



FOURTH GRADE
LESSON: Cultural Influences on the Food We Eat
SC STANDARD: 4.W.4.1.h

CULTURAL

OBJECTIVES:

- Discuss the different cultural influences on the food we consume

LET'S GET STARTED! (10 MINUTES):

- Explain what cultural influences are and discuss the four main influences on the food we eat

ACTIVITY (15 MINUTES):

- Students will rearrange simple and compound sentences pertaining to the information that is taught during the lesson on cultural influences

WRAPPING UP (5 MINUTES):

- Review the cultural influences mentioned during the lesson
- Pass out Boss' Backpack Bulletin with the weekly goal

SC STANDARDS:

- 4.W.4.1.h When writing use a variety of sentence types to produce complete sentences, recognizing and correcting inappropriate fragments and run-ons

MATERIALS:

- Rearranging Sentences worksheet



LET'S GET STARTED!

- Cultural influences are a big part of why we may eat certain foods at certain times
- Begin by discussing those cultural influences and what they mean

DIALOGUE BOX

- Does anyone know what cultural influences are?
- There are a lot of influences in our culture that have an effect on what foods we eat.
- One of those cultural influences is economical background, meaning that some people may not be able to afford the healthier foods and have to eat the cheaper, less healthy options, like soda, chips, white bread, and others.
- A second influence is someone's ethnic background. A person's ethnicity may decide what types of food they eat. For example, Americans include red meat in a lot of our meals. Therefore, we consume more red meat than someone who is Indian and eats less meat and more beans and vegetables.
- Food marketing is another influence in our culture that can dictate the types of foods we eat. Companies do a good job marketing their products to look more appealing to the viewer, but the problem is that many of these foods are not nutritious. An example of this is when you see a famous person drinking a soda on the television, which makes you think it is not bad for you and actually cool to buy and consume. You never see people marketing apples on television though, do you?
- Lastly, eating habits is another cultural influence that affects what and how we eat. This could be eating while watching television or doing homework.

ACTIVITY

- The activity for this lesson is going to be rearranging simple and compound sentences
- The sentences will be based off of the information we have discussed in today's lesson on the cultural influences on the food we eat

DIALOGUE BOX:

- Today's activity is going to test your ability to rearrange simple and compound sentences!
- The sentences will contain the information we talked about in the lesson today on cultural influences on the food we eat!

WRAPPING UP

- Ask students if they have any questions about today's lesson on some of the cultural influences that affect what and how we eat
- Pass out Boss' Backpack Bulletin with the weekly goal

DIALOGUE BOX

- Your goal for this week is to watch for commercials that are marketing a certain food product that is not very healthy.
- Draw a picture of the food or product that you saw on the commercial, and then write down a description of what they did in the commercial that made their product seem healthy or cool to eat.
- Remember, the soda commercial is a great example of this!



REARRANGING SENTENCES

CHANGE THESE TWO SIMPLE SENTENCES INTO ONE COMPOUND SENTENCE:

1. Cultural influences can affect what we eat. Cultural influences can affect how we eat.

CHANGE THIS COMPOUND SENTENCE INTO TWO SIMPLE SENTENCES:

2. Eating from habit includes eating while watching television and eating while doing my homework.

CHANGE THESE THREE SIMPLE SENTENCES INTO ONE COMPOUND SENTENCE:

3. One cultural influence on the food we eat has to do with food marketing. Another has to do with eating from habit. Lastly, a cultural influence has to do with someone's economical background.

Name: _____ Date: _____

BOSS' BACKPACK BULLETIN

Your goal for this week is to look out for one of the cultural influences, food marketing, which we discussed in today's lesson as one of the many influences that affect what we eat!

Find a commercial that is marketing some type of food that you like or have in your home, draw a picture of that food or product, and then write a description of the commercial down at the bottom of the page!



Draw a picture of the food or product shown in the commercial:

A large, light blue rectangular area intended for drawing a picture of the food or product shown in the commercial.

Write down what happened in the commercial, what they said about the product, and whether or not you would buy or eat the food after seeing the commercial:
