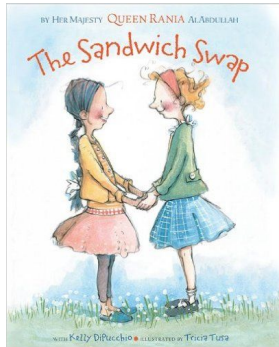


## The Sandwich Swap

Diversity in Food!

by Karen Clements



The Sandwich Swap by Her Majesty Queen Rania Al Abdullah  
with Kelly DiPucchio illustrated by Tricia Tusa

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Summary: Salma and Lily are best friends. But when they see each other's sandwiches at lunch, they think to themselves, "Ew, gross!"

"Everybody Eats" Song from Sesame Street

<https://www.youtube.com/watch?v=3kqOhF-RrFM>

Purpose of the lesson:

All living things need food. All human beings need food. Each culture meets their nutritional needs in different ways. Help students enjoy and respect other's ways of meeting their nutritional needs.

Classroom Applications:

- Invite parents and members of the community from different cultures to come in and cook with the students. It is important that the students be involved in preparation of the food because they will be more likely to eat it!
- Talk about the human body's nutritional needs. Protein, fats, carbohydrates, vitamins and minerals are all necessary for healthy bodies. But each culture will meet those nutritional needs in different ways depending on the environment they live in and what is available to them.
- Start a garden! Children are more likely to try foods that they help to grow and to cook. Be sure to grow foods that are part of recipes that are important to the culture you are studying.
- Teach the students how to prepare simple recipes. Share these recipes with their families and encourage the students to prepare meals at home.
- Take a field trip to a restaurant or store that sells foods from the culture your class is studying.
- Let students choose a culture to study and share with the class. Ask them to prepare a food that is commonly eaten by members of that culture.
- Some religious groups, cultures, and individuals have dietary restrictions. Talk with the class about how to show respect to others and what they do or do not eat.
- Many cultures eat their foods in different ways. Talk about etiquette and showing proper manners depending on where you are.