

Chapter 19 Nutrition and Wellness

Section 19.2 Healthful Eating



Social Studies Dietary Guidelines around the World

NCSS I E Culture Demonstrate the value of cultural diversity, as well as cohesion, within and across groups.

Directions Like “MyPyramid” in the United States, cultures around the world have developed dietary guidelines to help ensure that people eat the right foods. Read the paragraph about Armenia and answer the questions based on MyPyramid guidelines.

Typical Armenian Meals

Armenia is a Eurasian country that borders Turkey to the west and Iran to the south. Armenians typically enjoy grilled pork, beef, mutton, and chicken. Armenian meals feature fruits and vegetables grown in the region and readily available, such as apricots, cherries, peaches, figs, pears, cucumbers, cabbage, peas, carrots, lettuce, spinach, and peppers. Wild rice and wheat are important grains in Armenia and have been a staple for more than 10,000 years.

Armenian breakfasts are much like typical breakfasts in the United States and Canada. They may include bread and jam, omelets, pastries, and yogurt. Armenian breakfasts may include cold meats, pickled vegetables, and fish. Lunch in Armenia is usually a lighter meal and is traditionally served between 5:00 and 7:00 in the evening, after people return from work. Dinner may be up to 5 courses and may be served in restaurants until midnight. Dinner courses include salads, cheese, and bread as appetizers, then soup, followed by a main course of meat or fish. Fruit and dessert come last, and may be enjoyed with coffee and small sweets.

1. What part of the typical Armenian diet contributes to the grain portion of MyPyramid?

2. When do Armenians usually eat the fruit portions of MyPyramid?

3. Why are cucumbers, cabbage, peas, carrots, lettuce, spinach, and peppers so common in Armenian meals?

4. What types of dairy products do Armenians consume to fulfill the milk portion of MyPyramid?

5. What protein sources are common in Armenian meals?
