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## Good Morning! A Jordanian Breakfast Webquest

Exploring culture through breakfast foods



Photo Credit: S. Makielski

### Description

Breakfast is often seen as the most important meal of the day. Traditional breakfast foods often reflect the availability of local agricultural products, the local climate, and religious practices. The exploration of a typical Jordanian breakfast through a webquest will provide a greater understanding of the Jordanian culture and the geographical features that help to shape this southwest Asian country.

### Subject

Social studies, geography, health, science

### Time Required

This activity can be completed in 1 class period.

### Materials

Graphic Organizer  
Access to technology

## **Objectives**

Students will

- .....Identify key food items that make a typical Jordanian breakfast
- ....research geographical features and religious practices that shape a typical Jordanian breakfast
- .....collect 3 different recipes to potentially make a Jordanian breakfast

## **Procedure**

### **Part one: formative tasks**

To introduce or review a healthy breakfast, have students share examples of breakfast foods they eat in the United States. As a reminder of why breakfast is important, watch the following video: [Why is a Healthy Breakfast the Most Important Meal of the Day?](#) Review the key attributes of a healthy breakfast. In addition to looking at what makes a healthy breakfast, discuss the key geographical factors (climate, common agricultural products, local practices, etc.) that shape an American breakfast.

### **Part two: action project**

1. Locate Jordan on a map ([World Atlas](#)). Discuss/review what students know about southwest Asia.
2. Have students analyze the breakfast food image on the [Jordanian Breakfast Webquest](#) as a group or independently.
3. Review the guiding question which will focus the students in their research .
4. Have students complete the [Jordanian Breakfast Webquest](#) independently or in pairs.
5. Upon completion of the webquest, have students respond to the guiding question in an extended response.

## **Support Materials**

Use the following resources to provide the educator with additional background information to reinforce the importance of eating a healthy breakfast.

[Rise and Shine: What kids eat around the World](#)

[Fuel Up with Breakfast Lesson Plan](#)

[What does the world eat for breakfast?](#)

## [Why is a Healthy Breakfast the Most Important Meal of the Day?](#)

### **Extension Ideas**

\*Compare a Jordanian breakfast with that of an American breakfast

\*Prepare and serve a Jordanian breakfast

\*Take this project global by partnering with a school in a different country. Have them complete a similar webquest for their own country and then trade. Students will quickly discover the many similarities that exist in our global community.

\*Break bread with a school in a different country by hosting a Jordanian breakfast and Skyping or Facetiming the breakfast with the partner school.