

Mars Habitation

Lesson 16: MENU FOR MARS



Objectives:

- Students will create a Menu for their martian community
- Students will consider a balanced diet and what foods they will need to sustain themselves on Mars.
- Students will note different foods in different cultures around the world, and consider which they would like to take with them.

Time: 2 hours

Materials:

- Restaurant menu examples – can be found on internet, or from actual restaurant. (try to have a variety of food types, Mexican, Chinese, Homestyle, etc.)
- Microsoft Word – within the “Project Gallery” there is a “Menu” template
- Large piece of poster board, or large place to write in front of class

Prepare:

- Acquire Restaurant Menu Examples
- Ensure that you have Microsoft Word on the computer
- Make two columns on board or poster board – label one : “Anytime food” the other “sometime food”

Activity (step by step)

STEP 1: Recap from Last Session

1. Ask students to remember what four key elements you are focusing on (Language, Food, Clothing and Music).
2. Explain that today you will be focusing on the food you will eat on Mars and will create a new martian menu.

STEP 2: Discussion/Intro activity

1. Display the examples of different menus you found from the internet and/or local restaurants. (you could let students explore the web to find their own websites. . . up to instructor) Let students explore. Discuss.
2. Guiding Questions
 - a. What cultures are represented by the menus today?
 - b. Why is food important to a culture?
 - c. Can you think of any food specific to a culture that is not represented here?
 - d. What kind of food is common to our culture? Our time?
 - e. What food might we eat on Mars?
3. Explain that food's primary role in our life is to nourish our bodies, help us grow and keep us healthy. Point out that some foods are good for us and can be eaten "anytime" while other foods are not as good for us and should be eaten only "sometimes." Have students give examples of "sometimes" and "anytime" foods.
4. Put students into pairs and assign one menu per student pair
5. Have students identify the items in the menu as "anytime" or "sometime" foods.
6. Each student pair should place 3 or 4 items from their menu on the chart at the front of the room in the appropriate category.
7. Discuss the student's decisions.

STEP 3: Activity

1. Assign each student pair a different section of a typical menu: Appetizers, Entrees, Sides, Dessert, Drinks, Salads. . . (Adjust for the number of students you have, but ensure that you include entrees, drinks, Dessert)
2. Explain that students are designing a menu for the first Mars inhabitants. Explain that most of the food the first “martians” will eat will be food that they bring with them –so this menu must be diverse enough and interesting enough to keep everyone happy.
 - a. Also remind students that there must be plenty of foods from the “anytime” category to keep the first mars inhabitants healthy.
3. Give students time to come up with their menu items – using paper, pens, markers, whatever is available.

STEP 4: Recap

1. What did students consider as they were choosing foods to put in the menu?
2. Were there any foods that they wanted to include but didn't? Why not?
3. What is different or special about the food they chose to take to Mars from the food that they regularly eat here on Earth?

STEP 5: Writing

Remember that you can write your book however you want. These writing lessons are to provide structure if they students do not know where to start.

- If you are writing a narrative think about how food is not only sustenance, it is comfort. Think about your favorite thing to eat on Mars. Is it something you grow there? Is it something from home? Maybe you are missing something from life on Earth – Takis? Barbeque? KitKat bars? Write about how you are feeling. Is it the same thing day after day? Do you eat special things on special occasions?
- If you are writing letters, Tell your Earth pen pal about what you are eating and if it is from home or you are growing it yourself. Are you trying to recreate a favorite dish

from home like Mac and Cheese with limited ingredients? Maybe cheese powder?
Does it taste different? Maybe food on Mars is more delicious because you make it
yourself.

- If you are writing an ABC book use M for menu or F for food and tell us what you eat
every day or how difficult it is to grow food on Mars. Maybe choose something from
your garden on Mars, Z for zucchini or choose something you miss from home like P for
peanut butter.