



INTERNATIONAL CUISINE TO GO

Developed with Cheryl Scott
Solon Center for the Arts, Solon, OH
Grades K-5

TIME REQUIRED

60-75 minutes

ART STANDARDS

- Big Idea **VA.2.H:** Historical and Global Connections
- Enduring Understanding **1 VA.2.H.1:** Through study in the arts, we learn about and honor others and the worlds in which they live(d).
- Enduring Understanding **2 VA.2.H.2:** The arts reflect and document cultural trends and historical events, and help explain how new directions in the arts have emerged.



VOCABULARY

Bento box: a container in which a meal is stored for convenient travel (bento means “convenient” in Japanese). Typical foods found in bento boxes include rice, fish, noodles, fruits, and vegetables arranged in ways that depict animals, people, or favorite characters.

INTRODUCTION

Introduce to students the concept of a bento box (single portion take-out or home-packed meal common in Japanese cuisine consisting of rice, fish, or meat with pickled or cooked vegetables in a box-shaped container) before construction. Explain to students that they will be making their own bento box containing two sushi rolls, shrimp sashimi, rice, and a surprise candy package.

BENTO BOX

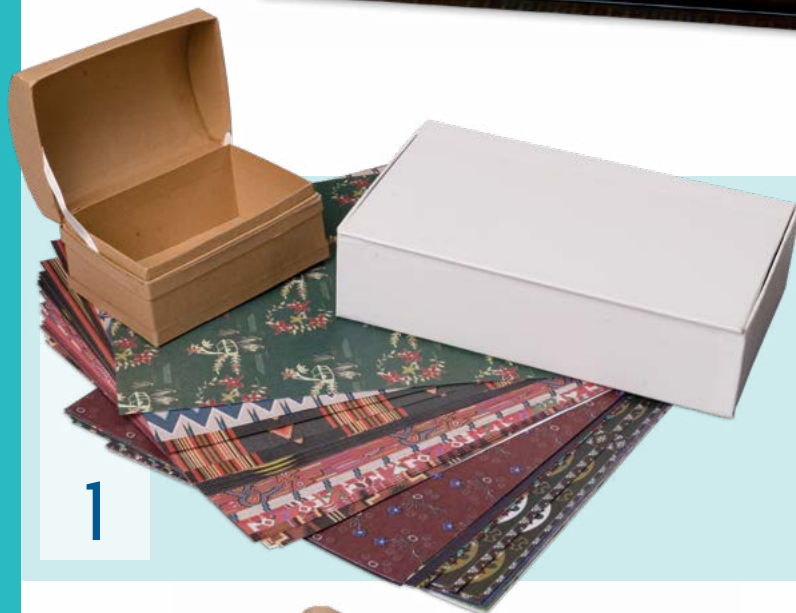


DIRECTIONS

1. Glue collage paper onto or paint the exterior of the cardboard box or container to create the actual bento box.
2. Students should now make two sushi rolls. For the seaweed exterior of each sushi roll, cut the cardboard tube into 1" lengths. Next, cut a strip of dark green construction paper slightly wider than the cardboard tube, wrap the paper around the outside of the tube, and glue. Fold the excess paper over the top edge of the tube.
3. Next, create the fillings and toppings for the sushi rolls. Cut felt strips the width of the cardboard tube. Use colored felt for the fish interior: red for tuna, coral for salmon, and pink for shrimp. Roll a half strip of colored felt, then wrap a full strip of white felt around the color center (white for rice), slide the strips into the tube, and trim. Use miscellaneous items to make fish eggs, sesame seeds, green onions, seaweed, etc. to add to the top of the sushi rolls for toppings. (NOTE: Crayola® Model Magic® can be used in lieu of felt for fillings.)
4. To make the shrimp sashimi, wrap a 1" x 3" piece of cardboard with pink tissue paper, add stripes and tail details with pink foam sheet or pink construction paper, then add antennae and eyes on the shrimp.
5. For the rice, wrap a bunch of shredded paper with a rubber band or a green seaweed ribbon, then glue the shrimp on top.
6. Wrap tissue paper around a piece of crushed paper, then tie with ribbon to fashion the wrapper for the surprise candy package.

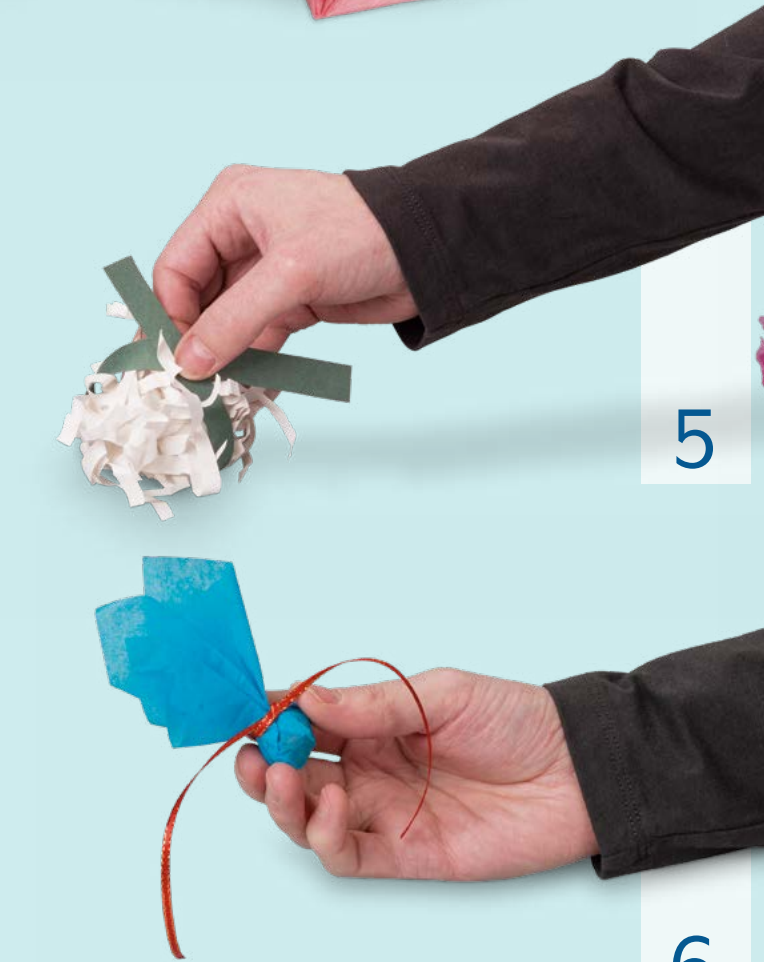
FINAL TOUCHES

1. Fill in extra spaces with tissue, noodles, or other Asian food items. Glue above items inside box.
2. Cut cardboard into two long skinny triangles for chopsticks. Join the chopsticks with a ribbon and glue with the chopsticks sticking out of the food container.





4



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FINAL TOUCHES



EXTENSIONS

Extend the lesson as long as you like by introducing take-out foods from other cultures, or allowing students to construct familiar take-out foods. Many foods can be constructed by adapting the instructions listed at left. Some examples include:

- Tacos
- Take-out Asian food consisting of a container stacked high with rice noodles, tofu, and vegetables.
- Plate of spaghetti (shredded paper) and meatballs (cardboard) piled high. Add a fork.
- Sub sandwich with lunch meats and cheeses. Add a toothpick with an olive.
- Hamburger on a sesame seed bun with cheese, onions, tomato, mustard, and ketchup.



HISTORICAL/CULTURAL HERITAGE

Compare content in artwork from the past and present for various purposes such as telling stories and documenting history and traditions. Compare selected artwork from different cultures.



MATERIALS LIST

- Cardboard Box or Container —
Decorate Me™! craft box, 8½" x 5" x 2" — 9718476
Papier-Mâché Trunk, 4⅞" x 3⅜" x 3" — 9728354
- Nasco Country School™ Construction Paper, dark green, 9" x 12", 100 sheets, 55 lb. — 9742171(G)
- Felt Pieces, 9" x 12" — White [9730008(H)], red [9730008(F)], orange [9730008(D)], and pink [9730008(E)]
- Spectra® Deluxe Bleeding Art Tissue™, baby pink, pkg. of 24, 20" x 30" — 9701228(A)
- Deluxe Art Tissue™ Assortment, 10 assorted colors, pkg. of 50, 12" x 18" — 9701231
- Ribbon Value Pack, 40 yards — 9705780
- Elmer's® Washable School Glue, 4-oz. bottle — 1100269
- Nasco Budget White Sulphite Drawing Paper, 500 sheets, 12" x 18", 60 lb. — 9700925
- Pacon® Tru-Ray® Fade-Resistant Construction Paper, 50 sheets, 9" x 12", 76lb. — Warm brown [9708565(V)] and black [9708565(J)]
- Standard 1" Bottle Caps in Assorted Colors, pkg. of 200 — 9731318
- DecoPuffs® Tissue Poms, pkg. of 300, 5½" x 5½" — 2100318
- Bulk Button Assortment, 1-lb. bag — 9703840
- Mixed Beads, 1-lb. bag — 9729369
- Royleco® Global Village Design Paper, Pkg. of 48 — 9716418
- Kraft Corrugated Sheets, 25 sheets, 32" x 40" — 9730452
- Shredded white paper
- Noodles
- Black or red beans
- Cardboard scraps
- Foam sheet scraps
- Pink and black foam sheets
- Cardboard tubes (toilet paper or paper towel tubes)



SEL POWER-UP REFLECTION

Suggested questions for an SEL-focused discussion after you finish your creations.

GROUP REFLECTION:

1. What are common foods we eat to go? How are they similar or different to the bento box?
2. Is eating to-go food always a healthy option?
3. Would a bento box be healthy to eat?
4. Why do you think different cultures eat different foods?
5. How do you behave when you have the chance to eat new kinds of food? Why?
6. How did you decide on what your bento box decorations would look like?
7. What does the packaging of food tell us about what is inside the package?

SELF-REFLECTION:

1. Did I try my best on this project?
2. How did I feel as I worked on this project?
3. What role does art play in my life?

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