

Buono Appetito (from the recording, Hello World)



Food Glossary

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| Dom Yam Gai | chicken and coconut milk soup (Thailand) |
| Congee | rice soup (East Asia) |
| Foongi | dumplings with cornmeal, okra, chili and margarine (West Indies) |
| Hummus | a bread dip made from chick peas (Middle East) |
| Kimchee | pickled cabbage (Korea) |
| Pu-pu | appetizer tray (Hawaii) |
| Poi | taro root paste (Hawaii) |
| Galina mnwamba | chicken dish (Angola) |
| Fufu | plantain balls (Ghana) |
| Yassa | spicy marinated chicken in onion sauce (Senegal) |
| Churrasco | barbeque (Southern Brazil) |
| Chicken Satay | Chicken strips with peanut sauce (Thailand) |

The origins of the foods in the songs are listed above. They have all been eaten by Red Grammer. Red is an adventurous eater and these are only the highlights of his “life list”!

Basic Theme: “Buono Appetito” is a celebration of the wonderful variety of food that we have in the world. Its underlying theme is “...from all kinds of places, in all kinds of lands, made with love and attention by all kinds of hands...”

Discussion Ideas:

1. Every family and every culture has special foods. Discuss the favorite foods of the children in the class. We all like to share the things we love. People everywhere like to share their favorite foods. We feel accepted, appreciated, and loved when others eat our food. One of the ways that children (and adults) can make the world a better place is to be open to trying foods that are different. Share stories of times children have tried different foods. What did they think? How did they respond? How did the host respond?
2. It is easy to think that everything that we have is American. Where did pizza come from? Where do tacos come from? What is an American meal? If you had a friend visiting from another country and he/she wanted a truly American meal what would you serve them?

3. For older groups this song is a good starting point to discuss cultural assimilation. What is it? How does it happen? How do we bring new food into our country and make them our own? What is the role of advertising and fast food? Magazines? TV talk shows? What about personal experiences? What happens when large groups of people seek refuge in the United States?
4. How does it feel to be served food that is really different from what you are used to? How did you behave? What would you do if you really didn't think you could eat it? What do you do when you eat at a friend's house? Is it polite to take your own food?

Activities:

1. **Lists are lots of fun!** Many people keep "life lists" of all the birds that they have seen, or all the books that they have read, or all the places that they have been. Have the children make a life list of foods that they have eaten. Older children can make the list be foods that have an origin outside of the United States. Start with a class list and divide into research teams to find the origins of common foods like pizza, tacos, spaghetti, pita, bagels, corn bread, etc.
2. **Common Ground:** Many of us have dishes that we enjoy and call our own. Other cultures have similar dishes for which they claim ownership. Have the children bring in cook books and compare recipes. Irish stew, beef stew. Hungarian goulash and Italian stew. New England boiled dinner. Fish chowders from coastline countries. How many of them use onions? Oil? Beef? Where do the ingredients come from?
3. **Buono Appetito Classroom Challenge:** Create a tasting party. Ask parents to help hunt down recipes and prepare these dishes. Of course, they are invited to share in the tasting. This is a challenge. See how close you can come to finding them all. See how close each person can come to trying them all. This is a good activity for Universal Children's Day or United Nations Day. Both are in October.
4. **What Do You Say?** Have each child draw a picture of his/her family eating their favorite meal. Use cartoon balloons and write what each person says when they have finished the meal.
5. **Let's Look at Buono Appetito:** Write each food listed in the song on a small piece of paper. Have the children place each piece of paper in an appropriate spot on the world map. Use life lists and favorite food lists and post them on the map as well.
6. **Special Guests:** Invite parents or community members to come to your class and talk about the food of their country and of course, share samples. Invite local chefs from restaurants to come and talk about their training or schooling, their work and careers in the food industry.