


## 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”.

 Basic recipes that have been adjusted for the classroom setting.

*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.

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