



# EAST ASIA!

## 45 MINS-1HR

- Use world maps, atlases and globes to identify the United Kingdom, as well as the countries, continents and oceans studied at this key stage.
- Use simple compass directions (North, South, East and West) and locational and directional language [for example, near and far; left and right], to describe the location of features and routes on a map.
- Locate the world's countries, using maps to focus on Europe (including the location of Russia) and North and South America, concentrating on their environmental regions, key physical and human characteristics, countries, and major cities.
- Understand and apply the principles of a healthy and varied diet.

## LEARNING OBJECTIVES

- PowerPoint presentation for the lesson.
- Different types of cabbages – white, red, Savoy, Chinese etc.
- Coloured pencils.



## RESOURCES

1. If applicable, recap on the previous lesson and geography points, asking children to share some of the knowledge they learnt and locating the area on a World Map.
2. What place do you think this is?
3. What do you already know about countries of East Asia?
4. Ask the children to locate the East Asia on a World Map and then specifically key countries such as China, Japan, Mongolia, Taiwan and South Korea bringing in vocabulary such as East and West to refer to other countries that the children may have heard of.
5. Talk to the children about the type of food that East Asia is known for:

China and East Asia are amongst the most ancient empires in the world. The food and its culture have reached the furthest corners of the globe. For thousands of years each region of this vast area created their own individual cuisines and customs. Their histories, climate, agriculture and ingredients all contributed to the individual cuisines of places such as China, Japan, and Korea.

Tea, chopsticks and ingredients like soy are all elements shared by these areas. White rice is common for many of these regions but wheat noodles are more popular in the north. Cabbages are a key ingredient in this area's cuisine. In South Korea it is the main ingredient in kimchi which is a fermented 'salad' that is very good for your health.

## LESSON OUTLINE

## CONT...

## Activity

1. Get the children to sit in a circle on the carpet and place the different types of cabbage in the centre of the circle. Talk to the children about the types of vegetables that are in the centre of the circle. Can the children see what they all have in common? The children will hopefully mention that they are all types of cabbage. Tell the children that they are all part of the brassica 'family' of vegetables.
2. Ask some children to take one of the cabbages. Whilst holding the cabbage, describe some of its properties. Highlighting the texture of the cabbage, write down the words that are used such as bumpy, smooth, rugged etc. These can be added to the word bank that is collated.
3. Once all of the children have had the opportunity to describe how the cabbages feel, cut open each of the cabbages and pass them round again. Ask the children to give similes of what the inside of the cabbage looks like, for example, 'The cabbage looks like the inside of a brain.' These words and phrases can also be collected in the word bank.
4. Children can then get into small groups at their tables with one of the cabbages and using pencil crayons, create a picture of the inside of the cabbages. Use the word bank to include words and phrases to put around their image.

## Filling in the lesson information on their map

From the information shared in the lesson today, fill in the box on the children's individual world map that relates to East Asia.

## LESSON OUTLINE

Investigate how some people in countries use cabbage in their fermented foods such as sauerkraut and kimchi. Take a look at the health benefits of these food and the other ingredients that are used to create them.

## EXTENSION ACTIVITIES/HOMEWORK



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