

Food & Cultural Traditions: School Lunch Around the World

Pre-Intermediate (A2-B1)



WARM-UP

Part 1. Look at the words below. What's the first thing that comes to mind? (It can be a food, a feeling, a memory, or just one word.)

School lunch

Part 2. Think back to your school days and discuss the following questions.

1. What did you usually eat for lunch at school?
2. Did you like it or dislike it? Why?
3. Did everyone eat the same food, or did students bring food from home?

Part 3. Read the statements. Which one do you agree with most? Explain why.

- School lunch should be healthy.
- School lunch should be filling.
- School lunch should be tasty.
- School lunch should be cheap.



VIDEO ACTIVITY

Part 1. You are going to watch a video called “What School Lunch Looks Like Around the World.” Look at the list of countries below and choose three. Discuss what you think school lunch is like in those places.

France	Japan	Nigeria	Finland
South Korea	Ethiopia	Hawaii	Ukraine
USA	Italy	Thailand	China
Brazil	India	Guatemala	Israel
Trinidad & Tobago	Hong Kong	UK	Mexico
Australia	Norway	Pakistan	

Part 2. Watch the video. As you watch, notice anything that surprises you. Which three countries surprised you the most? Was anything different from what you expected?

Part 3. Watch the video again.

Part 4. Match the country with the idea it shows about food and culture.

Japan	Finland	Italy	Brazil
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1. Food as part of learning and routine
2. Food from local farmers
3. Free school lunches for all students
4. High nutrition standards (70% organic)

Discuss:

- What does this show about each country?
- Do you think this would work in your country? Why or why not?

VOCABULARY & SPEAKING

Part 1. Read the sentences from the video. The words in bold are useful for talking about food. Match each bold expression to its meaning.

1. French students can expect up to a **four-course meal** at lunch.
2. Students in Nigeria are fed **well-balanced meals** each day.
3. The law ensures **high nutrition standards**.
4. Students eat off steel trays with clear **portion sizes**.
5. Meals in Ethiopia are often **plant-based**.
6. Indian students enjoy **seasoned**, flaky bread.
7. Food can include classic **takeaway comforts**.
8. The meat's **texture** is almost spreadable.

- A. flavoured with spices
- B. how big each serving is
- C. strong rules about healthy food
- D. how food feels when you eat it
- E. food without meat
- F. food with several different dishes
- G. popular fast or comfort food
- H. healthy food with different nutrients

Part 2. Complete the sentences with your own ideas, then explain.

1. I think a **four-course meal** is...
2. It is important to eat **well-balanced meals** because...
3. Having **high nutrition standards** at school is important because...
4. Good **portion sizes** help students because...
5. **Plant-based** meals are popular in some countries because...
6. Food that is well **seasoned** usually tastes...
7. My favourite **takeaway comforts** are...
8. The **texture** of food is important to me because...



Part 3. Discuss the questions below.

1. What do school lunches say about how a country treats children?
2. Do you think school food is about food, care, or education?
3. Should governments decide what children eat at school?

REFLECTION

Complete the sentences with your own ideas.

1. One school lunch from the video I want to try is _____.
2. One thing I learned about food and culture is _____.
3. One thing I would change about school lunches is _____.

