



School Lunches Around the World



Do you ever wonder what other students eat around the world?

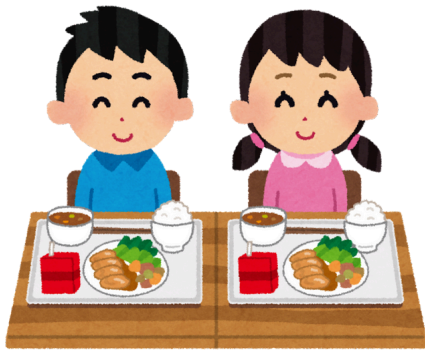
What we eat is different for everyone. Our food choices are based on many things. Some things that affect our food choices include:

- taste
- hunger, energy needs and health
- time and convenience
- culture and traditions
- religion, personal experiences and beliefs
- what foods are available to us
- environmental considerations
- our level of food skills
- marketing of foods.



Reflective Questions?

- What are some foods we eat here in Canada? Because most Canadians came to Canada from other countries, so did much of the food we eat. Identify the countries of origin for the foods listed.
- If you could choose to eat lunch from another country, which country would you choose? Why?
- Why do you think Canada and the United States eat very similar food? (ex. *Close to each other geographically, similar cultures, etc.*)
- What other countries eat foods similar to Canada and the United States?
- Consider making a recipe from another country or bring samples of food from other countries. Discuss traditions or holidays associated with the food.

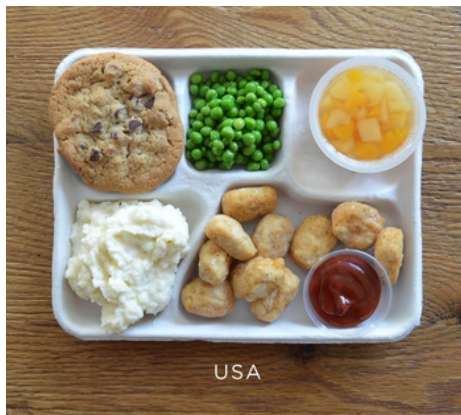


Resources

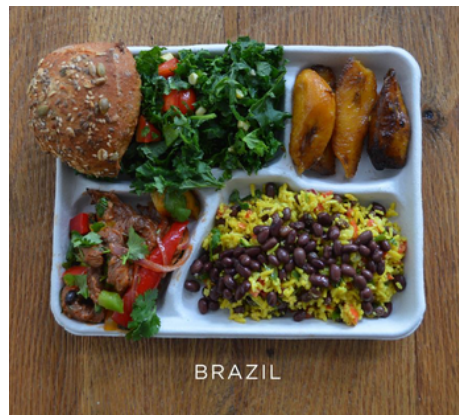
- Watch this video on [What School Lunch Looks Like Around The World | Around The World | Food Insider - YouTube](#) (5.52 minutes).
- [What's for lunch? How school children eat around the world, by Andrea Curtis](#)

Examples of Lunches around the world

There is a large variety in foods both across and within countries, these photos offer a glimpse into what might be served for lunch in school, from https://www.huffpost.com/entry/school-lunches-around-the-world_n_6746164?ncid=fcbklnkushpmsg00000063



Fried "popcorn" chicken, mashed potatoes, peas, fruit cup and a chocolate chip cookie.



Pork with mixed veggies, black beans and rice, salad, bread and baked plantains.



Local fish on a bed of arugula, pasta with tomato sauce, caprese salad, baguette and some grapes.



Pea soup, beet salad, carrot salad, bread and pannakkau (dessert pancake) with fresh berries.



Fish soup, tofu over rice, kimchi and fresh veggies.



Baked chicken over orzo, stuffed grape leaves, tomato and cucumber salad, fresh oranges, and Greek yogurt with pomegranate seeds.