Mealtimes and Meals: The Cultural Aspect

Learning Objective: After completing these activities, staff will:

* Be aware of how meal preparation and meal times differ in different cultures,
* Understand some of the factors that influence peoples food choices
* Become familiar with some questions to ask so that they may get to better know personal and family food habits.

Methods/Materials:

* Prior to presentation, have staff do one of the following activities:

1. Find an ethnic recipe from a cook book, internet or other source, make it and serve it at staff meeting. Discuss any ingredient that may be new or not previously used.
2. Visit an ethnic market; locate 3 products that are new, write down what they are, what country they are from and how they are used in a food product or meal.

* Review PowerPoint presentation on Mealtimes and meals
* Break in to groups and brain storm open ended questions that staff could use to ask participants so as to get to know their personal or family food habits, meal planning or preparation.
* Summarize the questions that staff has identified as helpful.
* Thanks and encourage staff to share experiences that may have enhanced their awareness or knowledge of cultural aspects of food, food selection and preparation.

Reference:

Hungry Planet: What the world eats by Peter Menzel and Faith D”Aluisio