



Cooking for Diversity

Grade: 8+

Subject: Health Class/Physical Education

Time Frame: 2 classes

Materials: Laptops, notebooks, pencils, projector, whiteboard, whiteboard markers, cooking ingredients, cooking supplies.

Learning Outcomes:

- Reflect on human diversity concerning how one's belief system informs their life (emphasis on diet and wellness).
- Appreciate multiculturalism by learning about diverse ethnic backgrounds and traditions when looking into dietary requirements and how to accommodate them as a chef cooking for a sports team.
- Normalize diversity and encourage students to appreciate that individuals in our community operate differently. Hence, accommodating diversity is not only encouraged but anticipated.

Behavioural Objective:

Students will be given the opportunity to learn how one's values and belief systems inform their identity beyond exoteric manifestations such as the way one dresses up. Emphasis will be given to communities that abstain from consuming meat, pork, and numerous other types of food in hopes of discovering how one could honour diversity through accommodation.

Activating:

- Begin this lesson by discussing diverse dietary requirements around the world, ranging from vegetarian Hindus to halal food for Muslims and kosher for Jewish athletes. For more information about Muslims' dietary habits consult the following infographic.

Applying:

- Afterwards, the students will be asked to design a meal plan for the Moroccan soccer team in the light of the recent FIFA World Cup. This is a mere example of how to introduce students to a cultural tradition while initiating a bigger conversation deconstructing biases and misconceptions.

Things to consider before creating a meal plan:

- Practice hours, game frequency, sleep schedule, dietary requirements, the age and sex of the athletes, and finally, whether they are amateur or professional players.

- An example of a meal plan template could find [here](#).

Additional Resources:

- [Manitoba School Nutrition handbook](#)
- [FIFA Nutrition for Football:](#)
- Canadian Food Guide: [1](#) | [2](#)
- [Nutrition for the Soccer Student-Athlete](#)

Assessment:

- Once students have finished developing their meal plan, ask them to submit their work for grading.

Food for Thought:

- If the school possesses enough financial resources and the necessary space for cooking, consider creating one of the meals proposed by the students.