



## Literacy KS 3

## Belonging & Identity

### The Social Diet

The school canteen has decided to devote one day a week to presenting a menu that will reflect the life style of different individuals or groups of people.

Your task is to produce a menu of your own for this purpose.

For example you may be able to choose 'The Buddhist Monk' menu, 'The Arctic Explorer' menu or 'The Spanish' menu.

You will need to help with the research and writing of these menus.

1. Choose a country.

Find out what the traditional food is and investigate its nutritional value.

Is the food high in carbohydrates?

What sources of protein are there?

What fruit and vegetables does the country produce?

2. Write a menu that would use food associated with this country.

Using the format of Starter, Main course and Dessert.

Try to make sure your menu is nutritionally balanced.

3. Choose an individual and design and write a menu for them that would suit their lifestyle.