

Activity 1**Diversity at the Table**

Culture Investigation

Purpose: Describe various important cultural influences on food customs.

Directions: Read each clue, and then write your answer on the line that follows.

1. Historically most societies had two classes. What are they? What am I?

2. Reason many cultures steam food, cook in shallow fat, or cook by stacking containers. What am I?

3. A set of customs, traditions, and beliefs shared by a large group of people or a group of people who share things in common. What am I?

4. Often a religious practice meaning to abstain from all or certain foods for a period of time. What am I?

5. The name for the most widely produced or eaten foods in an area. What am I?

6. This means to be associated with a culture. What am I?

7. A culture's representative foods and styles for preparing them. What am I?

8. A recipe created by mixing the influences of different food traditions. What am I?

9. An established practice repeated over time. What am I?

10. In every age, I change the way people eat and cook. What am I?

Activity 2

Diversity at the Table

Discovering Food Origins

Purpose: Identify examples of food cultures and customs.

Directions: Read each statement below. Then write your responses in the space provided to the left of each statement.

- _____ 1. A Thai Chicken Pizza is an example of __?__. This pizza represents __?__ and __?__ cultures.

- _____ 2. Hummus is not an example of a melting pot food, but a(n) __?__. Hummus is considered to be a(n) __?__ dish.

- _____ 3. Traditionally, some foods go best with certain events, such as __?__ at a baseball game.

- _____ 4. Food is a universal sign of __?__. Sharing food is a way to show __?__ and acceptance.

- _____ 5. In some countries, Easter is __?__ with a feast of __?__ and spring vegetables.

- _____ 6. Filled dumplings appear in Italian cuisine as __?__, in Chinese cuisine as __?__, and in the Jewish culture as __?__.

Activity 3

Diversity at the Table

Name That Food

Purpose: To recognize examples of food customs.

Directions: For each event listed below, give examples of at least two foods typically associated with the event. Use the text or Internet sources to find your answers.

1. Thanksgiving:

2. Baseball game:

3. Wedding reception or feast:

4. Cinco de mayo:

5. Fourth of July:

6. Valentine's Day:

7. Breakfast:

Activity 4

Diversity at the Table

How Culture Affects Food Choices

Purpose: To review the role that culture plays in a family’s food choices.

Directions: Read the following. Use your text to help you complete the statements that follow. Write your responses in the space provided to the left of each number.

When you sit down to eat, you sit down to a world of food choices.

- _____ 1. Some of your food choices are influenced by your _____. This term may be defined as a group of people that share common customs, traditions, and beliefs.
- _____ 2. The question of what makes up this type of group has several possible answers. These include geography, _____, and _____.

Food customs are central to cultural traditions. Examples of food customs include:

- _____ 3. Unique foods. These are foods special to a certain group or region. Examples of such foods are _____ (China), shish kebab (Middle East), and sourdough bread (United States).
- _____ 4. Observing _____. These are rules a group’s specific way of doing things.
- _____ 5. Cultural _____. These customs include the use of chopsticks in many Asian cultures and the use of knives and forks in our own.
- _____ 6. _____ occasions. These food customs relate to holidays and other special times, such as birthdays and other celebrations.



Food customs grow out of need and circumstance. No food custom can be considered better than any other.