

# Junior Lesson Plan 6 - Cheeses of Europe

## Objective:

To help pupils understand about the different types of cheeses from around Europe.

Duration: 30 minutes (approximately).

## Curricular Links:

SESE (Geography) → Human environments → People and places in other areas

## Words of the Day

**Europe:** A group of countries on the European continent (a very big area of land).

**Traditions:** The way a group of people have normally done things for a long time.

**Produced:** To have made something.

## Classroom Discussion

Discuss the following with your pupils:

1. Where is Europe?
2. What does 'European' mean?
3. Can you name a European country?
4. Have you ever visited a European country?
5. Can you name any foods from a European country?
6. Have you tasted any foods from a European country?
7. Can you name any cheeses of Europe which you've tasted?

## Cheeses of Europe:

It's thought that the making of cheese dates back to more than 4000 years ago. By the time of the Roman Empire, making cheese was already an important business in Europe. As people moved around from country to country they brought their own cheese-making traditions with them.

Cheese is very popular in France, Spain and Italy. Here are three famous cheeses from these countries.

### France - Brie

Brie is a soft cheese which comes from the Brie area of Northern France. It is made from cow's milk. Brie is soft, creamy and yellow on the inside. It has a very strong smell. People have been making Brie for over a thousand years.

### Spain - Manchego

Manchego is a hard cheese which comes from the 'La Mancha' area of Spain. It has been produced there for thousands of years. Manchego is golden in colour and is made from sheep's milk.

### Italy - Parmesan

Parmesan is probably Italy's most famous cheese. It comes from the Parma area of Italy. It's a hard, dry cheese which is often grated and usually eaten with pasta dishes. It is made from cow's milk.



## Activity:

### Cheeses of Europe

Ask your pupils, in groups, to read about the 'Cheeses of Europe' on the [Cheeses of Europe](#) group worksheet. Ask them to discuss each question on the worksheet in their groups. Ask the groups to report back to the class and have a whole class discussion.

### Did you know?

Milk, yogurt and cheese are important sources of calcium, a mineral needed for healthy bones and teeth. (Refer to Lesson Plan 1, 'Healthy Eating').

## Class Activity:

Create a class map 'Cheeses of Europe' pinpointing France, Spain and Italy with their corresponding cheese and flag. You can include other details too e.g. the capital of each country, other typical food from these countries. You can also try to find out about other famous cheeses from these or other European countries and mark them on your class map, too.

### Extension Activities

1. Create a class data chart of favourite types of European cheese.
2. Hold a 'Cheeses of Europe' taste sampling session.
3. Find out about the history of cheese in France, Italy or Spain.
4. Do a class project about cheeses of Europe e.g. Cheese Rolling Festival in England; the word for cheese in different languages i.e. France - fromage, Italy - formaggio, Spain - queso; cheeses which are named after places in Europe e.g. Gruyeres and Emmental in Switzerland.

## Bring it Home

### How are your pupils getting involved?

See the website for suggested ways of encouraging your pupils to take home what they have learned about Cheeses of Europe. As a homework exercise, you can ask your pupils to:

1. Write about their favourite type of cheese.
2. Create a family data chart to show which cheeses of Europe are most popular at home.
3. Design a simple advertisement for Brie, Manchego or Parmesan cheese.