Researching Global Diets

**What You Need**
- cookbooks, restaurant menus, or access to the Internet
- nutrition information from various food packages

**Find Out**
Do this activity to see what people from cultures around the world eat.

**Process Skills**
- Interpreting Data
- Predicting
- Using Numbers

**Time**
- One hour once a week for three weeks
What to Do

1. Choose three world cultures, such as Korean, Nigerian, and German, and find out which foods are common in those cultures. You may investigate the cultures by looking in cookbooks, using the Internet, or getting menus from restaurants that serve those particular types of food.

2. Each week, plan a meal that represents typical food from one of the cultures that you chose. Each meal should include a variety of foods.

3. For each meal, predict how much total fat, protein, carbohydrates, sodium, calcium, vitamin A, and vitamin C are present.

4. Make a nutrition inventory of each meal that you plan. First, add the amount of total fat, protein, carbohydrates, sodium, calcium, vitamin A, and vitamin C in each serving of each type of food. This information is found on all food packages. Then, add the amounts for each category to get the total amounts for each meal. Record the total amounts on the chart.

5. Compare the nutritional value of the three meals.

6. Find the nutritional value of a typical American meal. Compare it to the nutritional value of the three meals that you planned.
### Comparing the Nutritional Value of a Typical Meal from Four Cultures

<table>
<thead>
<tr>
<th>Culture</th>
<th>Meal Items</th>
<th>Total Fat</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>Sodium</th>
<th>Calcium</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
</tr>
</thead>
<tbody>
<tr>
<td>American</td>
<td></td>
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</table>
Conclusions

1. Analyze which of the four meals contains the most and least fat. Repeat for each nutrition category.

2. Which culture’s typical meal seems to be the most healthful overall?

New Questions

1. What can we learn about healthful diets from other cultures?

2. How do you think the way food is prepared affects its nutritional value?
**Activity Journal**

**Lesson 1 • Diets for Good Health**

Name ______________________________

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**ACTIVITY**

**Balancing Act**

**My Menu for One Day**

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>water</td>
<td></td>
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<td></td>
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<tr>
<td>fat</td>
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</tr>
<tr>
<td>carbohydrates</td>
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<tr>
<td>protein</td>
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<tr>
<td>minerals</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vitamins</td>
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</tr>
</tbody>
</table>

**What I Ate Yesterday**

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>water</td>
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<tr>
<td>fat</td>
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<tr>
<td>carbohydrates</td>
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<td>protein</td>
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<td>minerals</td>
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<td>vitamins</td>
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</tbody>
</table>
Activity Journal
Lesson 1 • Diets for Good Health

Name ____________________________

Conclusions

1. Which food group provides the most Calories for the day?

2. Which food group provides the most servings for the day?

3. Which food group provides the fewest Calories for the day?

4. Which food group provides the fewest servings for the day?

5. How healthful are the choices you made for the day’s meals?

Asking New Questions

1. Compare your menu with your diet of the day before. How healthful is your normal diet?

2. Share your poster with other class members to see if you can come up with a week or more of healthful meals.
Activity Journal
Lesson 2 • Threats to Good Health

Name

ACTIVITY

Finding Fat, Salt, and Sugar in Your Food

Food Ranking

1. Most Healthful

2. Healthful

3. Least Healthful
Activity Journal
Lesson 2 • Threats to Good Health

Name ________________________________

Conclusions
1. Which foods contained the most saturated fat?

2. Which foods contained the most unsaturated fat?

3. Which foods contained the most sodium and sugar?

4. Were foods with high amounts of fat, sodium, and sugar in the least healthful part of your list?

Asking New Questions
1. How did your food rankings compare with your classmates’ rankings?

2. Why do you think some products contain large amounts of salt and sugar?
### Watering Soil

<table>
<thead>
<tr>
<th>Material</th>
<th>How Much Water Drained Through the Material</th>
</tr>
</thead>
<tbody>
<tr>
<td>sand</td>
<td></td>
</tr>
<tr>
<td>topsoil</td>
<td></td>
</tr>
</tbody>
</table>

**Describe** the difference in the amount of water that drained through the sand and the soil.
Activity Journal
Lesson 3 • Feeding the World’s Population

Name ________________________________

Conclusions

1 Which material had more water in the bottle after two minutes?
   Explain why more water passed through that material.

2 Infer which material would be better for plants to grow in.

Asking New Questions

1 What evidence did you use to infer which material was better for plant growth?

2 How could plant roots slow the flow of water through the soil or the sand?

3 What could be done to the sand to better allow plants to grow in it?