**NAMES: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**BLOCK/UNIT: \_\_\_\_ / \_\_\_\_**

**CULTURAL FOOD GUIDE**

**Term 2 Project**

**Objective:**

Students will gain an understanding of how people from other countries might meet their nutritional requirements. Inspiration may come from comparing Canada’s Food Guide to Healthy Eating with foods available in other countries.

**Requirements:**

* Students will work in pairs or in groups of 3. Choose your group carefully. If you choose a partner that does not meet their responsibilities, you will have to complete the project without him/her. That may mean you have to complete the project on your own. If you really prefer to work alone, you may, but the requirements will remain the same.
* Groups will choose a country **OTHER THAN** Canada, the United States or France.
* Students/groups will create a culturally-focused food guide/menu that will guide people of your age in that country to choose foods that will meet the body’s nutritional requirements **for optimal health**. For each meal/dish chosen and presented, you must **list** the main foods/ingredients in the dish and **summarize** how many servings from each food group are present in each meal. Totals should be equivalent to the recommended total servings for each food group in Canada’s Food Guide.

**See Canada’s Food Guide for guidelines on nutritional needs for your age group.**

* You must use locally available foods in your chosen country. As well, you must consider any prominent religious or other factors that may impact on food choices. (example – vegetarianism; prominent religions that forbid consumption of certain meats, etc., like Hindu or Muslim)
* You may use typical/traditional dishes from the country, but just describe what is in it (main food components of a dish) rather than copy a recipe.
* You must include **ONE** complete recipe (ingredients **and** method) for **ONE** main dish/entrée (**not** dessert or snack) for breakfast, lunch **OR** dinner (**NOT** all 3!!) from this country.
* Project will be presented in a pamphlet or a restaurant menu format (fold in thirds or fold in half – see examples).

**Assessment:** *Possible total is* ***30 marks****.*

**/3 *Title page (front cover)*:** Name of country and flag – neat, clear and coloured. Your name(s) and block.

**/8** ***Clarity*:** Easy to follow and understand; headings for sections; servings summarized; clear, easily understood format, font, etc., and over-all presentation. Include a few small images for visual interest.

**/12 *Balanced meals*:** Clear descriptions of all meals and snacks and the main foods **and** food groups included in those meals. Nutrient values for the day must represent a **balanced** and **complete** diet for a **typical** day (not a special occasion) or a weekend day in this country, comparable to Canada’s Food Guide recommendations for Canadians. (3 marks per meal x 3 meals = 9 … + 3 marks for snacks)

**/3 *Recipe:*** Include **ONE** recipe for any of the **main** dishes you have described in your meal pattern (not dessert).

**/4 *References/Bibliography:*** Copy and paste all web sites you’ve used at the end of the pamphlet/menu. A simple list format is fine. If your list is too long, add a note at the bottom that says “see attached reference list” and print it on a separate page.

**Your score: \_\_\_\_\_\_\_\_ /30** Foods 9-10(A) Vint 2016