUTES):

- Review the cultural influences mentioned during the lesson

LET'S GET STARTED!

- Cultural influences are a big part of why we may eat certain foods at certain times
- Begin by discussing those cultural influences and what they mean

DIALOGUE BOX

- Does anyone know what cultural influences are?
- There are a lot of influences in our culture that have an effect on what foods we eat.
- One of those cultural influences is economical background, meaning that some people may not be able to afford the healthier foods and have to eat the cheaper, less healthy options, like soda, chips, white bread, and others.
- A second influence is someone's ethnic background. A person's ethnicity may decide what types of food they eat. For example, Americans include red meat in a lot of our meals. Therefore, we consume more red meat than someone who is Indian and eats less meat and more beans and vegetables.
- Food marketing is another influence in our culture that can dictate the types of foods we eat. Companies do a good job marketing their products to look more appealing to the viewer, but the problem is that many of these foods are not nutritious. An example of this is when you see a famous person drinking a soda on the television, which makes you think it is not bad for you and actually cool to buy and consume. You never see people marketing apples on television though, do you?
- Lastly, eating habits is another cultural influence that affects what and how we eat. This could be eating while watching television or doing homework.



STORY

- Read the story about Boss and his buddy talking about the cultural influences there are in the world on how we eat and what types of food we eat

Boss Learns about Cultural Influences

There are certain cultural influences that determine how and what each individual eats! Boss had never heard of this before, but decided he wanted to learn more about it! On the weekends, he would get together with his friends to hang out, okay some basketball, and just talk. This weekend he wanted to ask his friends what all they knew about the cultural influences of the food we all eat. He asked, "So, I have heard that there are certain cultural influences that determine what and how we eat food. Do you know what that means? What are these cultural influences that determine what we eat?" His friend Sally said, "well cultural influences are certain things that determine what exactly eat individual can eat and how they eat in a certain area. There are four cultural influences I know of: habit, ethnic influences, social influences, and economic influences! Each of these is different from one another, and have different outcomes on the environment!" Boss in curiosity asked, "So what do each of those influences do in our culture? Can you explain each of them to me?" Sally began explaining what each of the cultural influences is responsible for, "Social influences are the ones that have an impact on us socially. For example, when you go to a party, you may feel obligated to eat something even if you are not hungry! We feel like we need to be social and do what everyone else is doing, which would be to eat something! Economic influences are exactly what they sounds like, they deal with ones economic status and the money they have to spend on food. Someone with a lower economic status, or someone who does not make as much money, may have to go through a drive through for dinner, while someone with a higher economic status can go out to eat or buy a lot of food from the store to make a healthy dinner! The third cultural influences are ethnic ones. This deals with the ethnicity of someone and their family which determines what types of food they eat. For example, people from certain ethnicities enjoy certain types of food that are traditional to their culture! The last cultural influence comes from our habits. These can sometimes get us in trouble because some of the habits people have when it comes to food are not that good or healthy. For example, many of us watch television while we eat or eat on the go rather than having a nice meal at a table. These are things we have made habits in our culture." After Sally explained what each individual influences does in a culture, Boss said, "I cannot believe that there are that many cultural influences when it comes to what we eat and when we eat! It shows that everybody in every culture or ethnicity has different ways of eating and different types of food they enjoy, which makes them unique when compared to others. Are there any of these influences that we all need to work on?" His friend walked over to him while saying, "I would say we all need to work on our eating habits more than anything! It is easy to eat more than we should when we are not paying attention while we eat! Many people eat in front of the television or while they are on the go, and this can lead to over eating since we are not paying attention. When you eat without all of these distractions, you are able to pay more attention to what you are eating!" Boss said, "I see what you are saying. Is it the same as eating when I am bored? Sometimes when I am bored at home I will eat some chips and watch some tv!" His friend replied, "Yes it is the same thing! Eating when you are bored is a habit our culture has developed, which leads to over eating and eating when you are not necessarily hungry! When you get bored at home, try and find something else to fill that time that does not involve snacking! You can call a friend, go outside and play, or even take your dog on a walk! There are many things we can all do to break these unhealthy habits that we have made in our culture!" Boss promised he would work on finding different things to take up his time when he gets bored, and also promised to eat his meals at the table rather than in front of the tv or computer! He said, "I am going to do my best to work on these bad eating habits! But other than that, I am happy I now know what all cultural influences people around he world have when it comes to eating food and what types of food we chose to eat! This shows that everyone in all different areas have special ways of doing things hat make them unique from one another!"

WRAPPING UP

- Ask students if they have any questions about today's lesson on some of the cultural influences that affect what and how we eat

