

# **FOODS FROM OTHER CULTURES** - *A Multicultural Nutrition Project*

**Directions:** You and your partner(s) will choose a country to research. You will present the information in one of the following formats: Powerpoint or Prezi, Weebly website, or Glogster. You must cite at least 1 book, 1 database (Culturegrams), and 1 website (World Book Online); on the provided forms.

**Choose a country:**

	Italy	France	Germany	China	Japan
Norway	Philippines	Thailand	Australia	India	Ireland
Turkey	N/S Korea	Brazil	Poland	Spain	Russia
Jamaica	Morocco	Sweden	Austria	Switzerland	Cuba
Kenya	Egypt	Peru	Israel	Chile	Vietnam

## **I. You need to include:**

- *The name of the country and a map of where in the world the country is located*
- *The main crops of the country- picture included*
- *Any popular spices or herbs used in their foods-pictures included*
- *2 popular dishes – brief description and pictures must be included*
- *The recipe of another popular dish - picture included*
- *At least one fun fact about the country relating to food*

## **II. Questions to research:**

1. Is there a guide available that shows the daily requirements – similar to our MyPlate diagram? – include a picture and a brief description.
2. What are the 3 main causes of death/illnesses in this country? In your opinion, can you contribute these causes to the foods that are consumed? Explain your answer.

## **III. Bibliography in MLA format.**