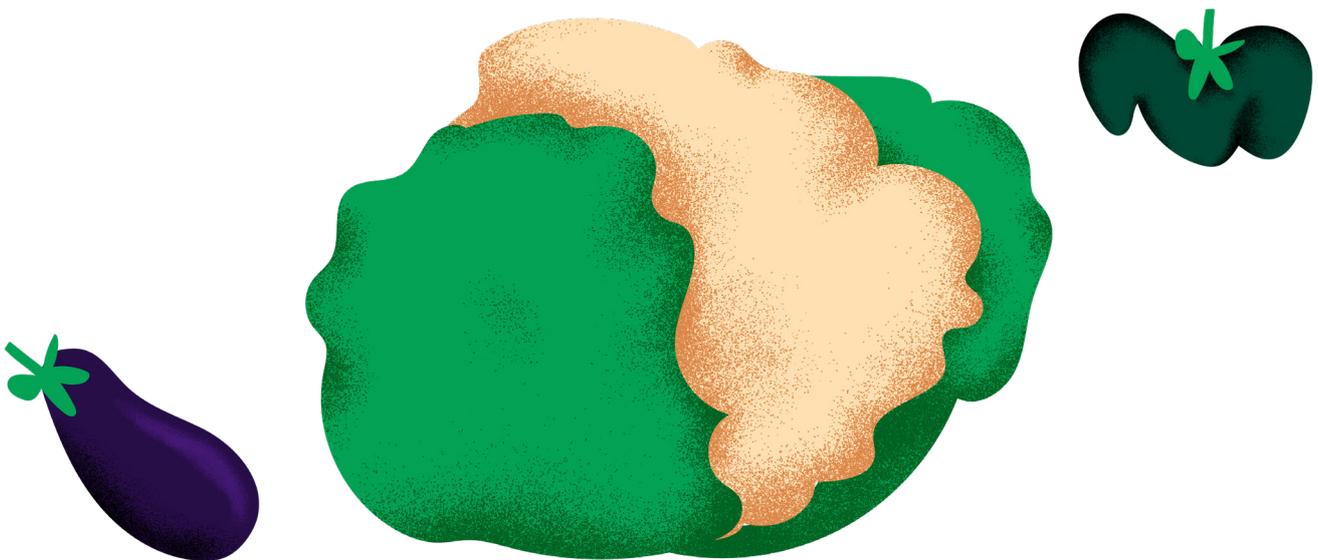


World Breakfast Globes

Year 3 – Health and Physical Education

Year 4 – Health and Physical Education



(HPE; Yr 3&4, ACPPS036)

Identify and practise strategies to promote health, safety and wellbeing

(HPE; Yr 3&4, ACPPS042)

Research own heritage and cultural identities, and explore strategies to respect and value diversity

**Cross-curriculum
priority**

Asia and Australia's engagement with Asia

World Breakfast Globes

Trot around the globe with flavours

What's for breakfast? Depends where you are! What people eat for their first meal of the day gives us a lot of information about what's around them, what they're up to, and plenty more! Students compare and contrast their own breakfast menus with those of kids around the world.

Equipment:

Globe or world map
Art materials such as coloured paper, coloured pencils, marker pens, glue, scissors

Duration:

45 minutes (plus extra, if planning pyjama party)

Location:

The classroom

Notes:

Lexicon

Carbohydrates We usually eat two types of carbohydrates. The first is starch found in vegetables and grains (e.g. oats, wheat, barley, rice). We also eat these carbohydrates in starchy vegetables like potatoes, corn, and pumpkin, and in noodles, porridge, cereal, bread and other baked goods. Sugar is another kind of carbohydrate, and it's found in our diet in natural and processed forms, such as cane sugar, fructose or maple syrup.

Fats Fats, including the ones found in seeds, nuts, and plant-based oils, are an essential part of a healthy diet.

Proteins Proteins are generally made of amino acids, and they occur naturally in milk and milk products, meat, fish, beans, eggs, nuts and seeds. Some vegetables also pack a punch of protein, such as peas, broccoli and kale.



Getting Started

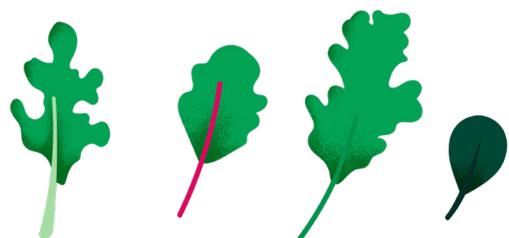
👁 Watch **The One with the Levitating Globe**



- ❓ Ask the class to name some of the foods people eat for breakfast.
- Explain that lots of cultures have strong traditions about breakfast foods. Most traditional breakfast foods contain proteins, fats and carbohydrates.
- What does Kylie the dietitian suggest for breakfast? Why?
- ❓ Ask the class to name some of the foods the Super Naturals ate in the episode:
 - ◇ Billy – **Okonomiyaki pancake** from Japan.
 - ◇ Lily – **French pastries and a coffee** (except that Alice yonks the coffee!)
 - ◇ Lucy – **Israeli shakshuka**, eggs, fresh tomatoes and cucumbers, with pita bread on the side.

✍ Globe-Trotting

- Encourage students to choose a location from a globe or world map. It can be a blindfolded choice but students may want to choose a place they have been to, heard of, or have a connection to.
- ❓ Ask students to research what people traditionally eat for breakfast in their chosen place.
- There may be more than one traditional breakfast in some regions, depending on ethnicities. For example, French-Canadians may eat a different traditional breakfast to Anglo-Canadians, and Malaysian people of Chinese descent may eat different traditional foods to Malaysians of Indian descent, so this could become an interesting aspect for students to explore further.
- Students create a presentation, poster or mini-book about the country, its location in the world, main language, and foods traditionally eaten for breakfast (encourage them to think about what that culture's schedule for a typical day may look like, and how it might be different from our own).
- Students find and present recipes for these traditional breakfast items in their books or on their posters.
- If time permits, host a Pyjama Breakfast Globe party, cook some of the breakfast items students researched, and travel the world with flavours!



✍ Ancient and Modern

- Ask students to look at their chosen traditional breakfast and analyse which foods are proteins, which are carbohydrates or fats, and which are other types of foods.
- Explore cultures that might approach their day differently (like Spanish siestas!) and how that may affect their choice of breakfast food and/or time of eating.
- Have students do a nutritional comparison between traditional breakfasts (e.g. fish curry and rice) and modern processed convenience foods (e.g. energy drinks or sugary cereals)..

✍ Take It Further

- Research traditional fermented foods (such as natto, tofu, sauerkraut and kimchi). What does fermentation do to the protein levels of vegetables?

👁 Watch **The One with the Sports**



- ❓ Athletes base their breakfasts on feeding their bodies for competition. Which breakfasts around the world most compare to a high performance diet? Are there elements you can borrow for your own breakfast?

