

Literacy

Food can be fun

If you are not hungry at the moment, take the chance to dive into this unit which starts with the topic "breakfast" and ends with a running dinner! Enjoy your unit first, your meal later!

Discipline area	Health
Торіс	Food, well-being
Estimated time	1h 20'
	If you go through the whole unit, you will discover eating habits, new dishes and maybe even new ingredients improve your ability of writing recipes and even to cook them develop your artistic skills get first insights in the marketing logic
Learning goals	organise small or bigger events

Warm-up

Share with your buddy what you usually eat for breakfast: what, when, and how?
Have you discovered anything in common?
Have you got any new ideas for your future breakfasts?

Learn

1

To have breakfast, lunch or dinner can be merely satisfying a biological need or can be experienced as a social event, a moment in which people living together also come together!

How is it for you? Do you have any of your meals in the company of others? In the company of media (television, smartphone, radio...)? If there is space you could list them one after the other (company of others and copmany of media would stay together). Where do you usually eat (around a table, on the couch...)? How do you eat your food (e.g. spoon, fork and knife, hands, chopsticks)?. Who prepares the food you eat?

2

Time to enhance your culinary knowledge!

- What is your favourite food?
- And what food do you like that your buddy doesn't know?

Share your answers and when you have found a food that the other doesn't know, describe it to each other: what ingredients it is made of, how it looks like, how it smells, what temperature it has, where it originally comes from...

Inspired by this exchange...

Each of you writes down a recipe of a food you know or of a fantasy food. You can help each other, if you are unsure about terms...

Consider that recipes usually start with the list of the ingredients and their quantities and an indication about the time needed. Afterwards the actions are described, one after the other, in the order as they should be performed. Make sure to use the correct terms.

Give the sheet to your buddy: can your buddy understand everything and would know what to do?

If you feel adventurous: **Each of you cooks the recipe of the other!** That is the best test to know if you made any small or big mistakes!

But yes, sure you can also <mark>cook togeth</mark>	ner, that will certainly be fun	
		·

Create

Imagine that you are business partners and that you are about to open a restaurant.

What kind of a restaurant would it be? What is your "unique selling proposition", that is: why should people come to eat there instead of going to others? What do they find in your restaurant that they don't find somewhere else?

Give your restaurant a name and prepare its menu together:

- 1. Create a nice design
- 2. List the main dishes you would offer
- 3. Estimate a price for each of them
- 4. Consider inserting authentic images or illustrations

When you are done, show it to other buddy-teams: would they come to eat at your new restaurant? What suggestions do they have?

Plan a buddies-dinner!

Every buddy-team prepares an appetiser, a main dish or a dessert.

BUDDIES-Dinner:

you eat all together in one place.

RUNNING-Dinner:

you move from one house to the other to get your appetiser, main dish and dessert!

Depending on how many people you are, you will either move all together from place to place or you will meet new buddy-teams at every stop. At the end you can all meet together!

Reflect

Write on a sheet of paper the word food and create a word cloud around it, that is write down and/or draw what you associate with it.

When you are done...

What are the most exciting associations for each of you?

