

# World Class Healthy Cooking Relay

Making healthy food choices is a skill no matter where you live. In this lesson, students learn about foods from other countries, healthy and unhealthy ways to cook foods, and the consequences of unhealthy cooking methods. New knowledge is assessed by way of a station-based relay race in which students match foods to the country of origin, and then sort the foods into healthy and unhealthy cooking methods. The activity also teaches students the geographic locations of the countries.

## SUBJECTS



NUTRITION



SCIENCE



SOCIAL  
STUDIES

## GRADE LEVEL

**5**

## TIME

**30 min**

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## Objectives

- Students will identify and describe common foods from other countries
- Students will explain healthy and unhealthy ways to prepare foods and describe consequences of unhealthy food preparation.
- Students will recommend healthy food choices from other countries

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## Materials & Preparation

- Space for two working stations: One station to sort food name cards by country, and one station to sort the food cards into unhealthy and healthy choices.
- Food cards—Cards include the name of a food, primary ingredients and cooking method. Make enough copies so that each team of students gets a complete deck of food name cards. Note: There are four foods per country. (See the Food and Country Reference Guide).
- World Class Foods Chart—Make one copy for each team. Teams label the chart with their assigned country's name.

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## Common Core Standards

- RI.5.3. Explain the relationships or interactions between two or more individuals, events, ideas, or concepts in a historical, scientific, or technical text based on specific information in the text.

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## Lesson Introduction

1. Read: “Kids Around the World Cook!: The Best Foods and Recipes from Many Lands” by Arlette N. Braman
2. Initiate a discussion about how people from different parts of the world eat different foods. Ask: “What kinds of foods can you name that come from other countries?” Explain that they will hear about foods from the following places: China, Italy, India, and Mexico. Point out these locations on a map or globe.

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## Body of Lesson

### 3. Cooking Methods

- Explain that there are unhealthy and healthy ways to prepare foods. Unhealthy cooking methods can lead to obesity, heart disease, cancer, diabetes and other health conditions.
- List the following food preparation methods on the board: steam, grill, bake, broil, poach, roast, fry, stir-fry or deep fry. Ask students to predict how one performs each of these cooking methods. (See Cooking Methods Reference Guide).
- Discuss and evaluate which cooking methods are healthy and unhealthy. (**Note:** It will be uncovered that methods that do not include deep frying are most healthy.)
- Elaborate that like here in the United States, foods can be cooked in healthy or unhealthy ways in other countries.

### 4. Cooking Methods Relay Race

- Split students into teams of 4 (if multiples of four are not possible, split students into groups of five, six or seven).
- Assign each team a country. One half of the team goes to the food name cards station; the other half goes to the cooking methods sorting station.
- At the food name cards station, team members are given a complete (and shuffled) deck of food name cards. They are to locate the four foods from their assigned country and bring those cards to their team members at the cooking methods sorting station. These members then take a seat.
- At the cooking methods sorting station, team members sort the foods into unhealthy and unhealthy cooking methods. Next, they tape the name cards into the appropriate columns on the World Class Foods Chart handout, and they bring the completed chart to you.

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- Verify that food/country origins are correct and that the World Class Foods Chart is correct. If either is not correct, send the team back to the appropriate station(s) to make corrections. If the chart is correct, place it next to the appropriate country as displayed on a map.
- The first team done wins the relay race.

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## Extension

- Have students locate images of the foods from their assigned country. They can print these out and tape/glue the images onto the food name cards.

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## Cooking Methods Reference Guide

**Method**

Boiling

Baking

Deep frying

Poaching

Roasting

Stir frying

Grilling

Steaming

**Process**

Food is submerged in boiling water.

Food is dry cooked in the oven.

Food is dropped into and completely submerged in heated oil.

Food simmers in liquid—such as water, broth or juice—for a short period of time.

Like baking, roasting uses dry heat. Food is kept moist by basting it with broth, water, fruit juice or low-fat marinade.

Food is cooked in a pan coated with a small amount of oil.

Food cooks directly over heat source.

Food is cooked over water rather than in it.

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## Food & Country Reference Guide

	Healthy	Unhealthy
<b>Italian</b>		
Spaghetti—boiled pasta with tomato sauce	●	
Bruschetta—baked bread brushed with butter, topped with tomatoes, onions, and spices	●	
Vegetable Lasagna—pasta baked with layers of cheese, tomato sauce, and mixed vegetables	●	
Fried Calamari—squid covered with flour batter and deep fried		●
<b>Chinese</b>		
Fried Rice—stir-fried rice and vegetables stir-fried in oil	●	
Egg Rolls—vegetables wrapped in thin, flour dough and deep-fried		●
Bok Choy—steamed, green leafy vegetable	●	
Chicken and Rice—poached chicken and steamed rice, with steamed vegetables	●	
<b>Indian</b>		
Samosa—deep-fried flour pastry filled with meat, vegetables, and potatoes		●
Curry Chicken—chicken, vegetables and rice stir-fried in light oil	●	
Kheer—boiled rice, milk and sugar	●	
Biryani—roasted rice, meat and vegetable stew	●	
<b>Mexican</b>		
Guisado—roasted vegetable and meat stew	●	
Quesadilla—baked tortilla filled with meat and cheese	●	
Burrito—flour tortilla filled with steamed rice, grilled meat, and steamed black beans	●	
Pork Rinds—deep fried pork skins		●
<b>South African</b>		
Mieliepap or Maize—porridge, boiled and simmered	●	
Morogo—roasted or boiled bean and beetroot leaves	●	
Plantains—deep fried		●
Amadumbe—roasted or mashed sweet potato	●	

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## World Class Food Chart

**Country**

**Healthfully Prepared**

**Un-Healthfully Prepared**



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## Food Name Cards

### Burrito

Flour tortilla filled with steamed rice, grilled meat and steamed black beans

### Lasagna

Pasta baked with layers of cheese, tomato sauce and meat.

### Fried Calamari

Squid covered with batter and deep fried

### Pork Rinds

Deep fried pork skins

### Spaghetti

Boiled pasta with tomato sauce

### Samosa

Deep-fried flour pastry filled with meat, vegetables and potatoes

### Bruschetta

Baked bread brushed with butter, topped with tomatoes, onions and spices

### Curry Chicken

Chicken, vegetables and rice stir-fried in oil



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## Food Name Cards

### **Bok Choy**

Steamed, green leafy vegetable

### **Fried Rice**

Stir-fried rice and vegetables

### **Biryani**

Roasted rice, meat, and vegetable stew

### **Spring Rolls**

Vegetables wrapped in thin, flour dough and deep-fried

### **Chicken and Rice**

Poached chicken and steamed rice, with steamed vegetables

### **Kheer**

Boiled rice, milk and sugar