

Overview:

This lesson plan will challenge participants to consider how behaviors and norms surrounding food—as well as food itself—relates to and shapes culture. They will discuss the role of food more generally and then discuss their own food customs and traditions in relation to other cultures.

Background and Information:

A Taste of Culture is created by Anthony Ogden, Associate Vice Provost for Global Engagement at the University of Wyoming, and uploaded to the UK Education Abroad Faculty Toolkit (see citation below).

Objectives:

As a result of this activity, participants will be able to:

1. "Learn about different cultures and groups through food."
2. "Gain an understanding of the many roles that food plays in people's lives."
3. "More effectively record meaningful experiences and reflections, and to see writing as a tool for cultural exploration and self-discovery" (Ogden, 2009).

Time:

3 hours

Group Size:

Entire group

Materials:

Copies of the A Taste of Culture Handout (in both [Links](#) and [Downloads](#)).

Intercultural Development Continuum Stages:

- Denial
- Polarization
- Minimization
- Acceptance

AAC&U Intercultural Knowledge and Competence Goals:

Cultural Self-Awareness:

- To articulate insights into own cultural rules and biases (e.g., seeking complexity; aware of how their experiences have shaped these rules, and how to recognize and respond to cultural biases, resulting in a shift in self-description).

Openness:

- To initiate and develop interactions with culturally different others.
- To suspend judgment in valuing interactions with culturally different others.

Curiosity:

- To ask complex questions about other cultures.
- To seek out and articulate answers to these questions that reflect multiple cultural perspectives.

Knowledge of Cultural Worldview Frameworks:

- To demonstrate sophisticated understanding of the complexity of elements important to members of another culture in relation to its history, values, politics, communication styles, economy, or beliefs & practices.

Other Skills:

Friendship, Diversity & Inclusion

Links to Activity Instructions:

- [A Taste of Culture instructions on the UK Education Abroad Faculty Toolkit](#)

Related Tools:

Similar tools:

- [Happy 10th Birthday!](#)

Related assessment tools:

- [Food Attitudes Behavior Openness Scale \(FABOS\)](#)