

SUPPLEMENTARY LESSON

Lunch in Havana

In this lesson, students will learn about healthy eating as well as the culture and history of Cuba.

SUBJECTS



NUTRITION



SOCIAL
STUDIES

GRADE LEVEL

1-8

TIME

1 hr

Lunch in Havana

Objectives

- Students will identify and describe common foods from other countries
- Students will explain how cultures around the world are nutritionally similar and different
- Students will recommend healthy food choices from other countries
- Students will explain culture, geography and location of another country

Materials & Preparation?

- “Cuba” by Christine and David Petersen
- Map of the world
- Coloring and drawing materials

Common Core Standards

- Note: Common Core Social Studies standards for 1-5th grade have not been developed as of July 2012. The following come from the 6-8th grade standards.
- RH.6-8.4. Determine the meaning of words and phrases as they are used in a text, including vocabulary specific to domains related to history/social studies.
- RH.6-8.1. Cite specific textual evidence to support analysis of primary and secondary sources.
- RI.3.1. Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.

Lesson Introduction

1. Read “Cuba” by Christine and David Petersen.
2. Initiate discussion about how people from different parts of the world eat different foods. Ask, “What kinds of foods can you think of that come from other countries?” Explain that they will learn about foods from Cuba and what other regions of the world inspire Cuban cuisine.

Lunch in Havana

3. Point to Cuba on the map. Tell the students facts about the location and geography of Cuba:
 - Cuba is located 90 miles south of Florida in the Caribbean Sea
 - Cuba is the biggest island in the Antilles Archipelago, a chain of islands
 - The area of Cuba is about 44,218 square miles, only slightly smaller than the state of Pennsylvania

Body of Lesson

4. Here you will explore the Cuban culture. Explain to the students that Cuba was once colonized by Spanish and French and that those countries brought to the island many African slaves. Then describe how Cuba's history is reflected in the food, language, art and music. Cuban cuisine is a fusion of Spanish, African and Caribbean cuisines. Cuban recipes share spices and techniques with Spanish and African cooking. Because Cuba is an island, fish is a staple influence on the cuisine. The Cuban climate is also tropical, so the island produces many fruits such as plantains that are used in dishes and meals. A typical Cuba meal would consist of rice and beans, a meat and some sort of vianda (potato, yucca, or plantain). Ask the students what their Cuban Lunch consisted of (your Cuban-inspired lunch will contain beans, rice, vegetables, chicken and salad with avocado, cheese and plantains). Discuss with students which food groups you can find the items in their lunch, and why these are healthy options.

Conclusion

5. Have your students write about or draw a picture of their favorite part of the Cuban meal. Ask them how they will use what they have learned about Cuba, the culture and the food they eat the next time they are grocery shopping with a parent. Ask students to write about or draw a picture of another time they ate a meal that had influences from other cultures and to think about items they eat at home that might be similar to the beans, rice, and vegetables they ate during the lesson's meal. Ask students to accompany an adult at home when they go grocery shopping. Together, ask them to pick out a new fruit or vegetable that they have never tried before.