**Foods from Around the World Project**

* Everyone eats, but not everyone eats the same things, and the differences in diet from one culture to the next can be very dramatic. This project will teach you the basics of nutrition while integrating cultural awareness.
* You will choose a culture, research their food, and create a menu from the country of their choice [AND *MAYBE* prepare a national dish for another World Cultures class lunch?]

**Part 1**: Research a country or a culture of your choice 🡪 CHOICE DUE WEDNESDAY

[***Food in Every Country***](http://www.foodbycountry.com/) website

**Part 2**: Create a Menu

The menu should have the following categories:

* Breakfast, Lunch, Dinner, Dessert & a Beverage
* Name of the food/beverage in each category and brief description of the food.
* The total calories of each food item.
* Picture of the food item.



**Part 3**: Nutritional information for DINNER on your menu

Create a Nutritional Information List. This list should include the following:

* Food Name
* Serving Size
* Calories per Serving
* Total Calories
* Calories from Fat
* Grams of Carbs, Protein & Fats
* Sugar in grams



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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Nutritional Facts | Serving Size | Calories per serving | Total Calories | Total Calories from Fat | Carbs  (grams) | Protein  (grams) | Fats  (grams) | Sugar  (grams) |
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