



Around the world



Years 1 - 6

By the end of Healthy Lunchbox Week, the class will have created a multicultural lunchbox collage filled with foods representing five different countries.

Learning objectives:

- Students will learn about a variety of lunchbox foods that originate from other countries.
- Students will learn to be accepting and respectful of other cultures and their food choices.

You will need:

- Internet access
- Food magazines
- 'Lunches Around the World' infographic
- Whiteboard, pin board or butchers paper
- Scissors
- Markers
- Blu-tack, pins or glue
- 'Lunchboxes Around the World' worksheet (optional)



Activity:

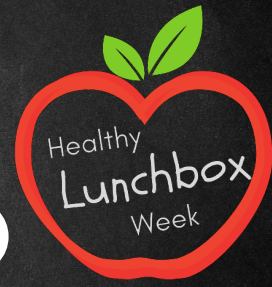
- Choose a different country for each day of the week. Use the infographic for inspiration.
- Using food magazines and/or online images, ask students to find pictures of various lunch foods originating from the chosen country.
- Collate the pictures and place on a whiteboard, pin board or paste on butchers paper.
- Repeat with a different country each day.

Optional:

- Use the 'Lunchboxes Around the World' worksheet as an independent task for students to list foods from each country.



LUNCHES AROUND THE WORLD



AUSTRALIA



- Sandwiches
- Rolls
- Wraps



ITALY



- Pizza
- Pasta
- Risotto



CHINA



- Chow Mein
- Dumplings
- Fried Rice



JAPAN



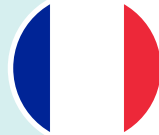
- Bento Box
- Donburi
- Sushi



FRANCE



- Baguette Sandwich
- Gratin
- Quiche



MEXICO



- Burrito
- Nachos
- Tacos



GREECE



- Moussaka
- Pastitsio
- Souvlaki



TURKEY



- Börek
- Kebabs
- Pide



INDIA



- Biryani
- Curry
- Roti and Parathas



VIETNAM



- Banh Mi - Vietnamese Roll
- Broken Rice
- Fresh Rice Paper Rolls



Sample Class Collage



Name: _____

Monday

Country of the Day: _____

- 1.
- 2.
- 3.
- 4.



Wednesday

Country of the Day: _____

- 1.
- 2.
- 3.
- 4.

Friday

Country of the Day: _____

- 1.
- 2.
- 3.
- 4.

Tuesday

Country of the Day: _____

- 1.
- 2.
- 3.
- 4.

Thursday

Country of the Day: _____

- 1.
- 2.
- 3.
- 4.

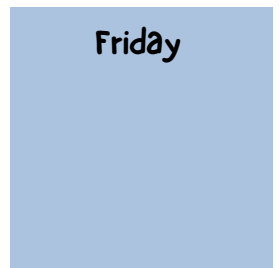
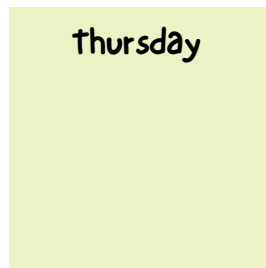
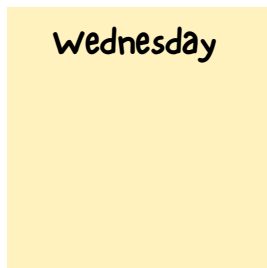
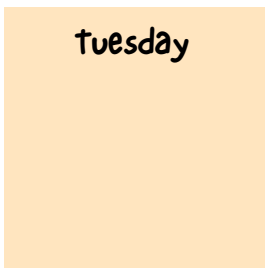
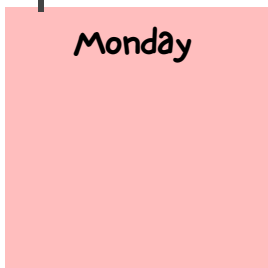
Our Healthy Lunchbox Week Journey



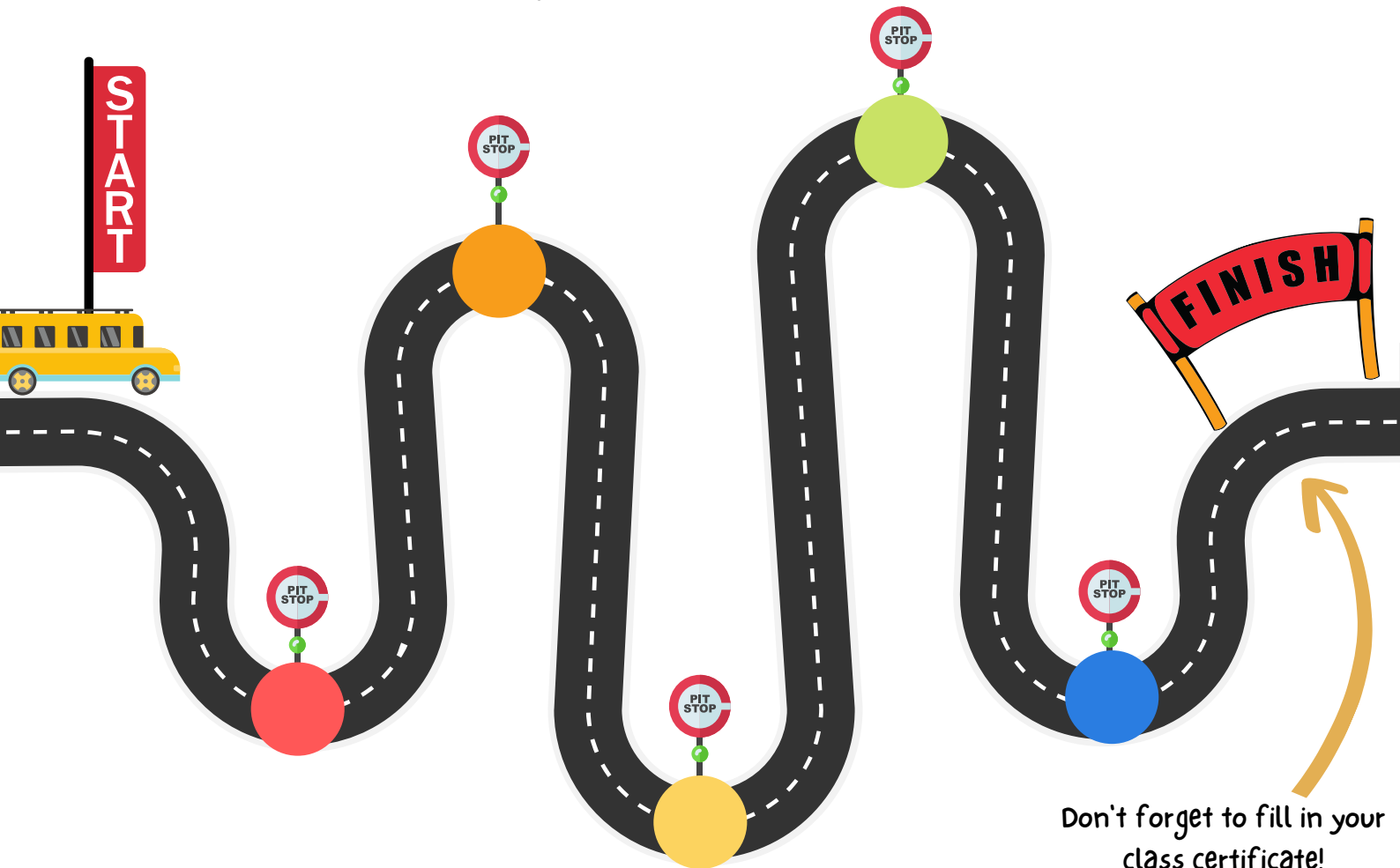
Class: _____

Adventure: Around the World

 Plan your pit stops.



Tick the coloured circles after completing each pit stop to reach the finish line.



Don't forget to fill in your class certificate!



CONGRATULATIONS

Class: _____

For completing the Healthy Lunchbox Week
Around the World Adventure

