

Meal Time

A comparison of Traditional Meals from different cultures

Subject/Grade: Social Studies/Character Education 6th Grade. This lesson is a section in a unit on cultures of the world. The purpose of this lesson is to show students the similarities and differences between cultures. This lesson will also be used to show students what is considered to be good manners in other cultures.

Length of Lesson: 1-40 minute Social Studies lesson. 2-40 minute Character Education lesson.

Cleveland Catholic Diocese Curriculum Standards:

Grade 6 People in Society

Performance Objective: The learner will compare cultural practices, products and perspectives of past civilizations in order to understand commonality and diversity of cultures.

Learning Objective A: Compare and contrast the cultural practices, and products of the societies including class structure, gender roles, beliefs, beliefs, customs and traditions.

Learning Objective C: Identify and discuss reasons to respect and appreciate the culture and people of a given region.

Grade 6 Geography

Performance Objective 3: The learner will describe how the environment affects the way people in different places live and the consequences of modifying their environment.

Learning Objective C: The learner will demonstrate ways humans are dependent on and modify their environment,

Resources:

Choe, Chi Sook and Yukiko Moriyama. Korean Cooking for Everyone. Kondansha America, Inc. New York. 2003. This book provided Korean recipes and meal procedures.

Jacobs, Heidi Hayes. Geography Tools and Concepts. Prentice Hall. Saddle River, New Jersey. 1998. This book has a section on culture.

www.artofcookery.com This website provided Italian recipes.

www.geocities.com/ypmljulia/table_manners.htm This website provides information on Korean table manners.

www.foodnetwork.com This website provided Indian recipes.

www.kent.edu/Academics/Asian/NCTA/cfm This website has a power point presentation on how to use chopsticks.

www.shelfordfeast.co.uk/guineapig.html This website provided a recipe for Ecuadorian recipe.

Activities:

Social Studies. Students will be assigned into small groups of about 4-5 students. Students will then use the maps and world's view section of their textbook and current knowledge of world cultures. Write a list of what they believe people in South Korea, India, Italy and Ecuador eat for their daily meals. Students will then share their theory with the class. Students will write the list in their notebook and on the chalkboard.

Students will then get a copy of a recipe from cookbooks/websites. Students will compare the authentic recipe with their list. Students are then to write an essay comparing their list to the list of authentic recipes. Students are also to identify which country's food would they eat for a month and why.

Character Education Day One:

As a class, students will list what they consider to be proper table etiquette for a semi-formal American meal. This list will be written on the chalkboard. Students will then read, as a class, page 103 in Korean Cooking for Everyone. Students will then take additional notes on proper Korean table manners. There are also tips on www.geocities.com/ypmljulia/table_manners.htm. Students will then be given a set of chopsticks to practice proper usage. After reviewing a power point presentation on NCTA website on how to properly use chopsticks, students will practice by picking up Skittles with their chopsticks.

Table Manners

*** Lifting a spoon or chopsticks before the elders do is not considered
mannered.**

Finishing meal before the elders do is not considered mannered, either.

*** When pouring wine or any kind of beverage to the elders, use both hands
to hold the wine bottle.**

When your cup is poured by the elders, use both hands to hold the cup.

**If you are drinking in front of elders, turn your torso a bit (20 degree) to the
side and drink .**

Before the meal, always tell your hostess, " Jal Muk *Get* Sup Ni Da."

-I will have a good meal- (Thank you for the meal.)

After the meal, "Jal Muk *Ut* Sup Ni Da."

-I had a good meal - (That was very good.)

Don't get confused with one from the other!!

Facts about Korean Meal

*** In old times, having meals was the most important thing for a Korean.**

**In Korea, people still asks each other "Have you had lunch (or dinner)?"
instead of "How are you?"**

*** Most of the Koreans love to eat hot and spicy food.**

But, Korea started importing chilly peppers from 18 Century.

**Imagine! Koreans eating white Kimchi (Baek Kimchi) everyday, instead of
red Kimchi.**

*** Chinese and Japanese use only chopsticks when eating rice.**

Somehow, Koreans use spoons.

**When eating rice, lifting a rice bowl close to one's mouth is not considered
mannered in Korea,**

while it is OK in China and in Japan.

How to earn a Korean woman's heart at the table... ^^

- * Eat vigorously, and a lot. A lot of Korean women don't like guys who eat rice little by little. They'll say about them, "The guy counts rice before he eats."**
- * Don't do anything considered ill-mannered. Some people think burping is a way of showing gratitude.**

Ya, right. (Try that to your mother, not to a girlfriend.)

- * Even if you should eat vigorously, be a gentleman. When served rice and soup, pass it to her first, and put side dishes close to her. (oh... so sweet.)**
- * *If you really like her...* and she left some rice on her bowl, ask her if she finished eating. If she says yes, get the bowl from her and eat them all! (This has proven to work!) If she says you should order new rice, just say it is OK to eat her rice.**

Good Luck!

How to earn a Korean man's heart at the table... ^^

- * Show some of your motherly side at the table. Treat him like a seven year old child, not by talking but by acting. Show that you care about him by encouraging him to eat good food. (They wouldn't mind to be fed once in a while.)**
- * While you keep the strategy of being a mother at the table, sometimes you need to look like you need a help of the superman. i.e. when you are opening a can of cola, you might want to consider making him a can opener by saying, "I cannot open this can, could you please help on this?" (blinking eyes frequently at this time recommended)**

Don't forget to look at him like you would look at a hero after he opened the can. (Don't need to say Thank You. Just look.)

- * Surprise him with Korean dishes! If he looks pleasantly surprised and compliments on your exploration even though the dishes are far from perfect, KEEP HIM.**

Good Luck!

Character Education Day Two:

Students will be divided into four groups. Two groups will be sent to a set of desks that have “American food and eating utensils” and practice proper “American” table manners. The other two groups will be seated at a set of desks that will have chopsticks, large bowl of rice and a large bottle of water, plates and cups. Students are then to eat the rice and drink the water using “proper Korean” table manners. Students are then to write an essay comparing the proper table manners of South Korea and the United States.