

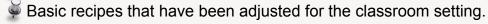
## Welcome!

This site was created as part of a semester project for Food Science and Human Nutrition (FSHN) 452 at the University of Hawaii at Manoa. We hope to provide a new resource to intermediate school teachers (7-8 grade) that incorporates food and nutrition into basic geography, history, or health courses. We believe that this introduction into world foods provides a unique and enjoyable experience filled with new tastes that may encourage students to try new foods outside of the classroom.

## Resources:



Ten minute lesson plan that includes geography, history, and "fun-facts".



Recipes include suggested serving sizes, nutrition facts, and materials required. Recipes available as downloadable files for 10, 20, or 30 students.

Mission: To introduce nutrition into the classroom of 7-8 graders through interactive lesson plans that incorporate region-specific recipes.

Objectives of Lesson Plans and Recipes:

- 1. Students will be able to list three geographical or historical facts about each recipe.
- 2. Students will be able to name all the major ingredients in each recipe.
- 3. Students will be able to name the region of origin for each recipe.