

Discipline	Topics to Be Adopted in Curricula	Practice Examples
Biology	<ul style="list-style-type: none"> <li>Plants/herbs that are part of important ingredients for a specific ethnic group</li> </ul>	<ul style="list-style-type: none"> <li>Corn as a staple food for Mexicans</li> <li>Rice as staple food for Asians</li> <li>The origin of red chili pepper</li> <li>Spices from India</li> </ul>
Chemistry	<ul style="list-style-type: none"> <li>Chemical compositions for a specific dish or a sauce</li> </ul>	<ul style="list-style-type: none"> <li>Vietnam fish sauce</li> <li>Soy sauce</li> <li>Mexican salsa</li> </ul>
Geography	<ul style="list-style-type: none"> <li>Climate impact on staple foods around the world</li> <li>Different levels of hotness in spicy cuisine in different regions</li> </ul>	<ul style="list-style-type: none"> <li>Rye bread in Russia</li> <li>Difference among varieties of rice across South Asia and Southeast Asia</li> <li>The relationship between the level of hotness of spices and the summer air temperature</li> <li>Hot peppers and health benefits</li> </ul>
Geology	<ul style="list-style-type: none"> <li>Using food analogies and demonstrations to connect geology with everyday experiences</li> </ul>	<ul style="list-style-type: none"> <li>Heat tomato soup to illustrate convection</li> <li>Uncooked linguini noodles to demonstrate elastic and brittle deformation<sup>4</sup></li> </ul>
Mathematics	<ul style="list-style-type: none"> <li>Use food-related examples in problem-solving questions</li> </ul>	<ul style="list-style-type: none"> <li>The amount of water needed to grow a type of plant</li> <li>Number of plants needed to feed a community of various sizes<sup>3</sup></li> <li>Energy consumption differences among different cooking methods</li> </ul>
Nutrition science	<ul style="list-style-type: none"> <li>Nutrition study for ethnic dishes (lipids, proteins, carbohydrates, calories, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Soups from different countries: Tortilla soup, Minestrone, Tom Yum, French onion soup, etc.</li> </ul>