



Co-funded by the  
AMIF Programme  
of the European Union

# Integrating migrant children in schools through artistic expression



## Module 5: Celebration Theme 5A: Global Food Cultures

Prepared by Bath Spa University

*The ArtsTogether project has been funded with support from the European Commission, AMIF (Asylum, Migration and Integration Fund) Union Actions Programme. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*

# Theme 5A Focus: Global Food Cultures

Theme 5 Learning Activities explore global food cultures through:

- ▶ **Literacy:** explore your own and diverse international food cultures and discover cultural meanings and practices.
- ▶ Share seasonal and cultural celebrations and festivals.
- ▶ **Visual Art:** create food-themed artwork, recipe cards and demonstration videos.
- ▶ **Performance:** experience how seasonal celebrations and festivals are commemorated through food preparation and sharing within global communities.

# All Levels: Global Bread

- ▶ Across the globe we eat bread as part of our staple diet.
- ▶ Bread is made from a combination of flour, salt, yeast, sugar, fat and water - quantities vary across cultures and countries.
- ▶ Bread is made into different shapes and dishes in different cultures.



Breadbasket

(Pixabay License)

<https://pixabay.com/photos/breadbasket-bread-delicious-eat-2705179/>

# All Levels: Global Bread

- ▶ Find out about global bread
- ▶ What are the similarities and differences?
- ▶ Global Bread websites:
- ▶ <https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/cooking-skills/dough/a-to-z-of-breads>
- ▶ <https://www.oola.com/life-in-flavor/2390731/the-different-types-of-bread-from-around-the-world/>
- ▶ Share: what kind of bread do you eat in your family and culture?
- ▶ How is it made? Can you share recipes?





# Level 1 & 2 Learning Activities : The Art of Pizza

- ▶ Pizza is bread dough, rolled flat with savoury toppings. It is Italian and is also a global food.
- ▶ **Create Pizza designs** with coloured paper collage - designs can be patterns or based on the face.
- ▶ **Level 2:** Make your design into a real pizza - and share!
- ▶ **Resources:** collage materials, glue, glitter, scissors. **Level 2:** pizza ingredients.
- ▶ What other cultural food can you design as a work of art?



## Level 2 Learning Activities : *SlowMed Mediterranean Diet*

- ▶ Pizza is part of a Mediterranean diet.
- ▶ *SlowMed* Project explores diet and cultural identity in Mediterranean countries.  
<https://en.danilodolci.org/project/slowmed/>
- ▶ *SlowMed* promotes intercultural food sharing to enhance understanding between people and build cultural identity.
- ▶ **Look: at The Mediterranean Diet for Children Recipe Book**  
<http://slowmed.eu/media/sm-book-web-en.pdf>
- ▶ **Design: Recipe Cards for foods from your own family or culture.**





## Level 3 Learning Activities : *SlowMed Mediterranean Diet*

► **Watch:** *The Mediterranean Flavour: Our essence and lifestyle*

<https://www.youtube.com/watch?v=5tuT3cUTwIk&feature=youtu.be>



- **Share:** favourite foods from your own family/culture.
- **Make a video** of food being made from different families and cultures. What are the similarities and differences?

# All Levels: Global Cakes

- ▶ Global people celebrate cultural festivals throughout the year - see World Festivals Calendar for dates of festival days:

<http://www.reonline.org.uk/supporting/festivals-calendar/>

- ▶ We love to make and share food and cakes celebrating the Seasonal Spring, Summer, Autumn & Winter Festivals, and on special occasions e.g. birthdays & weddings.

## German Celebration Cakes



Mother's Day cake,  
(CCBY-SA 2.0)

[https://commons.wikimedia.org/wiki/File:Herztorte\\_zum\\_Muttertag.jpg](https://commons.wikimedia.org/wiki/File:Herztorte_zum_Muttertag.jpg)



100<sup>th</sup> anniversary cake (CCBY-SA 3.0)

[https://commons.wikimedia.org/wiki/File:Celebration\\_cake\\_for\\_the\\_100th\\_anniversary.jpg](https://commons.wikimedia.org/wiki/File:Celebration_cake_for_the_100th_anniversary.jpg)



Black Forest Gateau By Mikelo - [1], CC BY-SA 2.0,

<https://commons.wikimedia.org/w/index.php?curid=3147883>



# All Levels Learning Activities: Spring Celebration Cakes



**Spring Celebration Cakes** in Europe celebrate the Christian Easter festival and the natural spring season. They include: hot-crossed buns, and cakes decorated with marzipan, eggs, bunnies and chicks.

UK Simnel Cake & Hot-crossed buns. Photo credit: Pamela Brelsforth  
Paska - Ukrainian Easter Cake. Photo credit: Liudmyla Byrkun



# All Levels Learning Activities: Orthodox Easter Cakes



Kulich and paska are Orthodox Easter cakes which have their roots in the Byzantine Empire. The yeasted sweet breads are traditionally eaten at Easter in countries with Orthodox Christian populations: Belarus, Georgia, Ukraine, Russia, Romania, Macedonia, Moldova and Serbia

**\* Share: what are your culture's traditional Spring & Summer cakes, food and celebrations?**

Photo credit: Ukrainian Easter celebration, Galina Yarova



# All Levels Learning Activities: Winter Celebration Cakes



**European Winter Celebration Cakes** commemorate Christmas and the winter season in nature: sweet breads, fruit cakes and biscuits decorated with winter scenes and foliage.

**\* Share: what are your culture's traditional Autumn & Winter cakes, food and celebrations?**

Italian Panetone: Photo credit: Liudmyla Byrkun  
German Stollen: Pavel Sebastianovych

European Christmas gingerbread (CCPD) <http://www.freestockphotos.biz/stockphoto/9153>  
UK Christmas cake(CC BY-SA 2.0) [https://commons.wikimedia.org/wiki/File:Christmas\\_cake\\_\(6954064737\).jpg](https://commons.wikimedia.org/wiki/File:Christmas_cake_(6954064737).jpg)



# Level 1 Learning Activities: Celebration Shape Cookies



**Cookies & Cakes** are often made in decorative shapes to celebrate festivals and seasons.

- \* Share:** describe your family or culture's cookies - what shape are they? If possible share cookies.
- \* Design** a cookie shape based on an aspect of your culture/family traditions using drawing and collage materials.

Italian Easter Dove (CC BY-SA 3.0),

<https://commons.wikimedia.org/w/index.php?curid=1932407>

Easter Egg cookies (CCPD) <https://www.publicdomainpictures.net/en/view-image.php?image=272&picture=easter-eggs-biscuits>

Christmas Cookies (CCPD)

<https://pixabay.com/photos/cookie-christmas-cookies-cookies-3835993/>

Making cookies, Photo credit: Oksana Geenen



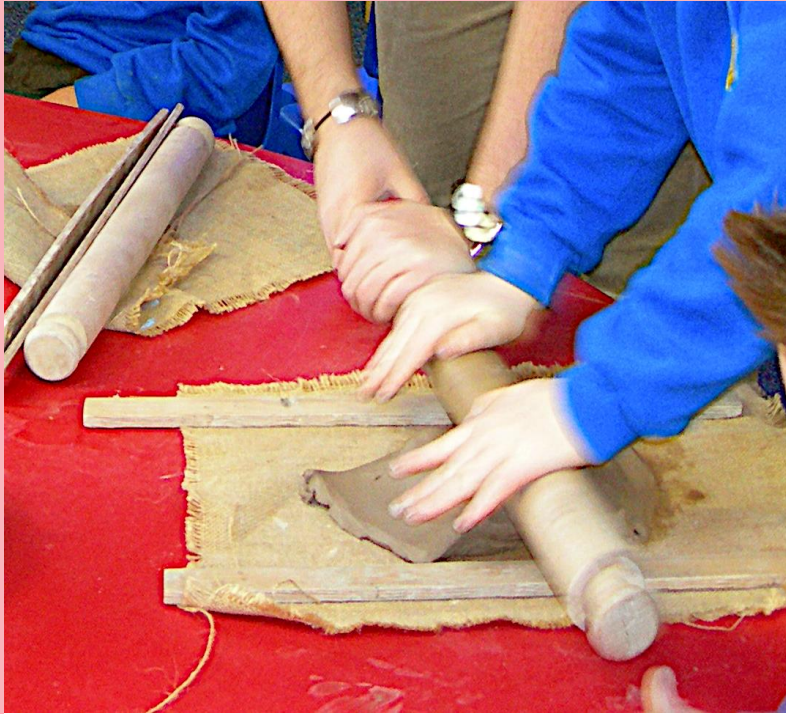
# Level 1 & 2 Learning Activities: Playdough Cookies

- ▶ Make cookie shape designs into sculptures using coloured plasticine or playdough.
- ▶ Playdough: 2 cups plain flour, 2 tablespoons vegetable oil,  $\frac{1}{2}$  cup salt, up to 1.5 cups warm water (adding bit by bit until it feels just right), food colouring. Mix together & knead until smooth and workable. [https://www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child/messy-play/?gclid=EAlaIQobChMI\\_6P3xJi54QIV77\\_tCh07ogjqEAAAYASAAEgl8Q\\_D\\_BwE&gclsrc=aw.ds](https://www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child/messy-play/?gclid=EAlaIQobChMI_6P3xJi54QIV77_tCh07ogjqEAAAYASAAEgl8Q_D_BwE&gclsrc=aw.ds)





# Level 2 Learning Activities: Clay Food



- Roll out clay using rolling pin/hand
- Use vegetable scraps & other materials to create texture
- Model with clay to create a plate of your favourite food.
- Dry clay and fire & glaze, or paint & varnish.
- Resources: clay, rolling pin, texture



# All Levels Learning Activities: Wedding Celebration Cakes



Croquembouche French Wedding Cake

[Eric Baker \(CC-BY-SA-3.0\)](https://commons.wikimedia.org/wiki/File:Croquembouche_wedding_cake.jpg)

[https://commons.wikimedia.org/wiki/File:Croquembouche\\_wedding\\_cake.jpg](https://commons.wikimedia.org/wiki/File:Croquembouche_wedding_cake.jpg)



UK Wedding Cake (CCBY 2.0)

[https://commons.wikimedia.org/wiki/File:Wedding\\_cake\\_with\\_pillar\\_supports,\\_2009.jpg](https://commons.wikimedia.org/wiki/File:Wedding_cake_with_pillar_supports,_2009.jpg)



Indian Wedding Cake (CC BY-SA 4.0)

[https://commons.wikimedia.org/wiki/File:Indian\\_wedding\\_ceremony\\_103.jpg](https://commons.wikimedia.org/wiki/File:Indian_wedding_ceremony_103.jpg)

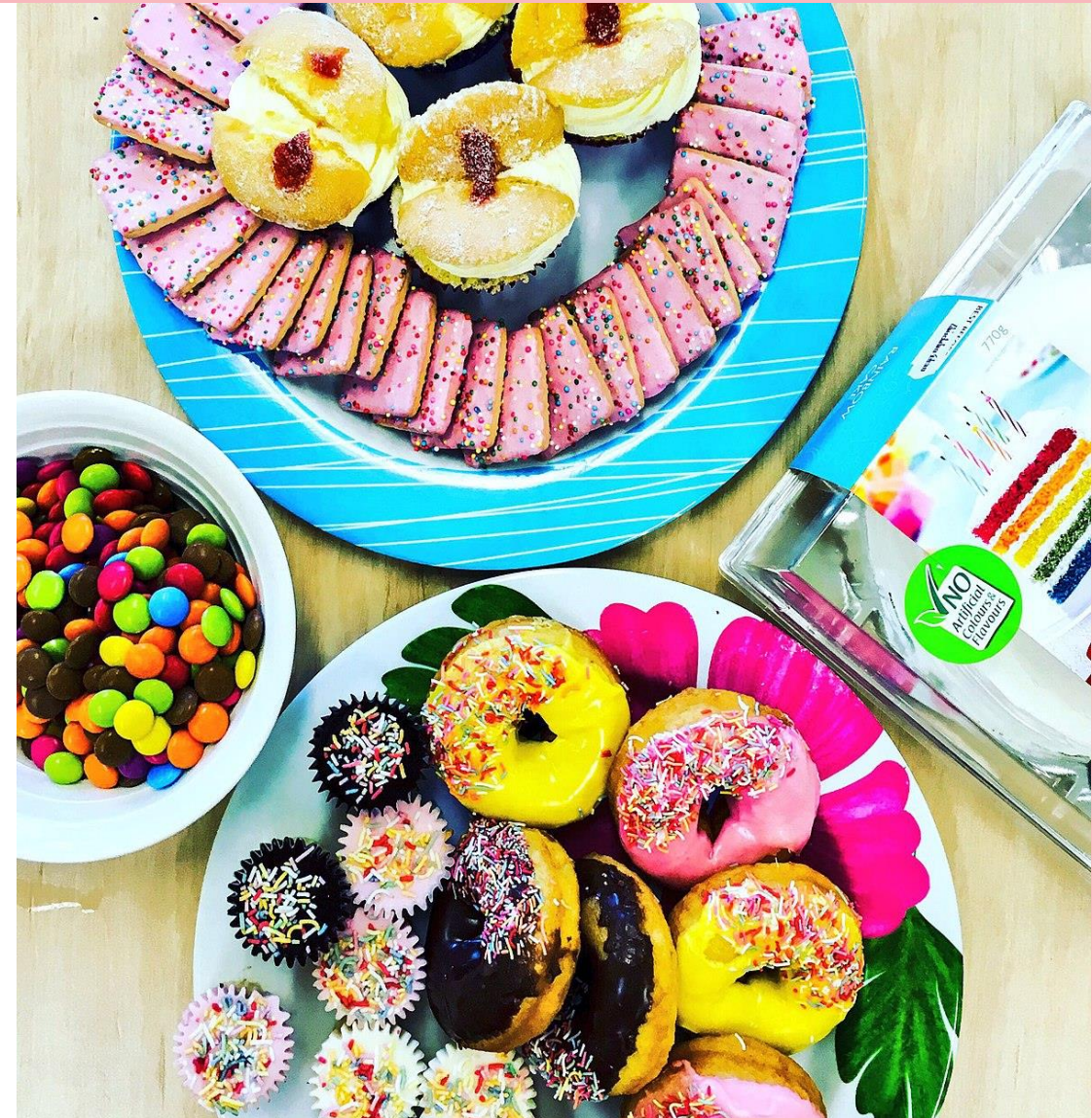
**\* Share: what are your culture's traditional Wedding cakes, food and celebrations?**



# Level 3 Learning Activities: Celebration Cake Sculptures

**Make these fun sculptural cakes out of recycled materials:**

- ▶ **Giant Cup-cake:**  
<https://www.youtube.com/watch?v=hJUEMxzwL2A&app=desktop>
- ▶ **Paper Mache Doughnuts:**  
<https://www.youtube.com/watch?v=hJUEMxzwL2A&app=desktop>
- ▶ **Two Layer Cake:**  
<https://www.youtube.com/watch?v=tm0KdZoB2pl&app=desktop>
- ▶ **Resources:** recycled card, newspaper, tissue paper, glue, glitter, scissors





# All Levels Event : Global Food & Culture Sharing

- ▶ Organise an event in your school/centre where everyone's food and celebration culture can be shared.
- ▶ Arrange music, poetry, performance and exhibitions of artwork to accompany food sharing.



**Langtrips Multilingual Festivals, Greece  
(Photograph: Langtrips)**



# Further Learning Resources:

- ▶ CNN World Best Food Cultures:

<https://edition.cnn.com/travel/article/world-best-food-cultures/index.html>

- ▶ Global Gastros:

<https://globalgastros.com/food-culture/globalization>

- ▶ Traditional Food & Languages:

<https://www.funwithforeignlanguage.com/traditional-food-around-the-world/>

- ▶ Food in Every Country:

<http://www.foodbycountry.com/>