

**CLIL Lesson – Food and Culture**

People also connect to their cultural or ethnic group through similar food patterns. Immigrants often use food as a means of retaining their cultural identity. People from different cultural backgrounds eat different foods. The ingredients, methods of preparation, preservation techniques, and types of food eaten at different meals vary among cultures. The areas in **which** families live— and where their ancestors originated—influence food likes and dislikes. These food preferences result in patterns of food choices within a cultural or regional group.

Food items themselves have meaning attached to **them**. In many Western countries a box of chocolates would be viewed as an appropriate gift. The recipient of the gift would react differently to a gift of cabbage or carrots than to chocolate. In other countries chocolates might be a less appropriate gift.

Nations or countries are frequently associated with certain foods. For example, many people associate Italy with pizza and pasta. Yet Italians eat many other foods, and types of pasta dishes vary throughout Italy. Methods of preparation and types of food vary by regions of a nation. Some families in the United States prefer to eat "meat and potatoes," but "meat and potatoes" are not eaten on a regular basis, nor even preferred, by many in the United States and would not be labeled a national cuisine. Grits, a coarsely ground corn that is boiled, is eaten by families in the southern United States. A package of grits is only available in the largest supermarkets in the upper Midwest and would have been difficult to find even in large Midwestern supermarkets twenty years ago.

Regional food habits do exist, but **they** also change over time. As people immigrate, food practices and preferences are imported and exported. Families move to other locations, bringing their food preferences with them. They may use their old recipes with new ingredients, or experiment with new recipes, incorporating ingredients to match their own tastes. In addition, food itself is imported from other countries. Approximately 80 percent of Samoa's food requirements are imported from the United States, New Zealand, or Australia (Shovic 1994). Because people and food are mobile, attempts to characterize a country or people by what they eat are often inaccurate or tend to lump people into stereotypical groups.

Nevertheless, what is considered edible or even a delicacy in some parts of the world might be considered inedible in other parts. Although food is often selected with some attention to physical need, the values or beliefs a society attaches to potential food items define what families within a cultural group will eat. For example, both plant and animal sources may contribute to meeting nutritional requirements for protein; soybeans, beef, horsemeat, and dog meat are **all** adequate protein sources. Yet, due to the symbolism attached to these protein sources, they are not equally available in all societies. Moreover, even when the foods perceived to be undesirable are available, they are not likely to be eaten by people who have a strong emotional reaction against the potential food item.

<http://family.jrank.org/pages/639/Food-Food-Culture.html>

**A – Find evidence for the following statements:**

1. Food is also part of people’s cultural heritage.
2. The way food is prepared, eaten is related to people’s background.
3. People like or don’t like certain food according to their own origin.
4. Giving a particular item of food as a gift is not universal.

**B – Answer these questions on the text:**

1. What are certain nations associated with? Explain.
2. Do food habits change? Why? Why not?
3. What do immigrants tend to do in their foster country? Why?
4. Do values influence people the way they perceived food?

**C – What / who do the underlined words refer to?**

1. Which \_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Them \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. They \_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. All \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**D – Find equivalents for the following:**

1. Keeping \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Progenitors \_\_\_\_\_\_\_\_\_\_\_\_\_
3. Trademarked \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Fallacious \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Consumable \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Dessert \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_