



INTERNATIONAL CUISINE TO GO

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

TIME REQUIRED

60-75 minutes

OBJECTIVES

Students will...

- Big Idea: Historical and Global Connections
- Enduring Understanding: Through study in the arts, we learn about and honour others and the worlds in which they live(d).
- Enduring Understanding: 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 favourite 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.

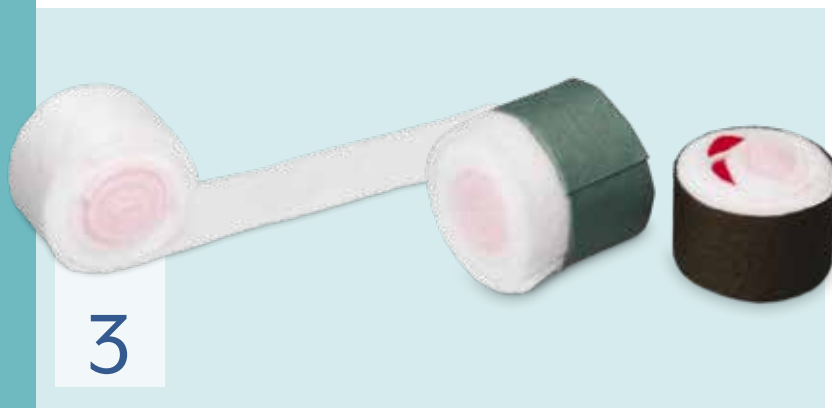
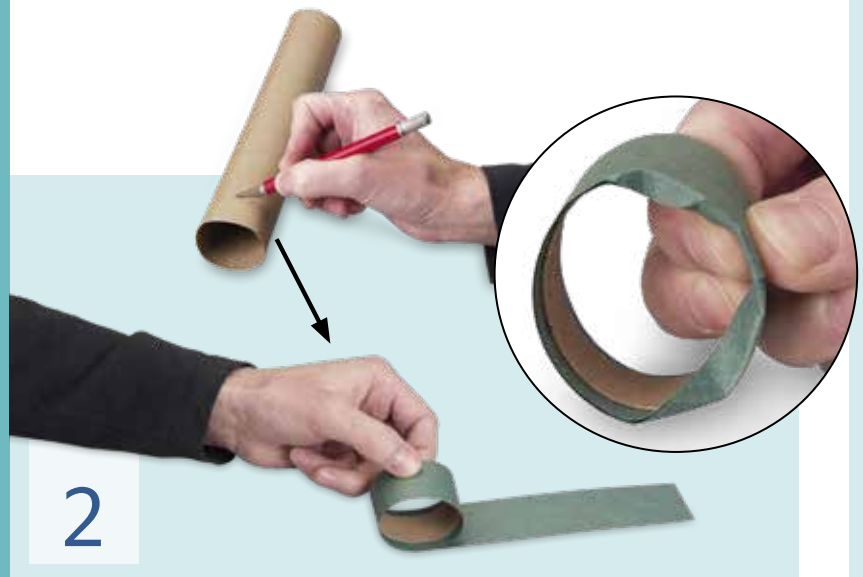
DIRECTIONS

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 coloured felt for the fish interior: red for tuna, coral for salmon, and pink for shrimp. Roll a half strip of coloured felt, then wrap a full strip of white felt around the colour centre (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.

BENTO BOX





4



5

6

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.



MATERIALS LIST

- Cardboard Box or Container —
Decorate Me™! craft box, 8½" x 5" x 2" — [9718476](#)
Decorate Me™! craft box, 2-½" x 4-½" x 4-½", pkg. of 24 — [9722053](#)
- Nasco Country School™ Construction Paper, holiday green, 9" x 12", 100 sheets, 55 lb. — [9730054U](#)
- Felt Pieces, 9" x 12" — White [[9730008H](#)], red [[9730008F](#)], orange [[9730008D](#)], and pink [[9730008E](#)]
- Spectra® Deluxe Bleeding Art Tissue™, baby pink, pkg. of 24, 20" x 30" — [9701228A](#)
- Deluxe Art Tissue™ Assortment, 10 assorted colours, pkg. of 50, 12" x 18" — [9701231](#)
- Ribbon Value Pack, 40 yards — [9705780](#)
- White Washable Glue, 120mL — [240466](#)
- 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 [[9708565V](#)] and black [[9708565J](#)]
- DecoPuffs® Tissue Poms, pkg. of 300, 5½" x 5½" — [220287A](#)
- Bulk Button Assortment, 1-lb. bag — [9703840](#)
- Pony Beads, Opaque, Pkg. of 1,660 — [9716530](#)
- Shizen Decorative Handmade Papers. - 1-lb. Value Pack, 8-½" x 11" — [9729763](#)
- Bottle Caps in Assorted Colours
- 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)

HISTORICAL/CULTURAL HERITAGE

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

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