

From Culture to Kitchen: How Traditions Shape Food

Nansin Junior High School (台南市南新國民中學)

■ MORNING (9:00–12:00)

Period 1: Introduction to Food and Culture (9:00–10:00)

- Icebreaker with images of festive meals
- Students share a favorite family dish (pair-share with sentence frames)
- Introduce key vocabulary: culture, tradition, celebration, ingredient
- Concept: Culture shapes what we eat

Period 2: Festival Foods from Around the World (10:00–11:00)

- Photo tour of festival foods
- Teach descriptive language (colors, textures, tastes)
- Festival-food matching activity

Period 3: DIY Quesadillas (11:00–12:00)

- Introduce quesadillas with short video/demo
- Teach cooking verbs (cut, fold, flip, heat) with TPR
- Group work with assigned roles (Reader, Preparer, Cook, Helper)
- Students follow visual recipe cards and cook together
- Emphasize: imperative verbs + procedural language (first, next, then)

LUNCH BREAK (12:00–13:00)

AFTERNOON (13:00–16:00)

Period 4: Indigenous Foods of Taiwan (13:00–14:00)

- Map activity: show indigenous territories
- Present 5 traditional foods: millet, bamboo shoots, wild vegetables, fish/game, sticky rice cakes
- Discuss preparation methods (steaming, grilling, boiling, smoking, fermenting)
- Reflection: How does geography shape food traditions?

Period 5: The Evolution of Food (14:00–14:30)

- Timeline comparison: "Long ago" vs. "Now"
- Group activity: discuss why foods change (technology, trade, ingredients, speed)
- Concept: Food reflects history and how people live

Period 6: Brain Food (14:30–15:00)

- Introduce: food fuels the brain for studying and learning
- Present healthy brain foods: eggs, fish, nuts, berries, whole grains, milk, vegetables
- Explain why each is good (protein, omega-3, energy, memory)
- Personal reflection: "What did you eat today? Is it good for your brain?"

Period 7: Project-Based Learning & Presentation (15:00–16:00)

- "Design a Festival Food" – create a new festival and its special food
- Presentations: 1–2 minutes per student in small groups or whole class
- Wrap-up reflection & celebration

END OF SESSION