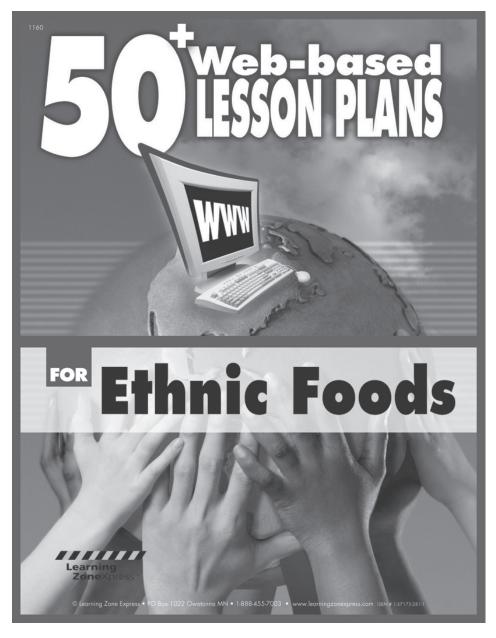


# FOR Ethnic Foods





© Learning ZoneXpress www.learningzonexpress.com 888.455.7003

Teacher Answer Keys added 2011

## A note about websites

Each of the activities contained in this book offers a list of suggested web resources for students to find the answers to the worksheet questions. Please note that website content and addresses are subject to change. Because of this fact, we recommend that the instructor preview the suggested websites to check for appropriate content and website location prior to using the activity. If a website no longer exists, use the other websites listed or have students use a search engine to perform a keyword search to help find the correct answer.

# Ethnic Foods

**Table of Contents** 

Page	Lesson	Pa
5	1 — Culinary Herbs	
9	— ANSWER KEY	
13	2 — Recipes Using Culinary Herbs	83
15	— ANSWER KEY	85
17	3 — Herbal Medicine & Supplements	87
19	— ANSWER KEY	89
21	4 — Spices	
23	— ANSWER KEY	
25	5 — Spice Rubs	91
27	– ANSWER KEY	93
29	6 — Marinades	95
31	— ANSWER KEY	97
33	7 — Edible Flowers	99
35	— ANSWER KEY	
		10
	Holiday Traditions	10
39	8 — Mexican Holiday Traditions	10
41	9 — French Holiday Traditions	
43	10 — German Holiday Traditions	
45	11 — Spanish Holiday Traditions	10
47	12 — Greek Holiday Traditions	10
49	13 — Italian Holiday Traditions	11
51	14 — Russian Holiday Traditions	11
53	15 — Chinese Holiday Traditions	11
55	16 — Jewish Food Traditions	12
57	— ANSWER KEY	12
59	17 — Celebrating New Year's	12
	Around The World	
61	— ANSWER KEY	
		12
	US Regional Cooking	
	<u>Plus Canadian Cooking</u>	13
63	18 — US Regional Cuisine New England	13
65	— ANSWER KEY	14
67	19 — US Regional Cuisine Mid-Atlantic	14
69	— ANSWER KEY	
71	20 — US Regional Cuisine Southern	
73	— ANSWER KEY	
75	21 — US Regional Cuisine Midwest	
77	— ANSWER KEY	
79	22 — US Regional Cuisine West	
	& Southwest	
81	— ANSWER KEY	

Page	Lesson
	US Regional Cooking
	Plus Canadian Cooking
83	23 — US Regional Cuisine Hawaiian
85	— ANSWER KEY
<b>87</b>	24 — Canadian Cuisine
89	— ANSWER KEY
	Latiin American Cooking
91	25 — Mexican Cuisine
93	— ANSWER KEY
95	26 — Mexican Recipes
97	— ANSWER KEY
99	27 — South America The Country
	& Cuisine
101	— ANSWER KEY
103	28 — South American Recipes
105	— ANSWER KEY
	European Cuisine
107	29 — British Isles
109	— ANSWER KEY
111	30 — France
115	— ANSWER KEY
119	31 — Germany
121	— ANSWER KEY
123	32 — Scandinavia
125	— ANSWER KEY
	Mediterranean Countries
129	33 — Spain
	34 — Italy
131	— ANSWER KEY
139	35 — Italian Pizza
141	— ANSWER KEY
145	36 — Greece

Page	Lesson
	<u>Asian Cuisine</u>
147	37 — Russia
151	— ANSWER KEY
157	38 — India
159	39 — China
163	— ANSWER KEY
165	40 — Chinese Cooking Detailed
167	— ANSWER KEY
169	41 — Japan
173	— ANSWER KEY
179	42 — Thailand
	Middle Eastern and African Cuisine
181	43 — Africa
183	— ANSWER KEY
187	44 — Israel
189	45 — Iran, Iraq & Saudia Arabia
191	46 — Turkey
	Other Countries of Interest
193	47 — Austraila
195	48 — Vietnam
197	— ANSWER KEY
201	49 — Global Cooking
203	50 — Global Cooking — Slide Shows
205	— ANSWER KEY
	Trivia
207	51 — Food Origins - Cereals
209	— ANSWER KEY
211	52 — Food Origins - TV Dinners
213	— ANSWER KEY
215	53 — Food Origins - Hot Dogs
217	— ANSWER KEY
219	54 — Food Origins - French Fries
221	— ANSWER KEY
223	55 — Food Origins - Pasta
225	— ANSWER KEY



## **Culinary Herbs**

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.



#### Lesson Goals:

- Identify common herbs used in cooking
- Chart where the herb comes from, what it looks like, how it smells and tastes
- Explain how the herb is used in cooking

#### Web Resources:

Use these resources to complete the questions.

- 1. http://aggie-horticulture.tamu.edu/plantanswers/fallgarden/herbs.html
- 2. http://www.lake-link.com/info/cookbook/herb\_spices.cfm 1
- 3. http://www.whatscookingamerica.net/herbs.htm
- 4. http://www.wvu.edu/~agexten/hortcult/herbs/ne208hrb.htm
- 5. http://www.global-garden.com.au/gardenherbs.htm
- 6. http://www.chefsoutlet.com/herbs.htm
- 7. http://www.netcooks.com/HerbsSpices.html
- 8. http://www.dlc.fi/~marianna/gourmet/i\_herbs.htm
- 9. http://www.oldetimecooking.com/Spice\_Archive.htm

#### 1. Create an informational chart on the common herbs.

Picture	Name	Where it comes from/how it is grown	Tastes like/Smells like	How it is used in cooking
	Basil	Greek name for basil means "king." Sun-loving plant. Many types are easily grown in the garden	Spicy odor and tastes somewhat like anise or cloves. Slight licorice taste	Used in tomato dishes, pasta sauces, chicken and vegetable dishes. Main ingredient in pesto.



Picture	Name	Where it comes from/how it is grown	Tastes like/Smells like	How it is used in cooking
	Bay Leaves			
	Chervil			
	Coriander			
	Chives			
	Cilantro			
	Curry Powder			

6

10

Picture	Name	Where it comes from/how it is grown	Tastes like/Smells like	How it is used in cooking
	Dill			
	Fennel			
	Marjoram			
	Mint			
	Oregano			
	Paprika			

≻

Learning ZoneXpress / 1-888-455-7003 / www.learningzonexpress.com

Picture	Name	Where it comes from/how it is grown	Tastes like/Smells like	How it is used in cooking
	Parsley			
	Rosemary			
	Saffron			
	Sage			
	Tarragon			
	Thyme			

8

Learning ZoneXpress / 1-888-455-7003 / www.learningzonexpress.com

# ANSWER KEY

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.



**Culinary Herbs** 

#### Lesson Goals:

- Identify common herbs used in cooking
- Chart where the herb comes from, what it looks like, how it smells and tastes
- Explain how the herb is used in cooking

#### Web Resources:

Use these resources to complete the questions.

- 1. http://aggie-horticulture.tamu.edu/plantanswers/fallgarden/herbs.html
- 2. http://www.lake-link.com/info/cookbook/herb\_spices.cfm 1
- 3. http://www.whatscookingamerica.net/herbs.htm
- 4. http://www.wvu.edu/~agexten/hortcult/herbs/ne208hrb.htm
- 5. http://www.global-garden.com.au/gardenherbs.htm
- 6. http://www.chefsoutlet.com/herbs.htm
- 7. http://www.netcooks.com/HerbsSpices.html
- 8. http://www.dlc.fi/~marianna/gourmet/i\_herbs.htm
- 9. http://www.oldetimecooking.com/Spice\_Archive.htm

#### 1. Create an informational chart on the common herbs.

Picture	Name	Where it comes from/how it is grown	Tastes like/Smells like	How it is used in cooking
	Basil	Greek name for basil means "king." Sun-loving plant. Many types are easily grown in the garden	Spicy odor and tastes somewhat like anise or cloves. Slight licorice taste	Used in tomato dishes, pasta sauces, chicken and vegetable dishes. Main ingredient in pesto.



Picture	Name	Where it comes from/how it is grown	Tastes like/Smells like	How it is used in cooking
	Bay Leaves	Origins in the Mediterranean, known for its hardiness in growth, grows best in full sunlight	Herbal, slightly floral, similar to oregano and thyme	Used in many meat and fish dishes
	Chervil	Origins in the Mediterranean and eastern Asia, grows best in semi-shade and not too much heat	Subtle, tender flavor, similar to parsley and anise	Used as seasoning in many soups, meats, and vegetable dishes
	Coriander	Origins in southern Europe and Egypt, grows best in autumn weather in protected area, should be well watered	Spicy, somewhat nutty and citrus-like	Used in Thai cooking and in curry powders and flavored cakes
	Chives	Native to Britain, grows as a bulb and will become dormant over winter	Sweet, mild onion and garlic-like	Used in egg, chicken and vegetable dishes
	Cilantro	Origins in Central America and the Caribbean, grows best in semi-shaded envi- ronments in heavy soil rich in organic matter	Fresh, citrus-like or soapy to some	Common ingredient in salsa and pico de gallo, as well as in rice and noodle dishes
	Curry Powder	An Indian spice blend of that can include coriander, turmeric, cumin, fenugreek, and cinnamon	Spicy, sweet, and aromatic	Used as a spice to flavor many Indian dishes



Picture	Name	Where it comes from/how it is grown	Tastes like/Smells like	How it is used in cooking
	Dill	Origins in the Mediterranean, needs lots of sun and water to grow	Tangy, grassy flavor with a hint of lemon, pine, and fennel	Used in fish and potato recipes and to make dill pickles
	Fennel	Origins in southern Europe, grows well in many conditions	Sweet and aromatic, similar to anise and licorice	Common flavoring for fish
	Marjoram	Mediterranean origins, grows well in poor soil conditions with little water, thrives in direct sunlight	Sweet, floral, with	Used as seasoning for meat, vegetable, and egg dishes
	Mint	Mediterranean origins, grows best in semi- shaded areas and in moist soil	Cool, refreshing, sweet	Used in sauces and dressings as well as tea
	Oregano	Origins in the Mediterranean, grows naturally in poor soil conditions and thrives with lots of sun expo- sure	Spicy, robust, Italian	Used in many Mediterranean foods such as pizza, lasagna, pesto, pasta, salsa, and eggplant dishes
	Paprika	Hungarian origins, grows best in slightly moist soils	Sweet, mild to hot in flavor	Used as a garnish and in egg dishes

Ŧ

0

Picture	Name	Where it comes from/how it is grown	Tastes like/Smells like	How it is used in cooking
	Parsley	Origins in Sardinia, difficult to germinate and needs a sunny environment with rich soil	Mild, fresh, woody, warm, sweet	A traditional garnish, also used in many vegetable and egg dishes and soups
	Rosemary	Mediterranean origins, grows well in sunny environments and poor, sandy soil	Tea-like, piney	Used in lamb and other meat dishes
	Saffron	Origins in southern Europe and southwestern Asia, grown best in well- drained soils during hot, dry summers	Spicy, pungent, bitter, sharp	Used in seafood and rice based dishes, serves as a food coloring
	Sage	Mediterranean origins, grows best in light, sandy soils in lots of sunlight	Fragrant aroma, astringent, warm flavor	Used often in stuffings for meats
	Tarragon	Origins in the Mediterranean, grows best in sunny locations, needs plenty of water	Bittersweet, anise-like	Used especially in seafood dishes, also used in chicken, turkey, and egg recipes and in salad dressings
	Thyme	Mediterranean origins, grows best in hot and sunny locations in nutrient poor soil	Subtle, dry, slightly minty	Used to flavor many red meat and vegetable dishes, also used in stuffing, soups, and sauces

∍

Learning ZoneXpress / 1-888-455-7003 / www.learningzonexpress.com

## **Recipes Using Culinary Herbs**

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers \ in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.



#### Lesson Goals:

- Give guidelines for using fresh vs. dried herbs
- Explain how to store and prepare fresh herbs in cooking
- Locate recipes using the fresh herbs

#### Web Resources:

Use these resources to complete the questions.

- 1. http://lancaster.unl.edu/food/ftapr03.htm
- 2. http://www.freshherbs.com/hints\_and\_tips/hints\_and\_tips\_home/hints\_and\_tips.html
- 3. http://www.asianonlinerecipes.com/herbs\_spices/herbs\_spices.php
- 4. http://recipes.chef2chef.net/learn-to-cook/fresh-herbs/
- 5. http://homecooking.about.com/od/allherbrecipes/
- 6. http://www.kraftfoods.com/kf/FoodandFamily/Spring\_2005/thepoweroffreshherbs.htm
- 7. http://www.kidchef.com/cda/article\_detail.cfm?articleId=72
- 1. When you cook with herbs, sometimes you have fresh, sometimes dried. What is the general guideline for how much you use of each in a recipe?
- 2. If you buy fresh herbs, how do you store them?

3. How do you prepare fresh herbs for use in cooking?



4. How do you freeze herbs?

5. Find two recipes for each of the herbs listed below that you could prepare in lab. The recipes should try to use fresh herbs. Find recipes that have: Basil, Cilantro, Cumin, Fennel, Rosemary, Sage, Tarragon and Thyme. Paste the recipe below, be sure it has complete list of ingredients and directions. Highlight the herbs used in each.



## **Recipes Using Culinary Herbs**

#### National FCS Standard:

ANSWER KEY

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.



#### Lesson Goals:

- Give guidelines for using fresh vs. dried herbs
- Explain how to store and prepare fresh herbs in cooking
- Locate recipes using the fresh herbs

#### Web Resources:

Use these resources to complete the questions.

- 1. http://lancaster.unl.edu/food/ftapr03.htm
- 2. http://www.freshherbs.com/hints\_and\_tips/hints\_and\_tips\_home/hints\_and\_tips.html
- 3. http://www.asianonlinerecipes.com/herbs\_spices/herbs\_spices.php
- 4. http://recipes.chef2chef.net/learn-to-cook/fresh-herbs/
- 5. http://homecooking.about.com/od/allherbrecipes/
- 6. http://www.kraftfoods.com/kf/FoodandFamily/Spring\_2005/thepoweroffreshherbs.htm
- 7. http://www.kidchef.com/cda/article\_detail.cfm?articleId=72
- 1. When you cook with herbs, sometimes you have fresh, sometimes dried. What is the general guideline for how much you use of each in a recipe?

Herbs should be used in recipes to taste; they should enhance the flavor of the dish, not mask it. When using fresh herbs in place of dried, three times the amount should be used.

2. If you buy fresh herbs, how do you store them?

Buy fresh herbs close to the time you will be using them. They can be stored in opened or perforated bags in the vegetable crisper of your fridge and will last a few days. Another option is placing them in a vase of water in your fridge and covering with a plastic bag, which will help them last up to a week.

3. How do you prepare fresh herbs for use in cooking?

For most recipes, herbs can be minced into tiny pieces. If the stem is sturdy, only the leaves may be used. For small leaved herbs, the stems may be used if early in the season.



#### 4. How do you freeze herbs?

#### Wash the herbs, pat them dry, then store them as full or chopped up pieces in a tightly sealed freezer bag.

5. Find two recipes for each of the herbs listed below that you could prepare in lab. The recipes should try to use fresh herbs. Find recipes that have: Basil, Cilantro, Cumin, Fennel, Rosemary, Sage, Tarragon and Thyme. Paste the recipe below, be sure it has complete list of ingredients and directions. Highlight the herbs used in each.

Recipes may vary.



## Herbal Medicine & Supplements

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.



#### Lesson Goals:

- Define herbal medicine and herbal supplements
- Identify common herbs used as supplements and what they are used for
- Research the origin, use and possible side effects of a commonly used herb

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.holistic-online.com/Herbal-Med/hol\_herb\_med\_reac.htm
- 2. http://www.suite101.com/welcome.cfm/herbal\_medicine
- 3. http://www.nal.usda.gov/fnic/etext/000015.html
- 4. http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Herbal\_medicine?OpenDocument
- 5. http://www.niapublications.org/engagepages/supplements.asp
- 6. http://www.world.std.com/~krahe/
- 7. http://atoz.iqhealth.com/HealthAnswers/encyclopedia/HTMLfiles/3137.html
- 8. http://www.rd.com/content/openContent.do?contentId=1703
- 1. Define an herb:
- 2. Define a dietary supplement:

#### 3. How is a "tincture" made?



4.	What	in	an	"infus	sion"	?

5.	What is	"poultice"?
J.	vviiat is	pounce :

Herbal remedies are sometimes referred to as herbal medicine. This can be confusing because herbs themselves are not considered medicines in the U.S. In the US medicines must go through a rigorous approval process before they can be sold. Herbs do not have to go through this process. In other countries, herbs have been used as medicines for hundreds or thousands of years. The following are commonly used herbs in the United States:

Garlic	Ginko biloba	Ginseng	Valerian
Echinacea	St. John's Wort	Kava	

6. Create a brochure on two of the herbs listed above. Include: Where it grows? What does it look like? What is the herb used for? What are the side effects? Who should not take it?

7. Analyze the information you have learned. Do you think using herbs and supplements is good or bad? Give reasons for your viewpoint. Use at least 10 sentences to explain.



50 Web-based Lesson Plans

## ANSWER KEY Herbal Medicine & Supplements

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.



#### Lesson Goals:

- Define herbal medicine and herbal supplements
- Identify common herbs used as supplements and what they are used for
- Research the origin, use and possible side effects of a commonly used herb

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.holistic-online.com/Herbal-Med/hol\_herb\_med\_reac.htm
- 2. http://www.suite101.com/welcome.cfm/herbal\_medicine
- 3. http://www.nal.usda.gov/fnic/etext/000015.html
- 4. http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Herbal\_medicine?OpenDocument
- 5. http://www.niapublications.org/engagepages/supplements.asp
- 6. http://www.world.std.com/~krahe/
- 7. http://atoz.iqhealth.com/HealthAnswers/encyclopedia/HTMLfiles/3137.html
- 8. http://www.rd.com/content/openContent.do?contentId=1703
- 1. Define an herb:

An herb is a plant used in cooking, as a medicine, and for some spiritual purposes. It is valued for its flavor, scent, and other qualities.

2. Define a dietary supplement:

A dietary supplement is a preparation used to provide additional nutrients to a person's diet.

3. How is a "tincture" made?

A tincture is made by combining dried or fresh herbs with alcohol and distilled water, then mixing the preparation in with tea or juice for ingestion.



#### 4. What in an "infusion"?

An infusion is the act of steeping herbs or plants in hot water or oil, transfering its flavor to the liquid. A good example of this is tea.

#### 5. What is "poultice"?

A poultice is a moist mass of herbs that is applied on a damp cloth to treat aching, inflamed, or painful parts of the body.

Herbal remedies are sometimes referred to as herbal medicine. This can be confusing because herbs themselves are not considered medicines in the U.S. In the US medicines must go through a rigorous approval process before they can be sold. Herbs do not have to go through this process. In other countries, herbs have been used as medicines for hundreds or thousands of years. The following are commonly used herbs in the United States:

Garlic	Ginko biloba	Ginseng	Valerian
Echinacea	St. John's Wort	Kava	

6. Create a brochure on two of the herbs listed above. Include: Where it grows? What does it look like? What is the herb used for? What are the side effects? Who should not take it?

#### Answers will vary depending on herbs used.

7. Analyze the information you have learned. Do you think using herbs and supplements is good or bad? Give reasons for your viewpoint. Use at least 10 sentences to explain.

#### Answers may vary.





#### Lesson Goals:

- Find out how long spices last in your cupboard
- Complete a chart on spices with description, flavor/smell, culinary uses and storage information
- Investigate spices popular in given countries

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.mccormick.com/content.cfm?ID=11985
- 2. http://www.theepicentre.com/Spices/spiceref.html
- 3. http://www.culinarycafe.com/Spices\_Herbs/
- 4. http://www.cnn.com/HEALTH/indepth.food/herbs/chart.html
- 5. http://www.foodsubs.com/Spice.html
- 6. On your own research
- 1. How long are spices good? You have them in your cupboards... the ground ones, whole spices, blends, herbs, and extracts. Find out how long they keep. Record your findings below.

Name	Description	Flavor & Smell	Culinary Uses	Storage
All Spice				
Cardamom				
Cinnamon				

50 Web-based Lesson Plans

Name	Description	Flavor & Smell	Culinary Uses	Storage
Cloves				
Coriander				
Cumin				
Ginger				
Nutmeg				
Paprika				

- 2. Complete the chart on these spices.
- 3. Use Web site # 5 plus searches on your own. List five spices that are common to the following countries/regions:

Country	Spice #1	Spice #2	Spice #3	Spice #4	Spice #5
African					
Asian					
European					
Hispanic					
Indian					
Mediterranean					

## Lesson 4 ANSWER KEY

Spices

# <u>ANSWER KEY</u>

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

#### Lesson Goals:

- Find out how long spices last in your cupboard
- · Complete a chart on spices with description, flavor/smell, culinary uses and storage information
- Investigate spices popular in given countries

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.mccormick.com/content.cfm?ID=11985
- 2. http://www.theepicentre.com/Spices/spiceref.html
- 3. http://www.culinarycafe.com/Spices\_Herbs/
- 4. http://www.cnn.com/HEALTH/indepth.food/herbs/chart.html
- 5. http://www.foodsubs.com/Spice.html
- 6. On your own research
- 1. How long are spices good? You have them in your cupboards... the ground ones, whole spices, blends, herbs, and extracts. Find out how long they keep. Record your findings below.

Spices, if bought whole, should last indefinitely. All spices should be stored in air-tight containers in a cool,

dry place out of bright light. The shelf life varies for each spice and the form it is in.

Name	Description	Flavor & Smell	Culinary Uses	Storage
All Spice	dried all spice berries resemble large brown peppercorns	sweetly pungent a combination of nutmeg, ginger, clove, and cinnamon taste	all spice is used in many European, Middle Eastern, and Spanish dishes ranging from marinades to puddings, cakes, and other desserts	keeps indefinitely if stored in an air tight container out of light
Cardamom	small, black-brown sticky seeds contained in a pod	warm and pungent with lemony under- tones	seeds are used in many Indian dishes	it is best to buy the whole pod versus the ground powder, as the powder can quickly lose flavor
Cinnamon	comes naturally in quill form, which is the bark rolled into itself	sweet, fragrant, warm	seeds are used in many Indian dishes	whole quills of cinna- mon keep indefinitely, while powdered cinna- mon lose flavor more quickly and should be stored in airtight con- tainers away from light



Name	Description	Flavor & Smell	Culinary Uses	Storage
Cloves	immature unopened buds of a tropical tree, rust brown when dried	warm, sweetly pun- gent, and strongly aromatic	used in a variety of spice mixtures in small amounts, as they can easily overpower the flavor of a dish	best bought whole and stored in airtight con- tainers out of light
Coriander	small ridged seeds, either brown or white in color	warm, mild, and sweet with citrus undertones	used in many Indian dishes, especially curries	seeds are best bought whole and stored dry, while leaves should be blanched or frozen to preserve flavor
Cumin	seeds are hairy, brown, boat-shaped, with tiny stalks attached	strong, pungent, sharp, and slightly bitter	used in highly spiced foods	store in airtight containers, use in small quantities as spice can overpower flavor.
Ginger	a root in its natural form but can also be ground into a powder or crystallized	warm, sweet, fiery, pungent	used in a lot of Asian and oriental cook- ing, and also in baked goods	fresh ginger lasts for a couple weeks in the refrigerator, while dried should be stored in an airtight container
Nutmeg	lightly wrinkled seed found in the pit of a small fruit	nutty, warm, slightly sweet	used in sweet, spicy dishes	whole nutmeg keeps indefinitely, ground nutmeg should be stored out of light in air-tight container
Paprika	a fine powder ground from peppers, usu- ally bright red or rusty brown in color	ranges from sweet and mild to pungent and fiery	associated with Hungarian cuisine and often used as a garnish	deteriorates quickly so should be purchased in small quantities and stored in air-tight containers

- Complete the chart on these spices.
   Use Web site # 5 plus searches on your own. List five spices that are common to the following countries/regions:

Country	Spice #1	Spice #2	Spice #3	Spice #4	Spice #5
African					
Asian					
European	Answers may vary.				
Hispanic					
Indian					
Mediterranean					

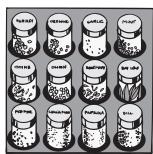
≫

## Spice Rubs

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.



#### Lesson Goals:

- Find out how spice rubs are made
- List the advantages of making your own spice rubs
- Give tips and hints for using spice rubs
- Find spice rub recipes for a variety of foods

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.articleinsider.com/article/185946
- 2. http://msms.essortment.com/spicerubrecipe\_rrzb.htm
- 3. http://www.pagewise.com/create-spice-rubs.htm
- 4. http://www.dummies.com/WileyCDA/DummiesArticle/id-413.html
- 5. http://recipes.epicurean.com/recipe\_results.jsp?title=rub
- 6. http://www.wholefoodsmarket.com/recipes/cookingtips/grill\_dryrubs.html
- 7. search for spice rub recipes
- 1. Why have spice rubs gained popularity? How are they used?
- 2. How is a spice rub made?
- 3. What are the advantages of creating your own spice rub?
- 4. How do you create a spice rub at home?



5. What are some tips you need to know about using the spice rubs? (How do you get them to cling to the food? How to spread evenly? How much to use?)

- 6. Find a recipe for a Greek spice rub:
- 7. Find a recipe for a Jamaican spice rub:
- 8. Find a recipe for an Italian spice rub:
- 9. Find a Cajun spice rub recipe:
- 10. Now find a spice rub recipe recommended for poultry:
- 11. Find a spice rub recipe recommended for beef:
- 12. Find a spice rub recipe recommended for pork:



## Lesson 5 ANSWER KEY

# ANSWER KEY

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.



#### Lesson Goals:

- Find out how spice rubs are made
- List the advantages of making your own spice rubs
- Give tips and hints for using spice rubs
- Find spice rub recipes for a variety of foods

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.articleinsider.com/article/185946
- 2. http://msms.essortment.com/spicerubrecipe\_rrzb.htm
- 3. http://www.pagewise.com/create-spice-rubs.htm
- 4. http://www.dummies.com/WileyCDA/DummiesArticle/id-413.html
- 5. http://recipes.epicurean.com/recipe\_results.jsp?title=rub
- 6. http://www.wholefoodsmarket.com/recipes/cookingtips/grill\_dryrubs.html
- 7. search for spice rub recipes
- 1. Why have spice rubs gained popularity? How are they used?

Spice rubs, or "dry rubs" don't contain the fat and calories that marinades do, and they stick to meat better when cooking or grilling. Spice rubs are used to bring out the flavor of meats while sealing in its natural juices.

2. How is a spice rub made?

A spice rub is a mixture of dried herbs, fresh herbs, or a combination of both. Spice rubs can be dry or wet by combining with oil.

- What are the advantages of creating your own spice rub?
   Creating your own spice rub allows you the freedom to experiment with a variety of flavorful combinations.
- 4. How do you create a spice rub at home?

You can create your own spice rub by combining a variety of herbs and seasonings from you pantry or by growing and drying your own herbs.



5. What are some tips you need to know about using the spice rubs? (How do you get them to cling to the food? How to spread evenly? How much to use?)

Spice rubs best cling to food when combined with oil, and should be spread evenly with a brush. As for the amount of spice rub to use, it is best to experiment to find an amount that enhances the flavor of the meat without completely masking it.

6. Find a recipe for a Greek spice rub:

Recipes may vary.

7. Find a recipe for a Jamaican spice rub:

Recipes may vary.

8. Find a recipe for an Italian spice rub:

Recipes may vary.

9. Find a Cajun spice rub recipe:

Recipes may vary.

10. Now find a spice rub recipe recommended for poultry:

Recipes may vary.

11. Find a spice rub recipe recommended for beef:

Recipes may vary.

12. Find a spice rub recipe recommended for pork:

Recipes may vary.



Hour



#### Lesson Goals:

• List the functions of marinades

National FCS Standard:

food science, dietetics and nutrition.

- Describe ingredients and procedures involved in making marinades
- Find and record recipes for a variety of marinades •

#### Web Resources:

Use these resources to complete the questions.

- 1. http://homecooking.about.com/library/weekly/aa011700a.htm
- 2. http://www.texascooking.com/features/feb99ravenmarinades.htm
- 3. http://www.askthemeatman.com/marinades.htm
- 4. http://www.bbc.co.uk/food/recipes/mostof\_marinades.shtml
- 5. http://www.cyber-kitchen.com/ubbs/archive/category.cgi?category=MARINADES
- 6. http://toottoot.com/r cat marinades.htm
- 7. http://www.cooks.com/rec/search/0,1-0,chicken\_marinades,FF.html
- 8. http://www.fiery-foods.com/dave/marinade.html
- 1. What are two functions of marinades?
- 2. What ingredients does a "tenderizing marinade" have?

3. At what temperature do you marinate foods? \_\_\_\_\_

4. Can you reuse a marinade? Explain.



- 5. What steps do you follow after you mix the marinade ingredients?
- 6. Find recipes for two ethnic marinades and paste them below:

7. Now find a recipe for a marinade that can be used on chicken, paste below:

8. Find a recipe for a less tender cut of beef marinade, paste below:



## Lesson 6 ANSWER KEY

# ANSWER KEY

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

#### Lesson Goals:

- List the functions of marinades
- Describe ingredients and procedures involved in making marinades
- Find and record recipes for a variety of marinades

#### Web Resources:

Use these resources to complete the questions.

- 1. http://homecooking.about.com/library/weekly/aa011700a.htm
- 2. http://www.texascooking.com/features/feb99ravenmarinades.htm
- 3. http://www.askthemeatman.com/marinades.htm
- 4. http://www.bbc.co.uk/food/recipes/mostof\_marinades.shtml
- 5. http://www.cyber-kitchen.com/ubbs/archive/category.cgi?category=MARINADES
- 6. http://toottoot.com/r\_cat\_marinades.htm
- 7. http://www.cooks.com/rec/search/0,1-0,chicken\_marinades,FF.html
- 8. http://www.fiery-foods.com/dave/marinade.html
- 1. What are two functions of marinades?

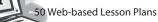
Marinades are used to tenderize meat and to enhance its flavor.

2. What ingredients does a "tenderizing marinade" have?

<u>Tenderizing marinades either have food acids (lemon juice, vinegar, salsa, yogurt, wine) or a tenderizing</u> enzyme (fresh ginger, pineapple, papaya, kiwi, figs).

- 3. At what temperature do you marinate foods? *It is best to marinade meats in the fridge to prevent the growth of harmful bacteria.*
- 4. Can you reuse a marinade? Explain.

You can reuse marinade as a sauce, but not as a marinade in itself. The marinade must be fully cooked after use in order to kill any growing harmful bacteria. Once it is cooked, however, the marinade will only be able to add flavor, not tenderize.





- 5. What steps do you follow after you mix the marinade ingredients? <u>After mixing the marinade ingredients,</u> puncture the meat so the flavors can penetrate the entire cut. Immerse the meat in the marinade and let soak in the refrigerator for anywhere between 6 and 24 hours.
- 6. Find recipes for two ethnic marinades and paste them below:

Recipes may vary.

7. Now find a recipe for a marinade that can be used on chicken, paste below:

Recipes may vary.

8. Find a recipe for a less tender cut of beef marinade, paste below:

Recipes may vary.



## **Edible Flowers**

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

#### Lesson Goals:

- Explain the history of using flowers in recipes
- Give general guidelines for using edible flowers
- Identify flowers that you can use and ones that are poisonous
- Locate ways edible flowers are used in recipes and give examples

#### Web Resources:

Use these resources to complete the questions.

- 1. http://homecooking.about.com/od/edibleflowers/
- 2. http://homecooking.about.com/library/weekly/aa052598.htm
- 3. http://homecooking.about.com/library/weekly/blflowersnot.htm
- 4. http://www.ces.ncsu.edu/depts/hort/hil/hil-8513.html
- 5. http://www.ipm.iastate.edu/ipm/hortnews/1995/7-21-1995/eatflow.html
- 6. http://www.ext.colostate.edu/pubs/garden/07237.html
- 7. http://www.foodsubs.com/Flowers.html
- 8. http://greatdayamerica.com/thingsgreen/tips/edibleflowers-tips.shtml
- 9. http://www.sagekitchen.com/pages/foodrecipes.htm
- 1. What information can you find on the history of edible flowers?

2. Explain if you can or cannot eat flowers from your local florist:

3. What are the general uses and guidelines for edible flowers?

4. Find a recipe using edible flowers and paste it below:

5. Find a chart or name five or more poisonous flowers or plants.

6. How are the flowers used in recipes? Find the names of recipes that they can be used in and list five recipe names below – tell if they are a soup, appetizer, salad, etc.

7. Locate pictures of two edible flowers and tell how they are used in recipes.

8. Have you ever tried edible flowers? Have you seen them in the grocery store? Would you try using them?

# ANSWER KEY

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

#### Lesson Goals:

- Explain the history of using flowers in recipes
- Give general guidelines for using edible flowers
- Identify flowers that you can use and ones that are poisonous
- Locate ways edible flowers are used in recipes and give examples

#### Web Resources:

Use these resources to complete the questions.

- 1. http://homecooking.about.com/od/edibleflowers/
- 2. http://homecooking.about.com/library/weekly/aa052598.htm
- 3. http://homecooking.about.com/library/weekly/blflowersnot.htm
- 4. http://www.ces.ncsu.edu/depts/hort/hil/hil-8513.html
- 5. http://www.ipm.iastate.edu/ipm/hortnews/1995/7-21-1995/eatflow.html
- 6. http://www.ext.colostate.edu/pubs/garden/07237.html
- 7. http://www.foodsubs.com/Flowers.html
- 8. http://greatdayamerica.com/thingsgreen/tips/edibleflowers-tips.shtml
- 9. http://www.sagekitchen.com/pages/foodrecipes.htm
- 1. What information can you find on the history of edible flowers?

Many cultures from all over the world have used edible flowers in cooking, dating back to as early as 140 BCE.

2. Explain if you can or cannot eat flowers from your local florist:

You should not eat flowers from your local florist as they have been treated with pesticides and other <u>chemicals.</u>

3. What are the general uses and guidelines for edible flowers?

Edible flowers are used as a garnish and to enhance flavor. You must make sure that the flowers used are indeed edible and complement the flavor of the dish.



## **Edible Flowers**



4. Find a recipe using edible flowers and paste it below:

#### Recipes may vary.

5. Find a chart or name five or more poisonous flowers or plants.

Answers may vary, but could include: buttercup, clematis, hyacinth, hydrangea, iris, ivy, mistletoe, sweet pea, wild cherry.

6. How are the flowers used in recipes? Find the names of recipes that they can be used in and list five recipe names below – tell if they are a soup, appetizer, salad, etc.

Flowers are used both as a garnish and for flavor. Recipes will vary.

7. Locate pictures of two edible flowers and tell how they are used in recipes.

Answers	will	var	v.

8. Have you ever tried edible flowers? Have you seen them in the grocery store? Would you try using them?

#### Answers will vary.



# ANSWERS WILL VARY FOR LESSONS:

ANSWER KEY:

Lesson 8-15



Learning ZoneXpress / 1-888-455-7003 / www.learningzonexpress.com



#### Name

### **Holiday Traditions**

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



### Mexican Holiday Traditions

#### Lesson Goals:

- Investigate background information on how this holiday tradition began and how it is observed in the country
- Describe traditional foods and customs with this holiday

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.mexonline.com/cinco.htm
- 2. http://www.elbalero.gob.mx/kids/about/html/holidays/home.html
- 3. http://www.vivasancarlos.com/Calendar.html
- 4. http://gomexico.about.com/cs/mexico/a/public\_holidays.htm
- 5. http://www.ilcymex.com/mexican.htm
- 6. http://www.tqnyc.org/NYC051629/holidays.html
- 7. http://www.mexgrocer.com/mexcocina-special-occations.html

You will investigate two holidays or traditions related to the country given. Complete the information below.

- 1. Name of holiday or tradition:
- 2. What time of year is this holiday celebrated?
- 3. How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:



4.	Explain how the holiday is observed in this country:			
5.	Describe the traditional foods and food customs of this holiday:			
Par	<u>t II:</u>			
1.	Name of holiday or tradition:			
2.	What time of year is this holiday celebrated?			
3.	How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:			
4.	Explain how the holiday is observed in this country:			
5.	Describe the traditional foods and food customs of this holiday:			

50 Web-based Lesson Plans

40

**National FCS Standard:** 

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



### French Holiday Traditions

#### Lesson Goals:

- Investigate background information on how this holiday tradition began and how it is observed in the country
- Describe traditional foods and customs with this holiday

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.discoverfrance.net/France/DF\_holidays.shtml
- 2. http://www.holidayfrance.org.uk/
- 3. http://www.eurocamp.co.uk/camping\_holidays/french\_holidays\_in\_may.htm
- 4. http://www.leisuredirection.co.uk/ldl\_france/french\_holidays.html
- 5. http://www.lingualearn.co.uk/learners/fr/holidays.htm

You will investigate two holidays or traditions related to the country given. Complete the information below.

#### <u>Part I:</u>

- 1. Name of holiday or tradition:
- 2. What time of year is this holiday celebrated?
- 3. How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:

#### 4. Explain how the holiday is observed in this country:

5.	Describe the traditional foods and food customs of this holiday:			
Par	<u>t II:</u>			
1.	Name of holiday or tradition:			
2.	What time of year is this holiday celebrated?			
3.	How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:			
4.	Explain how the holiday is observed in this country:			
5.	Describe the traditional foods and food customs of this holiday:			



#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in



### German Holiday Traditions

#### Lesson Goals:

- Investigate background information on how this holiday tradition began and how it is observed in the country
- Describe traditional foods and customs with this holiday

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.germanculture.com.ua/library/links/holidays.htm
- 2. http://german.about.com/library/blbraeuche.htm
- 3. http://www.mnsu.edu/emuseum/history/mnstatehistory/gr\_holidays.html
- 4. http://www.lingualearn.co.uk/learners/ge/holidays.htm
- 5. http://www.caslt.org/research/german7.htm

You will investigate two holidays or traditions related to the country given. Complete the information below.

#### <u>Part I:</u>

- 1. Name of holiday or tradition:
- 2. What time of year is this holiday celebrated? \_\_\_\_\_\_
- 3. How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:

#### 4. Explain how the holiday is observed in this country:

5.	Describe the	traditional	foods	and food	customs	of this	holiday:

Par	<u>t II:</u>
1.	Name of holiday or tradition:
2.	What time of year is this holiday celebrated?
3.	How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:
4.	Explain how the holiday is observed in this country:
5.	Describe the traditional foods and food customs of this holiday:



National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



### Spanish Holiday Traditions

#### Lesson Goals:

- Investigate background information on how this holiday tradition began and how it is observed in the country
- Describe traditional foods and customs with this holiday

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.californiamall.com/holidaytraditions/traditions-spain.htm
- 2. http://www.escuelai.com/spanish\_magazine/christmas\_spain.html
- 3. http://www.geocities.com/thalaric1/navidad/traditions.html
- 4. http://www.svh.richland2.org/~zhernand/Spanish\_holidays.html
- 5. http://www.theworldwidegourmet.com/holidays/christmas/spain.htm

You will investigate two holidays or traditions related to the country given. Complete the information below.

#### <u>Part I:</u>

- 1. Name of holiday or tradition:
- 2. What time of year is this holiday celebrated?
- 3. How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:

#### 4. Explain how the holiday is observed in this country:

Part II:         1. Name of holiday or tradition:	5.	Describe the traditional foods and food customs of this holiday:			
1. Name of holiday or tradition:         2. What time of year is this holiday celebrated?         3. How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:					
1. Name of holiday or tradition:         2. What time of year is this holiday celebrated?         3. How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:					
1. Name of holiday or tradition:         2. What time of year is this holiday celebrated?         3. How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:					
1. Name of holiday or tradition:         2. What time of year is this holiday celebrated?         3. How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:					
<ul> <li>2. What time of year is this holiday celebrated?</li></ul>	Par	<u>t II:</u>			
<ul> <li>3. How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:</li> <li></li></ul>	1.	Name of holiday or tradition:			
person or event:	2.	What time of year is this holiday celebrated?			
	3.				
5. Describe the traditional foods and food customs of this holiday:	4.	Explain how the holiday is observed in this country:			
5. Describe the traditional foods and food customs of this holiday:					
<ul> <li>5. Describe the traditional foods and food customs of this holiday:</li> </ul>					
5. Describe the traditional foods and food customs of this holiday:					
5. Describe the traditional foods and food customs of this holiday:					
	5.	Describe the traditional foods and food customs of this holiday:			



National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



### Greek Holiday Traditions

#### Lesson Goals:

- Investigate background information on how this holiday tradition began and how it is observed in the country
- Describe traditional foods and customs with this holiday

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.constant-content.com/article/14496/Christmas-in-Greece--A-Look-at-Greek-Holiday-Traditions/
- 2. http://www.theworldwidegourmet.com/holidays/christmas/greece.htm
- 3. http://www.theworldwidegourmet.com/countries/greece/greece.htm
- 4. http://www.msichicago.org/scrapbook/scrapbook\_exhibits/catw2004/traditions/countries/greece.html
- 5. http://www.chiff.com/a/easter-greece.htm
- 6. http://www.gardenandhearth.com/WorldFestivals/GreekTraditions.htm
- 7. http://www.ehow.com/how\_16896\_celebrate-greek-easter.html
- 8. http://www.faliraki-info.com/susie/superstitions/tranditions.htm

You will investigate two holidays or traditions related to the country given. Complete the information below.

Part I:

- 1. Name of holiday or tradition: \_\_\_\_\_
- 2. What time of year is this holiday celebrated?
- 3. How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:



4.	Explain how the holiday is observed in this country:				
5.	Describe the traditional foods and food customs of this holiday:				
Par	<u>t II:</u>				
1.	Name of holiday or tradition:				
2.	What time of year is this holiday celebrated?				
3.	How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:				
4.	Explain how the holiday is observed in this country:				
5.	Describe the traditional foods and food customs of this holiday:				



#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



### Italian Holiday Traditions

#### Lesson Goals:

- Investigate background information on how this holiday tradition began and how it is observed in the country
- Describe traditional foods and customs with this holiday

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.californiamall.com/holidaytraditions/traditions-italy.htm
- 2. http://italian.about.com/library/weekly/aa120600f.htm
- 3. http://italianfood.about.com/od/holidaydishes/
- 4. http://italianfood.about.com/od/holidaymenus/
- 5. http://italian.about.com/od/festivalsholidays/
- 6. http://www.warwickschools.org/rhodes/holidays/xmasItaly.htm
- 7. http://home.pages.at/h45f/www.php/Major-Holidays-Customs-in-Italy

You will investigate two holidays or traditions related to the country given. Complete the information below.

- 1. Name of holiday or tradition:
- 2. What time of year is this holiday celebrated? \_\_\_\_\_\_
- 3. How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:



4.	Explain how the holiday is observed in this country:			
5.	Describe the traditional foods and food customs of this holiday:			
_				
<u>Par</u> 1.	<u>t II:</u> Name of holiday or tradition:			
1.	Name of Holiday of tradition.			
2.	What time of year is this holiday celebrated?			
3.	How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:			
4.	Explain how the holiday is observed in this country:			
5.	Describe the traditional foods and food customs of this holiday:			



#### Name\_

### **Holiday Traditions**

National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



### Russian Holiday Traditions

#### Lesson Goals:

- Investigate background information on how this holiday tradition began and how it is observed in the country
- Describe traditional foods and customs with this holiday

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.msichicago.org/temp\_exhibit/catw/traditions/countries/russia.html
- 2. http://www.foreignbrideguide.com/russian\_holidays.html
- 3. http://russian-crafts.com/customs/christmas.html
- 4. http://www.global7russia.com/russia/russian-holidays/mari-el/default.asp
- 5. http://russianamericancompany.com/info/russianchristmas.htm
- 6. http://www.rusconshouston.org/russian\_holidays.htm
- 7. http://www.norway.mid.ru/culture.html

You will investigate two holidays or traditions related to the country given. Complete the information below.

- 1. Name of holiday or tradition:
- 2. What time of year is this holiday celebrated?
- 3. How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:



4.	Explain how the holiday is observed in this country:			
5.	Describe the traditional foods and food customs of this holiday:			
Par	<u>t II:</u>			
1.	Name of holiday or tradition:			
2.	What time of year is this holiday celebrated?			
3.	How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:			
4.	Explain how the holiday is observed in this country:			
5.	Describe the traditional foods and food customs of this holiday:			

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



### Chinese Holiday Traditions

#### Lesson Goals:

- Investigate background information on how this holiday tradition began and how it is observed in the country
- Describe traditional foods and customs with this holiday

#### Web Resources:

Use these resources to complete the questions.

- 1. http://yahooligans.yahoo.com/Around\_the\_World/Countries/China/Cultures\_and\_Traditions/Holidays/
- 2. http://www.msichicago.org/scrapbook/scrapbook\_exhibits/catw2004/ traditions/countries/chinese\_new\_year.html
- 3. http://www.kidzworld.com/site/p5001.htm
- 4. http://www.stmary.ecsd.net/Mrs D 6C/China/China/Traditions/festivals.htm
- 5. http://www.chinawestexchange.com/Chinese/Culture/festivals.htm
- 6. http://www.china.org.cn/english/zhuanti/china2003/73510.htm
- 7. http://en.wikipedia.org/wiki/Chinese\_New\_Year
- 8. http://en.wikipedia.org/wiki/Chinese\_Traditional\_Holidays

You will investigate two holidays or traditions related to the country given. Complete the information below.

- 1. Name of holiday or tradition:
- 2. What time of year is this holiday celebrated? \_\_\_\_\_\_
- 3. How did this holiday begin? Describe if this holiday is associated with a religion or a famous person or event:



- 4. Explain how the holiday is observed in this country:
- 5. Describe the traditional foods and food customs of this holiday: Part II: 1. Name of holiday or tradition: What time of year is this holiday celebrated? \_\_\_\_\_\_ 2. How did this holiday begin? Describe if this holiday is associated with a religion or a famous 3. person or event: Explain how the holiday is observed in this country: 4. Describe the traditional foods and food customs of this holiday: 5.

National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



Jewish Food Traditions

#### Lesson Goals:

- Investigate information on foods served for Hanukkah.
- Explain the "Lighting of the Menorah"
- Give directions for how the Dreidel game is played
- Describe foods served for Jewish meals
- Find Jewish recipes to try in lab

#### Web Resources:

Use these resources to complete the questions.

- 1. http://judaism.about.com/od/chanukah/a/hanukafood.htm
- 2. http://judaism.about.com/cs/chanukahgeneral/ht/hol\_chan\_light.htm
- 3. http://judaism.about.com/od/chanukahhowtos/ht/dreidel.htm
- 4. http://judaism.about.com/library/3\_holidays/chanukah/bl\_chanukah\_food.htm
- 5. http://www.kraftfoods.com/kf/ff/Passover/
- 6. http://www.jewfaq.org/food.htm
- 7. http://www.gemsinisrael.com/passover.html
- 8. http://ozarksstudies.missouristate.edu/tellingtraditions/foodways.htm
- 9. http://www.jewfaq.org/toc.htm
- 10. http://en.wikipedia.org/wiki/Jewish\_holidays

Hanukkah comes with its own special food traditions and recipes.

- 1. Why are many foods fried for Hanukkah?
- 2. Why are dairy foods eaten for Hanukkah?
- 3. Explain the "Lighting of the Menorah":



4.	How is th	ne Dreidel	game	played?
----	-----------	------------	------	---------

- 5. What foods are served for Hanukkah?
- 6. What are the traditional Jewish foods?
- 7. What are the food traditions related to Passover?
- 8. Find information on other Jewish holidays like Rosh Hashanah, Sukkot, Purim or Shavout and explain food traditions related to these:

9. Find two Jewish recipes that you would like to make, paste them below:



#### National FCS Standard:

ANSWER KEY

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



Jewish Food Traditions

#### Lesson Goals:

- Investigate information on foods served for Hanukkah.
- Explain the "Lighting of the Menorah"
- Give directions for how the Dreidel game is played
- Describe foods served for Jewish meals
- Find Jewish recipes to try in lab

#### Web Resources:

Use these resources to complete the questions.

- 1. http://judaism.about.com/od/chanukah/a/hanukafood.htm
- 2. http://judaism.about.com/cs/chanukahgeneral/ht/hol\_chan\_light.htm
- 3. http://judaism.about.com/od/chanukahhowtos/ht/dreidel.htm
- 4. http://judaism.about.com/library/3\_holidays/chanukah/bl\_chanukah\_food.htm
- 5. http://www.kraftfoods.com/kf/ff/Passover/
- 6. http://www.jewfaq.org/food.htm
- 7. http://www.gemsinisrael.com/passover.html
- 8. http://ozarksstudies.missouristate.edu/tellingtraditions/foodways.htm
- 9. http://www.jewfaq.org/toc.htm
- 10. http://en.wikipedia.org/wiki/Jewish\_holidays

Hanukkah comes with its own special food traditions and recipes.

1. Why are many foods fried for Hanukkah?

Fried foods serve as a reminder of the miracle of the oil that burned for eight days when the holy Temple in Jerusalem was purified and rededicated by the Macabees. Oil is also seen as similar to reading the Torah, as it adds pleasure to life and also has the potential to illuminate.

2. Why are dairy foods eaten for Hanukkah?

Eating dairy foods serves as a reminder of the Jewish heroine, Judith. Judith saved her village when it was under siege by the Syrians by bringing cheese and wine to the governor of the Syrians, beheading him once he became drunk.

3. Explain the "Lighting of the Menorah":

The Menorah holds eight candles that are lit one by one for the eight days of Hanukkah. They are lit to remember the miracle of the Macabee's victory and the oil that burned for eight days in the holy Temple.

4. How is the Dreidel game played?

*First, each player is given an equal amount of coins or tokens. Each begins by placing one token in a pot at* <u>the center of the circle. Players take turns spinning the Dreidel, a four sided spinning top with a Hebrew</u> <u>letter on each side. Depending on which side faces up when the Dreidel stops, the player can take all, half, or</u> <u>none of the tokens from the pot, or must put in one of their own.</u>

- What foods are served for Hanukkah?
   Potato latkes, doughnuts, kugel, rugelach
- What are the traditional Jewish foods?
   <u>Challah, bagels, gefilte fish, Matzah ball soup, blintzes, holishkes, tzimmes, kugel, latkes</u>
- 7. What are the food traditions related to Passover?

<u>Charoset, Matzah brie, Matzah lasagna</u>

8. Find information on other Jewish holidays like Rosh Hashanah, Sukkot, Purim or Shavout and explain food traditions related to these:

Answers may vary. Here is an example: During Rosh Hashanah, the Jewish New Year, it is common to dip foods such as challah bread and apples in honey in wishing for a sweet year. Spinach is eaten to symbolize a green year with much produce, and rice is eaten to symbolize a year of abundance.

9. Find two Jewish recipes that you would like to make, paste them below:

Answers will vary



### **Celebrating New Year's Around The World**

#### **National FCS Standard:**

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



#### Lesson Goals:

• Compare New Year's celebrations around the world

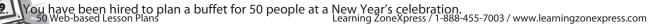
#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.topics-mag.com/internatl/holidays/new-years-page1.htm
- 2. http://www.coolquiz.com/trivia/explain/docs/newyears.asp
- 3. http://slmseniors.com/library/newyear.htm
- 4. http://www.fathertimes.net/traditions.htm
- 5. http://www.novareinna.com/festive/atw.html
- 6. http://www.123newyear.com/newyear-around-the-world/

#### 1. Find ten different countries and how they celebrate New Year's. Complete the chart with the information needed.

Name of Country	Foods Eaten	Activities and Special Events	Special name given to the New Year's celebration



Research some foods to be served for this and list the menu below:





Learning ZoneXpress / 1-888-455-7003 / www.learningzonexpress.com

## ANSWER KEY

### Celebrating New Year's Around The World



#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

• Compare New Year's celebrations around the world

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.topics-mag.com/internatl/holidays/new-years-page1.htm
- 2. http://www.coolquiz.com/trivia/explain/docs/newyears.asp
- 3. http://slmseniors.com/library/newyear.htm
- 4. http://www.fathertimes.net/traditions.htm
- 5. http://www.novareinna.com/festive/atw.html
- 6. http://www.123newyear.com/newyear-around-the-world/

#### 1. Find ten different countries and how they celebrate New Year's. Complete the chart with the information needed.

Name of Country	Foods Eaten	Activities and Special Events	Special name given to the New Year's celebration
Answe	rs will vary. Here is a	n example of a possi	ble answer:
France	New Year's is celebrated with a feast including specialties such as champagne and foie gras, as well as a traditional cake known as la galette de rois, or "King's Cake."	Activities range from a nice dinner shared with family and friends to a New Year's ball. When the clock strikes mid- night, kisses are exchanged as well as good wishes and New Year's resolutions.	French New Year: Le Jour de L'An

2. You have been hired to plan a buffet for 50 people at a New Year's celebration. Research some foods to be served for this and list the menu below:

Answers will vary, but may include recipes from a variety of different countries.



### US Regional Cooking Plus Canadian Cooking

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Identify states that are included in the New England cuisine
- Investigate and list common foods of this US Region
- Explain cooking methods commonly used in the New England cuisine
- Locate recipes known in this region

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.cuisinenet.com/glossary/newengl.html
- 2. http://www.newenglandcooking.com/cookingguide.html 5
- 3. http://www.familyeducation.com/article/0,1120,1-31788,00.html
- 4. http://www.cuisinenet.com/digest/region/usa/new\_eng.shtml
- 5. http://www.cardullos.com/neweng.htm
- 6. http://www.cuisinenet.com/digest/region/usa/new\_eng\_dishes.shtml
- 7. http://en.wikipedia.org/wiki/New\_England\_cuisine
- 1. What states are parts of the New England cuisine?
- 2. LOBSTERS 101. Maine is know for lobsters. What are the sizes and parts of a lobster? How are lobsters trapped? How do you cook a lobster?





**US Regional** 

**New England** 

Cuisine

- 3. New England is known for clams. What types of clams can you buy? How do you shuck a clam? How are clams served?
- 4. The New England colonists faced many challenges. In the early 1600's what foods were popular in their diet?

   5. What cooking methods are used in New England Cuisine?

   6. New England is known for many recipes. Find 20 recipes that are considered New England Cuisine. Put their names in the chart below:

7. Find recipes that are common to this area. Copy and paste 2 recipes that are main dishes, one side dish and one dessert recipe below.



# ANSWER KEY

### US Regional Cooking Plus Canadian Cooking

US Regional Cuisine New England

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Identify states that are included in the New England cuisine
- Investigate and list common foods of this US Region
- Explain cooking methods commonly used in the New England cuisine
- Locate recipes known in this region

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.cuisinenet.com/glossary/newengl.html
- 2. http://www.newenglandcooking.com/cookingguide.html 5
- 3. http://www.familyeducation.com/article/0,1120,1-31788,00.html
- 4. http://www.cuisinenet.com/digest/region/usa/new\_eng.shtml
- 5. http://www.cardullos.com/neweng.htm
- 6. http://www.cuisinenet.com/digest/region/usa/new\_eng\_dishes.shtml
- 7. http://en.wikipedia.org/wiki/New\_England\_cuisine
- 1. What states are parts of the New England cuisine?

Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont

2. LOBSTERS 101. Maine is know for lobsters. What are the sizes and parts of a lobster? How are lobsters trapped? How do you cook a lobster?

Parts of lobsters include the tail, the claws, the legs, and the torso. Lobsters are caught by using baited traps

Lobsters are cooked by being thrown live into boiling water. They can also be fried, grilled, or baked.



3. New England is known for clams. What types of clams can you buy? How do you shuck a clam? How are clams served?

You can buy hard or soft shell clams. To shuck a clam, hold the hinge in the palm of your hand while sliding a knife around the opening to cut the muscle. Open the shell, and scrape the muscle from the inside. Clams can be served raw, boiled, fried, or baked. They are often served in clam chowders or clam bakes.

4. The New England colonists faced many challenges. In the early 1600's what foods were popular in their diet?

Popular foods in the early 1600s included pumpkin, beans, and corn. Meat, fish, and bread were also an important part of the New England diet at that time.

5. What cooking methods are used in New England Cuisine?

<u>There are many methods used, such as boiling, frying, baking, grilling, etc.</u>

6. New England is known for many recipes. Find 20 recipes that are considered New England Cuisine. Put their names in the chart below:

crab cakes	lobster	clam chowder	clam bake
apple cider	blueberry pie	Boston creme pie	hasty pudding
fluffernutter	Indian pudding	Jonnycakes	boiled dinners
cranberries	frappes	mussels	halibut
red flannel hash	lobster roll	whoopie pies	brown bread

7. Find recipes that are common to this area. Copy and paste 2 recipes that are main dishes, one side dish and one dessert recipe below.

Answers may vary.



#### US Regional Cooking Plus Canadian Cooking National FCS Standard: 9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition. 10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation. 13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Identify states that are included in the Mid-Atlantic region
- Investigate and list common foods of this US Region
- Explain cooking methods commonly used in the Pennsylvania Dutch cooking
- Locate recipes this region is known for

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.eatingfresh.com/ef\_cfma\_forward.html
- 2. http://mo.essortment.com/pennsylvaniadut\_prv.htm
- 3. http://midatlantic.rootsweb.com/padutch/life.html
- 4. http://www.bartleby.com/65/pe/PennDut.html
- 5. http://www.usatourist.com/english/places/pennsylvania/dutch.html
- 6. http://www.amishnews.com/featurearticles/pennsylvania\_dutch\_food\_favorite.htm
- 7. http://en.wikipedia.org/wiki/Cuisine\_of\_the\_Pennsylvania\_Dutch
- 1. List the states found in the Mid-Atlantic Region of the US.
- 2. What historical facts and information can you find out about the Pennsylvania Dutch cooking? What are the food customs? What was served at their meals? What unusual foods did they prepare?



]3. Complete the chart with 20 foods that are popular in the Pennsylvania Dutch menus.

- 4. What cooking methods are used in Pennsylvania Dutch cooking?
- 5. Write down a menu that is considered all Pennsylvania Dutch cooking. Write the menu below and find a copy of each recipe. Consider preparing this menu in foods labs.



# ANSWER KEY

### US Regional Cooking Plus Canadian Cooking

US Regional Cuisine Mid-Atlantic

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Identify states that are included in the Mid-Atlantic region
- Investigate and list common foods of this US Region
- Explain cooking methods commonly used in the Pennsylvania Dutch cooking
- Locate recipes this region is known for

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.eatingfresh.com/ef\_cfma\_forward.html
- 2. http://mo.essortment.com/pennsylvaniadut\_prv.htm
- 3. http://midatlantic.rootsweb.com/padutch/life.html
- 4. http://www.bartleby.com/65/pe/PennDut.html
- 5. http://www.usatourist.com/english/places/pennsylvania/dutch.html
- 6. http://www.amishnews.com/featurearticles/pennsylvania\_dutch\_food\_favorite.htm
- 7. http://en.wikipedia.org/wiki/Cuisine\_of\_the\_Pennsylvania\_Dutch
- 1. List the states found in the Mid-Atlantic Region of the US.

Delaware, Maryland, New Jersey, New York, Pennsylvania, Washington DC

2. What history facts and information can you find out about the Pennsylvania Dutch cooking? What are the food customs? What was served at their meals? What unusual foods did they prepare?

Pennsylvania Dutch cooks used ingredients and products from their own land, and tried to limit waste in their cooking. An effort was made to use everything down to animal organs and watermelon rinds. Traditional meals included a variety of foods such as sauerkraut, apple dumplings, potato dumplings, chicken corn soup, ham, or shoefly pie. An example of an unusual dish they prepare is scrapple, which consists of a mush of pork scraps and trimmings with cornmeal, flour, and spices.



]3. Complete the chart with 20 foods that are popular in the Pennsylvania Dutch menus.

Amish friendship bread	chow-chow	shoofly pie	pretzel
root beer	coleslaw	whoopie pie	apple dumplings
funnel cake	apple butter	chicken pot pie	fasnacht
scrapple	etc.		

4. What cooking methods are used in Pennsylvania Dutch cooking?

Early cooks used many methods of food preservation such as smoking, drying, brining, and pickling. Preserved foods are still used in many recipes. Dough is extensively used to make breads, noodles, dumplings, and other baked goods. Dutch ovens, densely walled cooking pots made of iron, are used for uniformly cooking food, such as stews.

5. Write down a menu that is considered all Pennsylvania Dutch cooking. Write the menu below and find a copy of each recipe. Consider preparing this menu in foods labs.

Answers may vary.



**US Regional** 

### US Regional Cooking Plus Canadian Cooking

#### **National FCS Standard:**

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Name traditional "southern" foods.
- Explain the history of "soul food"
- Define Cajun cuisine
- Compile a menu of traditional "southern foods"

#### Web Resources:

Use these resources to complete the questions.

- 1. http://en.wikipedia.org/wiki/Cuisine\_of\_the\_Southern\_United\_States
- 2. http://www.bama.ua.edu/~bgray/recipes.htm
- 3. http://www.foxhome.com/soulfood/htmls/soulfood.html
- 4. http://www.capecodonline.com/cctimes/food/foodlore1012.htm
- 5. http://hometown.aol.com/lgraves590/soulfood/recipes.htm
- 6. http://frenchfood.about.com/od/cajuncreolecuisine/
- 7. http://www.soulofamerica.com/cityfldr/orleans20.html
- 8. http://www.uwf.edu/tprewitt/sofood/cajun.htm
- 9. http://www.gatewayno.com/cuisine/creole\_c.html
- 10. http://www.cookinglouisiana.com/
- 11. http://www.cajunschoice.com/cajuns.html
- 12. http://southernfood.about.com/od/recipes\_southern/
- 1. Identify the states that represent the "South."





## 2. Name 20 foods that the South is known for:

# 3. What is the history of "Soul food"?

- 4. What recipes are specifically considered soul food?
- 5. Where is the heart of Creole Cuisine? What foods are found in Creole Cuisine?
- 6. Define Cajun Cuisine.
- 7. Compile a menu of southern foods. List your menu items below along with the recipes for each item.

US Regional Cuisine Southern

# US Regional Cooking Plus Canadian Cooking

## National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

## Lesson Goals:

- Name traditional "southern" foods.
- Explain the history of "soul food"
- Define Cajun cuisine
- Compile a menu of traditional "southern foods"

## Web Resources:

Use these resources to complete the questions.

- 1. http://en.wikipedia.org/wiki/Cuisine\_of\_the\_Southern\_United\_States
- 2. http://www.bama.ua.edu/~bgray/recipes.htm
- 3. http://www.foxhome.com/soulfood/htmls/soulfood.html
- 4. http://www.capecodonline.com/cctimes/food/foodlore1012.htm
- 5. http://hometown.aol.com/lgraves590/soulfood/recipes.htm
- 6. http://frenchfood.about.com/od/cajuncreolecuisine/
- 7. http://www.soulofamerica.com/cityfldr/orleans20.html
- 8. http://www.uwf.edu/tprewitt/sofood/cajun.htm
- 9. http://www.gatewayno.com/cuisine/creole\_c.html
- 10. http://www.cookinglouisiana.com/
- 11. http://www.cajunschoice.com/cajuns.html
- 12. http://southernfood.about.com/od/recipes\_southern/
- 1. Identify the states that represent the "south".

Arkansas, Louisiana, Mississippi, Alabama, Tennessee, South Carolina, North Carolina, Georgia, Texas, Oklahoma, Florida



2. Name 20 foods that the South is known for:

Fried chicken	mashed potatoes	corn bread	sweet potatoes
buttermilk biscuits	grits	catfish	fried green tomatoes
sweet tea	pecan pie	gravy	black eyed peas
cobbler	etc.		

3. What is the history of "Soul food"?

Soul food is a traditional cuisine of black Americans in the southern United States and other black communities around the US. Very similar to southern cuisine, some foods include barbecue ribs, catfish, fried chicken, sweet potatoes, cornbread, dumplings, hush puppies, grits, and peach cobbler.

4. What recipes are specifically considered soul food?

Answers may vary, but could include: grits, barbeque ribs, hushpuppies, sweet potato pie, cornbread, dumplings.

5. Where is the heart of Creole Cuisine? What foods are found in Creole Cuisine?

The heart of Creole Cuisine is found in New Orleans, Louisiana. Common foods include gumbo, jambalaya, shrimp creole, pralines, bananas foster, beignets, and café au lait.

6. Define Cajun Cuisine.

Cajun Cuisine originated in Acadia, the French speaking regions of Canada and Northeast America, and made its way down to Louisiana. Dishes often include seafood with unique spices, served with rice, cornbread, and vegetables.

Compile a menu of southern foods. List your menu items below along with the recipes for each item.
 Answers may vary.



### Lesson 21

**US Regional** 

# **US Regional Cooking Plus Canadian Cooking**

### **National FCS Standard:**

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



### Lesson Goals:

- Identify the states in the Midwest
- List foods commonly know to this area
- Define "potluck" meals and safety in preparing these meals
- Create two meal plans with common Midwest foods

### Web Resources:

Use these resources to complete the questions.

- 1. http://www.globalgourmet.com/food/kgk/2001/0601/kgk060901.html
- 2. http://www.chryslertraveler.com/mwl/index.jhtml
- 3. http://en.wikipedia.org/wiki/Cuisine\_of\_the\_Midwest
- 4. http://home.kc.rr.com/kcjazz/nytimes.html
- 5. http://www.connerprairie.org/historyonline/diet.html
- 6. http://www.cooking.com/advice/adfeatu1.asp?Alias=AR\_potluck
- 7. http://www.oznet.ksu.edu/news/sty/2004/holiday\_picnics062204.htm
- 8. http://www.cuisinenet.com/glossary/midwest.html
- 9. http://encyclopedias.families.com/the-midwest-454-457-efc
- 1. Identify the states that represent the "Midwest":
- 2. The Midwest has several urban areas that have distinctive cuisine.

What food is Kansas City known for?\_\_\_\_\_

What food is Missouri known for?

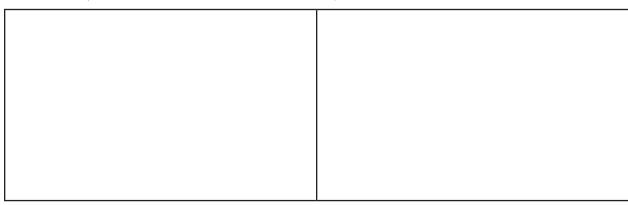
Seymour, Wisconsin is the birthplace of what food? \_\_\_\_\_

Milwaukee, Wisconsin has strong German influences and that means what foods?



3. Select 20 foods that you think truly represent Midwest traditions:

- 4. Summarize the dietary patterns of the early Midwest:
- 5. The Midwest is know for "potluck" foods at gatherings. What is a potluck supper or meal? Give an idea of the foods served:
- 6. How do you keep potluck foods safe?
- 7. Create two truly Midwestern meals. List them in the boxes provided:



50 Web-based Lesson Plans

US Regional Cooking Plus Canadian Cooking

US Regional Cuisine Midwest

# National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

# Lesson Goals:

- Identify the states in the Midwest
- List foods commonly know to this area
- Define "potluck" meals and safety in preparing these meals
- Create two meal plans with common Midwest foods

## Web Resources:

Use these resources to complete the questions.

- 1. http://www.globalgourmet.com/food/kgk/2001/0601/kgk060901.html
- 2. http://www.chryslertraveler.com/mwl/index.jhtml
- 3. http://en.wikipedia.org/wiki/Cuisine\_of\_the\_Midwest
- 4. http://home.kc.rr.com/kcjazz/nytimes.html
- 5. http://www.connerprairie.org/historyonline/diet.html
- 6. http://www.cooking.com/advice/adfeatu1.asp?Alias=AR\_potluck
- 7. http://www.oznet.ksu.edu/news/sty/2004/holiday\_picnics062204.htm
- 8. http://www.cuisinenet.com/glossary/midwest.html
- 9. http://encyclopedias.families.com/the-midwest-454-457-efc
- 1. Identify the states that represent the "Midwest":

# Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin

2. The Midwest has several urban areas that have distinctive cuisine.

What food is Kansas City known for? Kansas City is known for its barbecue.

What food is Missouri known for? Missouri, especially Kansas City, is known for its steak and barbecue.

Seymour, Wisconsin is the birthplace of what food? Seymour is known as the birthplace of the modern

<u>hamburger.</u>

Milwaukee, Wisconsin has strong German influences and that means what foods?

Strong German influences make Milwaukee known for its bratwurst and beer.

3. Select 20 foods that you think truly represent Midwest traditions:

Hot dish	jello-salad	barbeque	lefse
meatloaf	pancakes	wild rice	sauerkraut
pierogi	pasties	hamburgers	donuts
hotdogs	beans	bratwurst	cole slaw
frozen custard	maple syrup	corn on the cob	stuffing, etc.

4. Summarize the dietary patterns of the early Midwest:

Settlers in the early Midwest relied on diets based on the staple crops grown in the area. These included corn, wheat, and a variety of vegetables such as pumpkins, squash, carrots, lettuce, and rhubarb. Meats usually included wild game, domesticated chicken and beef. Cows provided milk and cheese, and chickens provided eggs.

5. The Midwest is know for "potluck" foods at gatherings. What is a potluck supper or meal? Give an idea of the foods served:

A potluck is a group meal where everyone is expected to bring a dish to share, such as a salad, bars, fruits, vegetables, etc. Examples are: green bean casserole, jello salad, pasta bake, zucchini bars.

6. How do you keep potluck foods safe?

There are several precautionary measures to take to practice food safety. Some of these include: cooking food thoroughly before serving, observing cleanliness of self, cooking utensils, and dishes, keeping cold foods cold and hot foods hot, never leaving food out longer than two hours, etc.

7. Create two truly Midwestern meals. List them in the boxes provided:

Answers may vary



### Lesson 22

**US Regional** 

# **US Regional Cooking Plus Canadian Cooking**

### **National FCS Standard:**

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

### Lesson Goals:

- Locate states in the west and southwest
- Identify basic foods, beans and spices used in southwestern cooking
- Find a recipe for making homemade tortillas
- Find southwestern recipes for given categories

### Web Resources:

Use these resources to complete the questions.

- 1. http://www.cuisinenet.com/glossary/southwst.html
- 2. http://www.recipesource.com/misc/hints/mexican-sw-cooking1.html
- 3. http://www.campbellkitchen.com/specialtylanding.aspx?specialty=pace
- 4. http://infoline.officehiway.com/enchilada-southwestern-recipes.htm
- 5. http://www.floras-hideout.com/recipes/recipes.php?page=recipes&data= h-l/Ingredients\_of\_Mexican\_and\_Southwestern\_Cooking\_-\_5
- 6. http://encyclopedias.families.com/the-southwest-469-472-efc
- 7. http://phoenix.about.com/od/recipes/
- 8. http://www.texascooking.com/features/sept98flourtortillas.htm
- 9. http://www.everylastrecipe.com/rdir-id-128.asp
- 1. The west and southwest states include:
- 2. What are the basic foods used in this cooking?

3. Southwest cooking involves so many kinds of beans. How many can you list that are used in recipes?

1	4
2	5
3	б





4. Name spices that are commonly used in southwestern cooking:

1	4
2	5
3	б

5. Find a recipe for making homemade tortillas. Paste it below:

- 6. Identify popular Southwestern foods. List names of popular recipes:
- 8. Find Southwestern recipes. Paste them below. One for each of the following categories:

Appetizer

Breakfast

Main dish

Pasta

Salad

Side Dish

Soup or casserole

Dessert



# **US Regional Cooking Plus Canadian Cooking**

**US Regional** Cuisine West & Southwest

## **National FCS Standard:**

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

## **Lesson Goals:**

- Locate states in the west and southwest
- Identify basic foods, beans and spices used in southwestern cooking
- Find a recipe for making homemade tortillas
- Find southwestern recipes for given categories

## Web Resources:

Use these resources to complete the questions.

- 1. http://www.cuisinenet.com/glossary/southwst.html
- 2. http://www.recipesource.com/misc/hints/mexican-sw-cooking1.html
- 3. http://www.campbellkitchen.com/specialtylanding.aspx?specialty=pace
- 4. http://infoline.officehiway.com/enchilada-southwestern-recipes.htm
- http://www.floras-hideout.com/recipes/recipes.php?page=recipes&data= 5. h-l/Ingredients\_of\_Mexican\_and\_Southwestern\_Cooking\_-\_5
- 6. http://encyclopedias.families.com/the-southwest-469-472-efc
- 7. http://phoenix.about.com/od/recipes/
- 8. http://www.texascooking.com/features/sept98flourtortillas.htm
- 9. http://www.everylastrecipe.com/rdir-id-128.asp

#### The west and southwest states include: 1.

New Mexico, Texas, southern California, Arizona, Nevada

2. What are the basic foods used in this cooking?

Corn, beans, peppers, avocados, chocolate, peanuts, tomatoes, squash, vanilla, tomatillo

- Southwest cooking involves so many kinds of beans. How many can you list that are used in recipes? 3.
  - 1. Black beans
- 4. Red beans
- 2. Garbanzo beans
- 5. Refried beans
- 3. Pinto beans
- 6. Northern beans



4. Name spices that are commonly used in southwestern cooking:

1. <u>Chipotle</u>	4. Jalapeño
2. <u>Cumin</u>	5. Chill powder
3. <u>Oregano</u>	6. <b>Cinnamon</b>

5. Find a recipe for making homemade tortillas. Paste it below:

Answers may vary	٠ •		

Identify popular southwestern foods. List names of popular recipes:
 <u>Tamales, enchiladas, fajitas, stuffed peppers, quesadillas, Santa Fe chicken salad, corn bread, etc.</u>

8. Find Southwestern recipes. Paste them below. One for each of the following categories:

Appetizer

Breakfast

Main dish

Pasta

Answers may vary.

Salad

Side Dish

Soup or casserole

Dessert



### Lesson 23

# **US Regional Cooking Plus Canadian Cooking**

### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



**US Regional Cuisine** 

### Lesson Goals:

- Define Hawaiian food-related terms
- Explain the Hawaiian luau
- Identify common Hawaiian ingredients
- Plan Hawaiian meals

### Web Resources:

Use these resources to complete the questions.

- 1. http://chinesefood.about.com/od/hawaii/
- 2. http://berncity.tripod.com/Hawaii.html
- 3. http://www.travellady.com/articles/article-hawaiiancuisine.html
- 4. http://www.cnn.com/TRAVEL/PURSUITS/FOOD/9903/hawaii.food/
- 5. http://www.dummies.com/WileyCDA/DummiesArticle/id-2855.html
- 6. http://en.wikipedia.org/wiki/Cuisine\_of\_Hawaii
- 7. http://en.wikipedia.org/wiki/Plate\_lunch
- 8. http://www.foodnetwork.com/food/show\_wp/episode/0,1976,FOOD\_10000\_20869,00.html
- 9. http://cookbook.rin.ru/cgi-bin/cookbook\_e/national.pl?cuisine=22&nat=22
- 10. http://www.foodproductdesign.com/archive/2002/1002FP.html
- 1. One article said the Hawaiian people love to "grind." How is this related to food?

## 2. What is the story behind Hawaiian luaus?

## 3. What are native Hawaiian ingredients?

1	4
2	5
3	б



- 4. List three spices commonly used in Hawaiian dishes.
  - 1. \_\_\_\_\_ 2. \_\_\_\_\_
  - 3. \_\_\_\_\_
- 5. Describe a Hawaiian plate lunch:
- 6. Define these Hawaiian food terms:
  Poi: \_\_\_\_\_\_
  Haupia: \_\_\_\_\_\_
  Ahi: \_\_\_\_\_\_
  Panko: \_\_\_\_\_\_
- 7. Using all of the research and web sites provided, come up with two traditional Hawaiian menus. List the foods in the boxes provided.

[		
W	~	

US Regional Cuisine Hawaiian

# US Regional Cooking Plus Canadian Cooking

## National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

## Lesson Goals:

- Define Hawaiian food-related terms
- Explain the Hawaiian luau
- Identify common Hawaiian ingredients
- Plan Hawaiian meals

## Web Resources:

Use these resources to complete the questions.

- 1. http://chinesefood.about.com/od/hawaii/
- 2. http://berncity.tripod.com/Hawaii.html
- 3. http://www.travellady.com/articles/article-hawaiiancuisine.html
- 4. http://www.cnn.com/TRAVEL/PURSUITS/FOOD/9903/hawaii.food/
- 5. http://www.dummies.com/WileyCDA/DummiesArticle/id-2855.html
- 6. http://en.wikipedia.org/wiki/Cuisine\_of\_Hawaii
- 7. http://en.wikipedia.org/wiki/Plate\_lunch
- 8. http://www.foodnetwork.com/food/show\_wp/episode/0,1976,FOOD\_10000\_20869,00.html
- 9. http://cookbook.rin.ru/cgi-bin/cookbook\_e/national.pl?cuisine=22&nat=22
- 10. http://www.foodproductdesign.com/archive/2002/1002FP.html
- 1. What does the word "grinds" mean in relation to Hawaiin food?

## "Grinds" is a local Hawaiin term for food or to eat.

2. What is the story behind Hawaiian luaus?

Hawaiian luaus are cultural feasts involving lots of traditional foods, entertainment, Hawaiian music, and the hula dance.

3. What are native Hawaiian ingredients?

1. <u>Coconut</u>	4. <u>Taro</u>
2. <u>Pork</u>	5. <u>Yams</u>
3. <i>Tuna</i>	б



- 4. List three spices commonly used in Hawaiian dishes.
  - 1. **Wasabi**
  - 2. Teriyaki
  - 3. Shoyu (soy sauce)
- 5. Describe a Hawaiian plate lunch:

<u>A Hawaiian plate lunch consists of two scoops of rice, a scoop of macaroni salad, and a main entrée.</u>

6. Define these Hawaiian food terms:

Poi: a staple in many Hawaiian dishes, poi is made by mashing corm (a vegetable root) into either a liquid or doughy consistency.

Haupia: *popular coconut milk based gelatinous dessert.* 

Ahi: *a type of Hawaiian tuna, also known as Bigeye Tuna and Yellowfin Tuna, weighing up to 400 lbs.\_\_\_\_\_* 

Panko: a type of bread crumb used as a coating for fried foods, crispy and airy in texture.

7. Using all of the research and web sites provided, come up with two traditional Hawaiian menus. List the foods in the boxes provided.

Answers may vary.	Answers may vary.

### Lesson 24

# US Regional Cooking Plus Canadian Cooking

### **National FCS Standard:**

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

# Canadian Cuisine



### **Lesson Goals:**

- Identify foods and ingredients common to Canadian cuisine
- Explain the climate and land of Canada
- Name Provinces and territories in Canada
- Describe popular Canadian dishes
- Create Canadian menus

### Web Resources:

Use these resources to complete the questions.

- 1. http://www.foodreference.com/html/artcanadianfoods.html
- 2. http://www.aboriginaltimes.com/health/traditional-cooking/view
- 3. http://www.theworldwidegourmet.com/countries/canada/canada.htm
- 4. http://en.wikipedia.org/wiki/Canadian\_cuisine
- 5. http://www.cooks.com/rec/search/0,1-0,canadian\_cuisine,FF.html
- 6. http://www.cuisinecanada.ca/
- 7. http://www.hindu.com/thehindu/mp/2004/04/05/stories/2004040502070400.htm
- 8. http://encyclopedias.families.com/canada-298-307-efc
- 9. http://www.slowfood.com/img\_sito/riviste/slow/EN/34/contaminazione.html
- 10. http://www.brandonsd.mb.ca/crocus/Departments/culinaryarts/PPTs/Foundations of Canadian Cuisine.ppt 256,1,Foundations%20of%20Canadian%20Cuisine
- 11. http://www.joycesfinecooking.com/canadian\_recipes.htm
- 12. http://www.razzledazzlerecipes.com/canada/
- 1. List some of the foods that are common to Canadian Cuisine that we would find a little unusual here in the US.
- 2. What information can you find on the history and origination of the foods and cooking ideas in Canada?



Describe the Canadian land, climate and countryside:
Name the provinces and territories in Canada?
Canadian cuisine has been described as the fusion of modern culinary techniques and several ingredients are commonly used. What are these ingredients?
Several dishes are uniquely Canadian or are considered to have a distinctive Canadian style. Describe these foods:
Poutine:
Butter tart:
Tourtiere:
Родо:
Beaver Tail or Elephant Ear:
Name several other countries that have had an influence on the Canadian food:
Create two Canadian menus for dinner. List the foods in the boxes. Remember to use good

I	
I	
I	
I	
I	

50 Web-based Lesson Plans

......

# US Regional Cooking Plus Canadian Cooking

# Canadian Cuisine

# National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

# Lesson Goals:

- Identify foods and ingredients common to Canadian cuisine
- Explain the climate and land of Canada
- Name Provinces and territories in Canada
- Describe popular Canadian dishes
- Create Canadian menus

# Web Resources:

Use these resources to complete the questions.

- 1. http://www.foodreference.com/html/artcanadianfoods.html
- 2. http://www.aboriginaltimes.com/health/traditional-cooking/view
- 3. http://www.theworldwidegourmet.com/countries/canada/canada.htm
- 4. http://en.wikipedia.org/wiki/Canadian\_cuisine
- 5. http://www.cooks.com/rec/search/0,1-0,canadian\_cuisine,FF.html
- 6. http://www.cuisinecanada.ca/
- 7. http://www.hindu.com/thehindu/mp/2004/04/05/stories/2004040502070400.htm
- 8. http://encyclopedias.families.com/canada-298-307-efc
- 9. http://www.slowfood.com/img\_sito/riviste/slow/EN/34/contaminazione.html
- 10. http://www.brandonsd.mb.ca/crocus/Departments/culinaryarts/PPTs/Foundations of Canadian Cuisine.ppt 256,1,Foundations%20of%20Canadian%20Cuisine
- 11. http://www.joycesfinecooking.com/canadian\_recipes.htm
- 12. http://www.razzledazzlerecipes.com/canada/
- 1. List some of the foods that are common to Canadian Cuisine that we would find a little unusual here in the US.

Answers may vary, but could include: poutine, flipper pie, ligonberry juice, jiggs dinner.

2. What information can you find on the history and origination of the foods and cooking ideas in Canada?

Canadian cuisine has many different influences in its origination, ranging from French cuisine and

provisions of fur traders and voyageurs, to traditional foods of the Inuit and other First Nation tribes.

3. Describe the Canadian land, climate and countryside:

The Canadian countryside ranges from widespread coniferous forests to barren arctic tundra, and as a multitude of freshwater lakes. Climate changes with each region, but ranges from lows of -40 degrees Fahrenheit in the winter to 85 degrees Fahrenheit in the summer.

4. Name the provinces and territories in Canada?

Provinces: Ontario, Quebec, Nova Scotia, New Brunswick, Manitoba, British Columbia, Prince Edward Island, Saskatchewan, Alberta, Newfoundland and Labrador.

5. Canadian cuisine has been described as the fusion of modern culinary techniques and several ingredients are commonly used. What are these ingredients?

Some of these ingredients include: blueberries, wild rice, mussels, bison, salmon, maple syrup, bison, and cheeses.

6. Several dishes are uniquely Canadian or are considered to have a distinctive Canadian style. Describe these foods:

Poutine: French fries topped with fresh cheese curds and gravy.

Butter tart: A combination of butter, sugar, and eggs in a pastry crust.

Tourtiere: *Meat pie made with ground pork and veal or beef.*\_\_\_\_\_

Pogo: *A corndog, or hot dog coated in cornbread batter and deep fried.* 

Beaver Tail or Elephant Ear: **Fried disk of dough with powdered sugar.**\_\_\_\_\_\_

7. Name several other countries that have had an influence on the Canadian food:

The following countries have influenced Canadian cuisine: Great Britain, Germany, Ukraine, Poland,

France, and Scandinavia.

8. Create two Canadian menus for dinner. List the foods in the boxes. Remember to use good meal planning principles when selecting the foods.

Menus may vary.	Menus may vary.

50 Web-based Lesson Plans

### Lesson 25

### Name\_

# Latin American Cooking Mexican Cuisine

### **National FCS Standard:**

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

### Lesson Goals:

- Describe the climate and country of Mexico
- Identify common Mexican foods and spices
- Explain how corn, beans and chilies are used in Mexican recipes
- Describe Mexican markets and how foods are purchased
- Discuss the Christmas holiday in Mexico

### Web Resources:

Use these resources to complete the questions.

- 1. http://en.wikipedia.org/wiki/Mexican\_food
- 2. http://www.mexican-embassy.dk/cuisine.html
- 3. http://www.sallys-place.com/food/ethnic\_cusine/mexico.htm
- 4. http://www.mexconnect.com/MEX/austin/0996food.html
- 5. http://www.homeschoolzone.com/m2m/mexican.htm
- 6. http://www.theworldwidegourmet.com/holidays/christmas/mexico.htm
- 7. http://www.theworldwidegourmet.com/countries/mexico/mexico.htm
- 8. http://www.spanish-mexico.com/mexican-cuisine/
- 1. What is Mexican cuisine known for?
- 2. Explain some traditions that Mexican cuisine is based on:
- 3. Describe the climate and country of Mexico:





ist spices commonly used in Mavican racing	
<ul><li>_ist spices commonly used in Mexican recipes</li><li>1</li></ul>	
2	
3	
4	
Explain how corn is used in Mexican recipes a	and foods:
Poars are a common ingradiant. What types a	
	reused and how are they used in Meyican regimes?
search a common ingreatent. What types a	re used and how are they used in Mexican recipes?
	re used and how are they used in Mexican recipes?
	re used and how are they used in Mexican recipes?
Name the different types of chilies used in Me	
Name the different types of chilies used in Me	exican cooking:
	exican cooking:
Name the different types of chilies used in Me	exican cooking:
Name the different types of chilies used in Me	exican cooking:
Name the different types of chilies used in Me	exican cooking:
Name the different types of chilies used in Me	exican cooking:
Name the different types of chilies used in Me	exican cooking:

# **Latin American Cooking**

# Mexican Cuisine

# National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

## Lesson Goals:

- Describe the climate and country of Mexico
- Identify common Mexican foods and spices
- Explain how corn, beans and chilies are used in Mexican recipes
- Describe Mexican markets and how foods are purchased
- Discuss the Christmas holiday in Mexico

# Web Resources:

Use these resources to complete the questions.

- 1. http://en.wikipedia.org/wiki/Mexican\_food
- 2. http://www.mexican-embassy.dk/cuisine.html
- 3. http://www.sallys-place.com/food/ethnic\_cusine/mexico.htm
- 4. http://www.mexconnect.com/MEX/austin/0996food.html
- 5. http://www.homeschoolzone.com/m2m/mexican.htm
- 6. http://www.theworldwidegourmet.com/holidays/christmas/mexico.htm
- 7. http://www.theworldwidegourmet.com/countries/mexico/mexico.htm
- 8. http://www.spanish-mexico.com/mexican-cuisine/

## 1. What is Mexican cuisine known for?

Mexican cuisine is known for its variety of flavors, spices, and color used in many of the authentic traditional dishes.

2. Explain some traditions that Mexican cuisine is based on:

Mexican cuisine is largely based on the food traditions of the Aztec, Maya, and other indigenous people.

3. Describe the climate and country of Mexico:

The climate of Mexico is very diverse. The country is divided by the Tropic of Cancer: regions north of the 24th parallel experience cool weather during winter months, while the climate south of the parallel is fairly constant and varies with elevation. The diversity in climate leads to a great amount of biodiversity.

4. Identify common Mexican foods:

Answers may vary, but could include: enchiladas, fajitas, tacos, tamales, stuffed peppers, etc.

5.	List spices commonly used in Mexican recipes:	
	1. <u>Oregano</u>	5. <u>Epazote</u>
	2. <u>Cumin</u>	6. <u>Cinnamon</u>
	3. <u>Chili powder</u>	7. <u>Anise</u>
	4. Chipotle	8. <u>Cloves</u>

6. Explain how "corn" is used in Mexican recipes and foods:

Corn is a staple ingredient of Mexican cuisine. While corn can be eaten in its whole form, it is commonly thrashed and boiled into a pozole and used to make tortillas and tamales. It can also be ground into a flour to make other foods.

- Beans are a common ingredient. What types are used and how are they used in Mexican recipes?
   Beans are found in many soups and stews along with traditional Mexican dishes such as burritos and enchiladas. A variety of beans are used including pinto beans, black beans, lentils, etc.
- Name the different types of chilies used in Mexican cooking:
   Jalapeño, poblano, habanero, serrano, ancho, and green chile peppers are all used in Mexican cooking.
- 9. Describe what Mexican markets are like. Where do people buy their foods? <u>Mexican markets are a big part of Mexican life and culture. Primary markets are usually located in the city</u> <u>center, with smaller markets throughout. While stalls are opened daily, Friday is known as market day. A</u> <u>large number and variety of goods are sold, ranging from fresh food to clothing to local artwork and crafts.</u>
- 10. How is Christmas celebrated and what food traditions are popular at this time? <u>A large tradition during Christmas in Mexico is known as Posada, a nine day celebration representing the</u> journey of Mary and Joseph to Bethlehem before the birth of Christ. Nativity scenes are set up during this time, with the figure of Jesus added at midnight on Christmas. Some common Christmas dishes include: tamales, romeritos, rosca de Reyes, and hot cocoa.



**Mexican Recipes** 

# Latin American Cooking

National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

### Lesson Goals:

- Locate recipes for popular foods like tacos, fajitas, burritos, chimichangas, enchiladas, tamales, tortillas and salsa
- Find recipes for Mexican appetizers, soups, salads, vegetables and main dishes

## Web Resources:

Use these resources to complete the questions.

- 1. http://www.askmen.com/fashion/wine\_and\_dine/8\_wine\_dine.html
- 2. http://www.askmen.com/fashion/wine\_and\_dine/8b\_wine\_dine.html
- 3. http://mexican.allrecipes.com/
- 4. http://mexicanfood.about.com/od/?once=true&
- 5. http://mexicancooking.netrelief.com/wriedt/mexican\_recipes.shtml
- 6. http://www.gourmetsleuth.com/mexican\_recipes.htm
- 7. http://myweb.cableone.net/howle/page/mexidx.htm
- 1. What is guacamole? List the ingredients used to make this recipe.
- 2. Mexican menus often include tacos. Find a recipe for an unusual taco and paste it below:

3. Mexican menus often include fajitas. Find a recipe for one that you think sounds good and one that has ingredients you have never tried before. Paste the recipes below:



## 4. What is a burrito?

5. What is a chimichanga?

6. What is an enchilada?

7. Find a recipe for a tamale and paste it below:

8. We can't forget about tortillas; find a recipe and paste it below:

9. Salsas have become popular. How is a Mexican salsa made? List the ingredients:

10. Find Mexican recipes for the following categories:

	Appetizers	Soups	Salads	Vegetables	Main dishes
7					

50 Web-based Lesson Plans

**Mexican Recipes** 

# ANSWER KEY

# Latin American Cooking

## National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

## Lesson Goals:

- Locate recipes for popular foods like tacos, fajitas, burritos, chimichangas, enchiladas, tamales, tortillas and salsa
- Find recipes for Mexican appetizers, soups, salads, vegetables and main dishes

## Web Resources:

Use these resources to complete the questions.

- 1. http://www.askmen.com/fashion/wine\_and\_dine/8\_wine\_dine.html
- 2. http://www.askmen.com/fashion/wine\_and\_dine/8b\_wine\_dine.html
- 3. http://mexican.allrecipes.com/
- 4. http://mexicanfood.about.com/od/?once=true&
- 5. http://mexicancooking.netrelief.com/wriedt/mexican\_recipes.shtml
- 6. http://www.gourmetsleuth.com/mexican\_recipes.htm
- 7. http://myweb.cableone.net/howle/page/mexidx.htm
- 1. What is guacamole? List the ingredients used to make this recipe.

Guacamole is a dip made of avocado that originated in Mexico. Ingredients include: ripe avocado, onions, lime juice, cilantro, and tomatoes.

2. Mexican menus often include tacos. Find a recipe for an unusual taco and paste it below:

Recipes will vary.

3. Mexican menus often include fajitas. Find a recipe for one that you think sounds good and one that has ingredients you have never tried before. Paste the recipes below:

### Recipes will vary.



4. What is a burrito?

<u>A burrito is a flour tortilla wrapped around a filling such as rice, beans, beef, guacamole, cheese, etc.</u>

5. What is a chimichanga?

A chimichanga is a deep fried burrito.

6. What is an enchilada?

An enchilada is a corn tortilla wrapped around a filling, covered with chile pepper sauce, and baked.

7. Find a recipe for a tamale and paste it below:

Answers may vary.

8. We can't forget about tortillas; find a recipe and paste it below:

### Answers may vary.

9. Salsas have become popular. How is a Mexican salsa made? List the ingredients:

Mexican salsa was traditionally made with a mortar and pestle, but is now more commonly produced using a blender. Ingredients include tomato, onions, garlic, cilantro and peppers (ranging in hotness). Other ingredients may be added as well for variety.

10. Find Mexican recipes for the following categories:

Appetizers	Soups	Salads	Vegetables	Main dishes
	A	nswers may var	у.	



# Latin American Cooking

National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

### Lesson Goals:

- Name the countries in South America
- Describe the geography and economy in South America
- Summarize the South American cultures
- Explain some of the festivals celebrated in South America

### Web Resources:

Use these resources to complete the questions.

- 1. http://www.infoplease.com/atlas/southamerica.html
- 2. http://en.wikipedia.org/wiki/South\_America
- 3. http://gosouthamerica.about.com/
- 4. http://www.mnsu.edu/emuseum/prehistory/latinamerica/south/satable.html
- 5. http://www.infoplease.com/ce6/society/A0859900.html
- 6. http://en.wikipedia.org/wiki/List\_of\_pre-Columbian\_civilizations
- 7. http://gosouthamerica.about.com/cs/southamerica/a/TodosSantos.htm
- 8. http://www.frommers.com/destinations/southamerica/1010020861.html
- 9. http://www.hgpho.to/wfest/USA-E.html
- 10. search for festivals in individual countries in South America
- 1. Name the countries that are part of South America:
- 2. What is the geography of South American like? Write a description.

3. Describe the economy of South America:



South America The Country And Cuisine

 Pick <sup>·</sup>	two South Americar	n cultures and s	ummarize th	em:		 
	, Chimu, Aymara, Ti					 
"All S	Saints Day" is celebra	ated in South A	merica. Expl	ain this celebra	tion.	
·						 
Pick	two other festivals h	eld in the Sout	h American c	countries. Desc	ribe them.	 



# <u>Latin Ameri</u>can Cooking

# National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

## Lesson Goals:

- Name the countries in South America
- Describe the geography and economy in South America
- Summarize the South American cultures
- Explain some of the festivals celebrated in South America

## Web Resources:

Use these resources to complete the questions.

- 1. http://www.infoplease.com/atlas/southamerica.html
- 2. http://en.wikipedia.org/wiki/South\_America
- 3. http://gosouthamerica.about.com/
- 4. http://www.mnsu.edu/emuseum/prehistory/latinamerica/south/satable.html
- 5. http://www.infoplease.com/ce6/society/A0859900.html
- 6. http://en.wikipedia.org/wiki/List\_of\_pre-Columbian\_civilizations
- 7. http://gosouthamerica.about.com/cs/southamerica/a/TodosSantos.htm
- 8. http://www.frommers.com/destinations/southamerica/1010020861.html
- 9. http://www.hgpho.to/wfest/USA-E.html
- 10. search for festivals in individual countries in South America
- 1. Name the countries that are part of South America:

# <u>Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Guyana, Paraguay, Peru, Suriname, Uruguay,</u>

Venezuela

2. What is the geography of South American like? Write a description.

South America is home to the longest mountain range, the longest river, the highest waterfall, and the largest rainforest. These are the Andes Mountains, the Amazon River, Angel Falls, and the Amazon Rainforest. The continent has some of the greatest biodiversity on the planet, most of which can be observed in the Amazon Rainforest.

3. Describe the economy of South America:

The economy of South America depends largely on the export of goods and natural resources. There is a significant economic gap between the wealthy and impoverished, larger than seen in most continents.

50 Web-based Lesson Plans

South America The Country And Cuisine 4. Find two other interesting facts about the country – the history, the culture, the colonization or how they gained their independence – and write them here:

Answers will vary.
Pick two South American cultures and summarize them: (Inca, Chimu, Aymara, Tiwanaku, Nazca, Moche, Chavin) <b>Answers will vary depending on culture chosen.</b>

6. "All Saints' Day" is celebrated in South America. Explain this celebration.

All Saints' Day is celebrated on November 1st or the first Sunday after Pentecost among Christians. There is a feast in honor of the saints. In South America, All Saints' Day usually coincides with the celebration of the Day of the Dead, which remembers and honors deceased relatives.

Pick two other festivals held in the South American countries. Describe them.
 <u>Answers will vary depending on festivals chosen.</u>



#### Lesson 28

### Name

# Latin American Cooking

**National FCS Standard:** 

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

### Lesson Goals:

- Compare recipes in the US to recipes common in South America
- Analyze a meal eaten in Brazil based the food pyramid guidelines
- Compile a list of recipes to be made in class to represent the South American Cuisine

### Web Resources:

Use these resources to complete the questions.

- 1. http://www.recipezaar.com/r/251
- 2. http://www.epicurious.com/recipes/find/browse/results?type=browse&att=6
- 3. http://gosouthamerica.about.com/cs/cuisin1/a/SArecipes.htm
- 4. http://www.everylastrecipe.com/rdir-id-101.asp
- 5. http://www.recipeatlas.com/southamericanrecipes/
- 6. http://gosouthamerica.about.com/od/recipesfrombrazil/
- http://gosouthamerica.about.com/gi/dynamic/offsite.htm?zi=1/XJ&sdn= gosouthamerica&zu=http%3A%2F%2Fwww.recipesource.com%2Fethnic% 2Famericas%2Fbrazil%2F
- 1. Create a list to compare recipes common to the U.S. and those of South American countries. Begin by listing your favorite or commonly served foods in your part of the United States, then use web sites to find options for the food categories of those South American recipes.

Food Category	US Recipe	US Recipe	South American Recipe	South American Recipe
Appetizers				
Bread or Pastry				
Soup or Stew				
Seafood				
Beef Entrée				
Poultry Entrée				
Vegetables				
Desserts				

50 Web-based Lesson Plans

South American Recipes 2. This is a listing of typical foods eaten for a meal in Brazil. Did they meet the MyPyramid Guidelines?

#### TYPICAL DAILY DIET IN RIO DE JANEIRO, BRAZIL

Breakfast: Banana, small piece of french bread, small glass of warm milk (if available)

Lunch: Rice, black beans, chicken or roast beef, variety of vegetables (lettuce, swiss chard, okra, squash, peppers, or eggplant), a fried banana or mango, lots of water or mango juice

Snack: coffee or avocado milk shake (occasionally)

Dinner: Banana, cheese (if available), small piece of french bread, possibly a deep fried egg, coffee or cashew fruit juice

\*\*Lunch is typically the largest meal of the day. Rice and beans are served every day, but the amount of additional food served at this meal depends upon the economic status of the family.

Number servings fruit group:\_\_\_\_\_

Number servings vegetables:

Number servings meat group:\_\_\_\_\_

Number servings milk group:\_\_\_\_\_

Number servings grains:

My analysis of the foods eaten in the menu above: \_\_\_\_\_\_

### 3. Here's a Peruvian recipe:

ARROZ CON POLLO	8 servings
8 small boneless and skinless chicken breasts	2 cloves of fresh garlic
1 onion finely chopped	1/2 a cup of oil or shortening
3 cups of rice (not instant)	5 cups of chicken bouillon
1/2 lb. of cooked peas	2 jalapeño peppers cut in very thin strips
Salt and pepper to your liking	
1 cup of cilantro put in blender with a cup of water ar	nd chopped (drain water off after chopping in blender)
PREPARATION:	
	til done. In the same oil, cook your garlic and onion until tend

- 2. Add to the garlic and onion the cooked chicken breast, the cilantro chopped in the blender and water drained off, the chicken bouillon and let come to a boil; add rice (not instant) and the jalapeno pepper strips. Cook over medium heat until liquid begins to be absorbed. Add cooked peas and continue to cook over low heat until rice is ready
- 3. Serve chicken breast on plate and covered completely with rice
- A. What equipment would be needed to make this recipe? List here: \_\_\_\_

B. Explain if you would or would not serve anything with this recipe to make it a complete meal: \_\_\_\_\_

- 4. For 300 years, feijoada has reigned supreme in the Brazilian kitchen. Invented by slaves, who started mixing their masters' pork leftovers to the black beans that were used to feed the animals, it got a touch of Portuguese and Indian cuisines and today is served all over from the hole-in-the-wall little joints to the most sophisticated restaurants. Every family seems to have its own feijoada favorite recipe. FIND A RECIPE FOR FEIJOADA and paste it below:
- 5. Find 4-5 recipes, enough for each lab in your cooking class to make one for a sampling of South American cooking. Paste the recipes below.



# Latin American Cooking

# National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

## Lesson Goals:

- Compare recipes in the US to recipes common in South America
- Analyze a meal eaten in Brazil to the food pyramid guidelines
- Compile a list of recipes to be made in class to represent the South American Cuisine

## Web Resources:

Use these resources to complete the questions.

- 1. http://www.recipezaar.com/r/251
- 2. http://www.epicurious.com/recipes/find/browse/results?type=browse&att=6
- 3. http://gosouthamerica.about.com/cs/cuisin1/a/SArecipes.htm
- 4. http://www.everylastrecipe.com/rdir-id-101.asp
- 5. http://www.recipeatlas.com/southamericanrecipes/
- 6. http://gosouthamerica.about.com/od/recipesfrombrazil/
- http://gosouthamerica.about.com/gi/dynamic/offsite.htm?zi=1/XJ&sdn= gosouthamerica&zu=http%3A%2F%2Fwww.recipesource.com%2Fethnic% 2Famericas%2Fbrazil%2F
- 1. Create a list to compare recipes common to the U.S. and those of South American countries. Begin by listing your favorite or commonly served foods in your part of the United States, then use web sites to find options for the food categories of those South American recipes.

Food Category	US Recipe	US Recipe	South American Recipe	South American Recipe
Appetizers				
Bread or Pastry				
Soup or Stew				
Seafood		Answers may vary.		
Beef Entrée				
Poultry Entrée				
Vegetables				
Desserts				

50 Web-based Lesson Plans

South American Recipes

### 2. This is a listing of typical foods eaten for a meal in Brazil. Did they meet the MyPyramid Guidelines?

#### TYPICAL DAILY DIET IN RIO DE JANEIRO, BRAZIL

Breakfast: Banana, small piece of french bread, small glass of warm milk (if available)

Lunch: Rice, black beans, chicken or roast beef, variety of vegetables (lettuce, swiss chard, okra, squash, peppers, or eggplant), a fried banana or mango, lots of water or mango juice

Snack: coffee or avocado milk shake (occasionally)

Dinner: Banana, cheese (if available), small piece of french bread, possibly a deep fried egg, coffee or cashew fruit juice

\*\*Lunch is typically the largest meal of the day. Rice and beans are served every day, but the amount of additional food served at this meal depends upon the economic status of the family.

Number servings fruit group: *about 3-4* 

Number servings milk group: *about 2* 

Number servings grains: **about 4-5** 

Number servings vegetables: about 2-3

Number servings meat group: *about 2* 

My analysis of the foods eaten in the menu above: The menu does a good job of including foods from each

# food group. However, while a variety of vegetables is offered, the type of fruit is limited. Many of the foods offered are prepared deep-fried.

3. Here's a Peruvian recipe:

#### **ARROZ CON POLLO**

8 servings 8 small boneless and skinless chicken breasts 2 cloves of fresh garlic 1 onion finely chopped 1/2 a cup of oil or shortening 3 cups of rice (not instant) 5 cups of chicken bouillon 1/2 lb. of cooked peas 2 jalapeño peppers cut in very thin strips Salt and pepper to your liking 1 cup of cilantro put in blender with a cup of water and chopped (drain water off after chopping in blender)

#### **PREPARATION:**

- 1. Cook salted and peppered chicken breast in oil until done. In the same oil, cook your garlic and onion until tender 2. Add to the garlic and onion the cooked chicken breast, the cilantro chopped in the blender and water drained off, the chicken bouillon and let come to a boil; add rice (not instant) and the jalapeno pepper strips. Cook over medium heat until liquid begins to be absorbed. Add cooked peas and continue to cook over low heat until rice is ready
- 3. Serve chicken breast on plate and covered completely with rice
- A. What equipment would be needed to make this recipe? List here: **This recipe requires the use of a**

### cooking skillet, a blender, and measuring cups.

B. Explain if you would or would not serve anything with this recipe to make it a complete meal: **Possible** 

recommendations could include adding more types and servings of fruits, veggies, and dairy.

4. For 300 years, feijoada has reigned supreme in the Brazilian kitchen. Invented by slaves, who started mixing their masters' pork leftovers to the black beans that were used to feed the animals, it got a touch of Portuguese and Indian cuisines and today is served all over from the hole-in-the-wall little joints to the most sophisticated restaurants. Every family seems to have its own feijoada favorite recipe. FIND A RECIPE FOR FEIJOADA and paste it below:

### Answers will vary.

5. Find 4-5 recipes, enough for each lab in your cooking class to make one for a sampling of South American cooking. Paste the recipes below.

### <u>Answers will vary.</u>

50 Web-based Lesson Plans

# European Cuisine

National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

> 13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

### Lesson Goals:

- Name the foods common to the British Isles
- Identify the countries that are part of the British isles
- List a typical breakfast, lunch and dinner in Britain •
- . Describe typical British and Irish dishes

### Web Resources:

Use these resources to complete the questions.

- 1. http://www.the-british-isles.com/
- 2. http://www.macs.hw.ac.uk/britishisles/
- 3. http://www.britannia.com/
- 4. http://en.wikipedia.org/wiki/British\_Isles
- 5. http://en.wikipedia.org/wiki/Modern\_British\_cuisine
- 6. http://www.ravensgard.org/prdunham/irishfood.html
- 7. http://www.lingolex.com/cc/foods.htm
- http://www.ukstudentlife.com/Britain/Food/Meals.htm Meals 8.
- 9. http://www.recipesource.com/ethnic/europe/british/indexall.html
- 10. http://en.wikipedia.org/wiki/Crumpet
- 11. http://en.wikipedia.org/wiki/Bubble and Squeak
- 12. http://www.britainexpress.com/articles/Food/
- 13. http://www.recipehound.com/Recipes/irish.html
- 14. http://www.earthyfamily.com/IR-recipe.htm
- 15. http://en.wikipedia.org/wiki/Irish\_cuisine
- 1. Investigate what some of these British foods are:

Yorkshire pudding:
A Ploughman's Lunch:
Bangers and Mash:
Haggis:
Scones:
English Trifle:
What are fried potatoes called in Britain?





2.	do British people typically have for breakfast?			
3.	When do people in Britain have a "tea-break"?			
4.	What is the typical lunch meal?			
5.	What is "High Tea"?			
6.	What is the evening meal called and what is often served?			
7.	What are crumpets?			
8.	Describe the traditional British food "Bubble and Squeak:"			
9.	What ingredients are in an Irish Stew?			
10.	Name the countries that are part of the British Isles:			
11.	Many Irish dishes feature potatoes. Find out the names and ingredients of at least three Irish potato dishes. List them below.			

50 Web-based Lesson Plans

108

# ANSWER KEY

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Name the foods common to the British Isles
- Identify the countries that are part of the British isles
- List a typical breakfast, lunch and dinner in Britain
- Describe typical British and Irish dishes

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.the-british-isles.com/
- 2. http://www.macs.hw.ac.uk/britishisles/
- 3. http://www.britannia.com/
- 4. http://en.wikipedia.org/wiki/British\_Isles
- 5. http://en.wikipedia.org/wiki/Modern\_British\_cuisine
- 6. http://www.ravensgard.org/prdunham/irishfood.html
- 7. http://www.lingolex.com/cc/foods.htm
- 8. http://www.ukstudentlife.com/Britain/Food/Meals.htm Meals
- 9. http://www.recipesource.com/ethnic/europe/british/indexall.html
- 10. http://en.wikipedia.org/wiki/Crumpet
- 11. http://en.wikipedia.org/wiki/Bubble\_and\_Squeak
- 12. http://www.britainexpress.com/articles/Food/
- 13. http://www.recipehound.com/Recipes/irish.html
- 14. http://www.earthyfamily.com/IR-recipe.htm
- 15. http://en.wikipedia.org/wiki/Irish\_cuisine
- 1. Investigate what some of these British foods are:

Yorkshire pudding: *a dish made of bread batter cooked in baking tins containing hot fat or oil, often served* 

#### as a side dish with meat.

A Ploughman's Lunch: a meal consisting of buttered bread, cheese, raw onion, and a mug of cider.

Bangers and Mash: a dish of mashed potatoes and sausage.

Haggis: *a dish of sheep's heart, liver, and lungs minced with onions, oatmeal, and spices and boiled in the \_\_\_\_\_* sheep's stomach.

Scones: an English quick bread made with oatmeal, wheat, or barley, sometimes containing fruits, nuts, chocolate, or spices.

English Trifle: a dessert made of layered fruit, cake, whipped cream, and gelatin.

What are fried potatoes called in Britain? Fried potatoes are called "chips" in Britain



- What do British people typically have for breakfast?
   <u>Today a typical British breakfast consists of cereal, toast, orange juice, coffee, and porridge in the winter.</u>
- 3. When do people in Britain have a "tea-break"? <u>A tea-break is usually taken between 3 pm and 5 pm.</u>
- 4. What is the typical lunch meal? <u>Many adults and children make pack lunches, which have a sandwich,</u> <u>"crisps" (chips), a piece of fruit and a drink.</u>
- 5. What is "High Tea"? <u>High Tea is an early evening meal in England, served between 5 pm and 6 pm. High Tea</u> substitutes both afternoon tea and the evening meal.
- What is the evening meal called and what is often served? <u>The evening meal is known as dinner, supper,</u> or tea. It is often served between 6:30 pm and 8 pm.
- 7. What are crumpets? <u>Crumpets are a bread snack served with either a sweet or savory topping. The crumpet</u> itself is spongy in texture and porous.
- 8. Describe the traditional British food "Bubble and Squeak:" <u>Bubble and Squeak is a traditional English</u> breakfast consisting of potatoes, cabbage, and other leftover vegetables of an English roast. It is usually served with cold meat and pickles.
- 9. What ingredients are in an Irish Stew? <u>Irish Stew contains potatoes, carrots, onions, parsley and either lamb,</u> beef, or mutton.
- 10. Name the countries that are part of the British Isles: <u>Wales, England, Chester, Scotland, and Ireland are all</u> part of the British Isles.
- 11. Many Irish dishes feature potatoes. Find out the names and ingredients of at least three Irish potato dishes. List them below.

Answers may vary.



### **European Cuisine**

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### **Lesson Goals:**

- Summarize the geography, climate and demographics of France
- Explain typical meals eaten in France
- Describe cooking terms and French foods
- Outline popular French sauces
- Create French menus

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.franceway.com/gastrono.htm
- 2. http://en.wikipedia.org/wiki/Geography\_of\_France
- 3. http://en.wikipedia.org/wiki/French\_people
- 4. http://www.discoverfrance.net/France/DF\_people.shtml
- 5. http://www.earlystart.co.uk/esfrench1/04people.htm
- 6. http://www.ezwebsite.org/Page.asp?PID=1280
- 7. http://en.wikipedia.org/wiki/Dijon
- 8. http://www.recipesource.com/ethnic/europe/french/indexall.html
- 9. http://frenchfood.about.com/library/blveloute.htm
- 10. http://www.cuisinenet.com/digest/region/france/sauce.shtml
- 11. http://www.virginia.edu/iso/ic/old\_ic/Docs/Cuisine/france.html
- 12. http://frenchfood.about.com/od/soupspotages/
- 13. http://www.ffcook.com/pages/allrecipes.htm
- 14. http://www.gourmet.gr/french-recipes/?gid=1&nodeid=11
- 15. http://www.recipehound.com/Recipes/france.html
- 1. One web sites says that "Eating well is of prime importance to most French people, who spend an amazing amount of time thinking about, talking about and consuming food". What is the secret to success in a French kitchen?
- 2. Give four summary sentences about the climate and the geography of France:



3.	Write three or more summary statements about the origins, culture and demographics of the French people.
4.	Name and tell about two famous French citizens
5.	What are typical meals like in France?
6.	Describe the Nouvelle Cuisine (look for ethnic cuisine of France).
7.	Explain what types of sauces are used in French cooking
8.	What is a roux?
9.	What is a liaison?



#### 10. List three French sauces and the ingredients in each.

French Sauce #1:	French Sauce #2:	French Sauce #3:
Ingredients:	Ingredients:	Ingredients:

#### 11. List five interesting facts about French cuisine:

1.	
2.	
3.	
4.	
5.	
J.	

12. Explain the connection between France and Dijon mustard:

#### 13. What is a "cassoulet"?\_\_\_\_\_

14. Create three French menus. Include the recipes after the table below.

	Soup or Salad	Main Dish	Side Dish	Dessert
Menu #1:				
Menu #2:				
Menu #3:				

Copies of recipes:



European Cuisine

# ANSWER KEY

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Summarize the geography, climate and demographics of France
- Explain typical meals eaten in France
- Describe cooking terms and French foods
- Outline popular French sauces
- Create French menus

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.franceway.com/gastrono.htm
- 2. http://en.wikipedia.org/wiki/Geography\_of\_France
- 3. http://en.wikipedia.org/wiki/French\_people
- 4. http://www.discoverfrance.net/France/DF\_people.shtml
- 5. http://www.earlystart.co.uk/esfrench1/04people.htm
- 6. http://www.ezwebsite.org/Page.asp?PID=1280
- 7. http://en.wikipedia.org/wiki/Dijon
- 8. http://www.recipesource.com/ethnic/europe/french/indexall.html
- 9. http://frenchfood.about.com/library/blveloute.htm
- 10. http://www.cuisinenet.com/digest/region/france/sauce.shtml
- 11. http://www.virginia.edu/iso/ic/old\_ic/Docs/Cuisine/france.html
- 12. http://frenchfood.about.com/od/soupspotages/
- 13. http://www.ffcook.com/pages/allrecipes.htm
- 14. http://www.gourmet.gr/french-recipes/?gid=1&nodeid=11
- 15. http://www.recipehound.com/Recipes/france.html
- 1. One web sites says that "Eating well is of prime importance to most French people, who spend an amazing amount of time thinking about, talking about and consuming food". What is the secret to success in a French kitchen?

The French cook with fresh ingredients that are locally produced and in season.

2. Give four summary sentences about the climate and the geography of France:

The climate and geography of France varies through each region of the country. The northwest is primarily made up of coastal plain as it borders the Atlantic Ocean, while southeastern France is more mountainous with the Alps. France also has many rivers such as the Seine, Loire, Rhône, and Garonne. The climate varies from the cool and wet marine climate of the northwest to the warm and sunny Mediterranean climate





3. Write three or more summary statements about the origins, culture and demographics of the French people.

The population of France is slightly over 65 million people and is known for considerable ethnic diversity, with over 40% of the population descending from foreign immigrants. France has an extremely rich culture and is well known throughout the world for its distinct cuisine, art, fashion, music, film, and as the birthplace of many historical figures.

- 4. Name and tell about two famous French citizens. <u>Answers will vary, but could include:</u> <u>René Descartes: 17th century philosopher and scientist, known as the "Father of Modern Philosophy" and for</u> <u>coining the idea "I think, therefore I am."</u> <u>Marie Curie: physicist and chemist, a pioneer in the field of</u> <u>radiology, honored with two Nobel prizes, first female professor at the University of Paris.</u>
- 5. What are typical meals like in France? In France, much time and care is devoted to meal preparation. The meals themselves consist of several courses and a good amount of time is taken to enjoy them with friends and families.
- Describe the Nouvelle Cuisine (look for ethnic cuisine of France). <u>Nouvelle Cuisine, in contrast to classic</u> <u>French cuisine, is a modern approach to cooking that is lighter and focuses on the overall presentation of</u> <u>the dish.</u>
- Explain what types of sauces are used in French cooking. *There are several types of sauces used in French* cooking, some of which include: rémoulade, béarnaise, hollandaise, béchamel, rouille, roux, and velouté.
- 8. What is a roux? **Roux is a mixture of wheat flour and fat and is often used as a thickener for many French** sauces and gravies.
- 9. What is a liaison? <u>A liaison is a base used in French sauces. Egg yolks, flour, butter, and pureed vegetables</u> are can serve as liaisons.



10. List three French sauces and the ingredients in each. *Answers may vary but could include:* 

French Sauce #1:	French Sauce #2:	French Sauce #3:
ROUILLE	VELOUTÉ	RÉMOULADE
Ingredients:	Ingredients:	Ingredients:
chiles, garlic, bread crumbs, olive oil	white wine with white stock (from chicken or veal)	mayonnaise, mustard, capers, chopped gherkins, herbs, ancho- vies

- 11. List five interesting facts about French cuisine: *Answers may vary but could include:* 
  - 1. French meals are served in several courses.
  - 2. Bread is served with each meal.
  - 3. The French eat more cheese on average than any country in the world.

4.			
5.			

12. Explain the connection between France and Dijon mustard:

Dijon mustard was created by Jean Naigeon of Dijon, France. This type of mustard is distinct for its smooth texture and less acidic taste as it is made with verjuice instead of the usual vinegar.

- 13. What is a "cassoulet"? <u>A cassoulet is very similar to American casseroles. It is a slow-cooked dish of</u> white haricot beans, meat, and pork skin.
- 14. Create three French menus. Include the recipes after the table below.

	Soup or Salad	Main Dish	Side dish	Dessert
Menu #1:				
Menu #2:		Menus will vary.		
Menu #3:				

Copies of recipes:



### European Cuisine

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Describe geography and climate of Germany
- Explain the significance of eating hours and a typical German meal
- Elaborate on how the potato is used in German cooking
- Explain how given German foods are prepared
- Compile a collection of German recipes

#### Web Resources:

Use these resources to complete the questions.

- 1. http://geography.about.com/library/cia/blcgermany.htm
- 2. http://www.germanculture.com.ua/library/bl\_geography.htm
- 3. http://www.kidport.com/RefLib/WorldGeography/Germany/Germany.htm
- 4. http://www.bbc.co.uk/languages/german/lj/cultural\_notes/index.shtml
- 5. http://www.dsokids.com/2001/dso.asp?PageID=293
- 6. http://www.germanfortravellers.com/kultur/recipes1.html
- 7. http://library.thinkquest.org/26576/mealseatingpage.htm
- 8. http://www.jagaimo.com/bistro/cuisine/de.htm
- 9. http://www.recipezaar.com/r/119/103
- 10. http://www.germany-tourism.de/e/german\_potatoes.html
- 11. http://www.recipezaar.com/r/15/119
- 12. http://www.recipehound.com/Recipes/german.html
- 1. Describe the geography and climate of Germany:
- 2. Name some famous landmarks in Germany. Include pictures if you find them.
- 3. How is the pretzel tied to Germany?



## Germany



- 4. What are German meals known for? What is a traditional German meal?
- 5. What is the significance of the "eating hours" in Germany? How is lunch time different in Germany as compared to the United States?
- 6. Describe manners when eating at a German table:
- 7. Potatoes are an important German ingredient. Festivals are even held in honor of the potato. Find twelve ways they serve potatoes in Germany. List the recipe names in the chart below:

- 8. Compare a German potato salad to a recipe for potato salad in the United States.
- 9. Explain what these German dishes are:

Braten:	
Kasseler rippenspeer:	
Sauerbraten:	
Hasenpfeffer:	
Bratwurst:	
Salzkartoffeln:	
Kartoffelpuffer:	
Spatzle:	
Strudel:	

10. Find three German recipes that you would like to make and paste them below:



# ANSWER KEY

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Describe geography and climate of Germany
- Explain the significance of eating hours and a typical German meal
- Elaborate on how the potato is used in German cooking
- Explain how given German foods are prepared
- Compile a collection of German recipes

#### Web Resources:

Use these resources to complete the questions.

- 1. http://geography.about.com/library/cia/blcgermany.htm
- 2. http://www.germanculture.com.ua/library/bl\_geography.htm
- 3. http://www.kidport.com/RefLib/WorldGeography/Germany/Germany.htm
- 4. http://www.bbc.co.uk/languages/german/lj/cultural\_notes/index.shtml
- 5. http://www.dsokids.com/2001/dso.asp?PageID=293
- 6. http://www.germanfortravellers.com/kultur/recipes1.html
- 7. http://library.thinkquest.org/26576/mealseatingpage.htm
- 8. http://www.jagaimo.com/bistro/cuisine/de.htm
- 9. http://www.recipezaar.com/r/119/103
- 10. http://www.germany-tourism.de/e/german\_potatoes.html
- 11. http://www.recipezaar.com/r/15/119
- 12. http://www.recipehound.com/Recipes/german.html
- 1. Describe the geography and climate of Germany:

Germany has a temperate, marine climate as it borders the Baltic Sea, and experiences cool, wet, and cloudy winters and summers. The geography varies across the country from the lowlands in the north to the Bavarian Alps in the south.

2. Name some famous landmarks in Germany. Include pictures if you find them.

Some famous German landmarks include the Rhine River, the Alps, and the remains of the Berlin Wall.

3. How is the pretzel tied to Germany?

In the 16th century, pretzels were eaten for dinner during Good Friday. The shape of the pretzel was thought to have religious significance. The twisted braid of the pretzel was thought to resemble praying hands, and the three holes to represent the Holy Trinity.





4. What are German meals known for? What is a traditional German meal?

German meals are known for their baked goods and rich foods, with lunch being the largest meal of the day. Meals vary for breakfast, lunch, and dinner. They may consist of a type of meat or fish, noodles, a salad or other vegetables, and are always served with bread. Breakfasts range from toast with jam to sausage and eggs to muesli or cereal.

5. What is the significance of the "eating hours" in Germany? How is lunch time different in Germany as compared to the United States?

Eating hours are taken very seriously in Germany among German families. There are specified times for each meal, and to be late would be considered rude. All meals are taken with the family. Lunch time is actually designated by law, and all shops and businesses close during that hour.

6. Describe manners when eating at a German table:

When eating a meal in Germany, both hands should remain in sight on the table. The plate should be clean after eating; to leave food means you did not like it. Silverware should be placed together on the plate to signal you are finished.

7. Potatoes are an important German ingredient. Festivals are even held in honor of the potato. Find twelve ways they serve potatoes in Germany. List the recipe names in the chart below:

#### Answers may vary, but could include:

Salzkartoffeln (boiled potatoes)	Petersilienkartoffeln (potatoes with parsley)	Pellkartoffeln (potatoes boiled in their skins)
Kartoffelpuree (mashed potatoes)	Kartoffelsalat (potato salad)	etc.

8. Compare a German potato salad to a recipe for potato salad in the United States.

While most of the ingredients are similar, American potato salad includes eggs, paprika, and mayonnaise while German potato salad includes bacon.

9. Explain what these German dishes are:

Braten: *a pan-fried or roasted meat, such as beef, lamb, mutton, or pork* \_\_\_\_

Kasseler rippenspeer: roasted pork ribs

Sauerbraten: *a national dish of Germany, sauerbraten is a roast meat marinated in vinegar and spices* 

served with red cabbage, potato dumplings, or noodles

Hasenpfeffer: traditional German stew made from rabbit or hare

Bratwurst: *a pork or beef sausage* 

Salzkartoffeln: also known as salt potatoes, bite-sized white potatoes boiled in their skins

Kartoffelpuffer: fried pancakes of potato, egg, and sometimes onion for flavor

Spatzle: *a type of egg noodle or small dumpling* 

Strudel: *a sweet or savory layered pastry with fillings such as cherry, raisin, apple, cheese* 

10. Find three German recipes that you would like to make and paste them below: **Recipes will vary.** 



#### Lesson 32

#### Name

### European Cuisine

National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

> 13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Name the countries that make up Scandinavia
- Describe the location, climate and geography of the country
- List key points about the history of Scandinavia
- Describe the Scandinavian culture and cuisine
- Explain a Danish Smorgasbord
- List popular recipes and plan a Scandinavian menu .

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.scandinavica.com/culture/society/nordic.htm
- 2. http://en.wikipedia.org/wiki/Nordic\_countries
- 3. http://www.geocities.com/Hollywood/3335/geography.html
- 4. http://www.allscandinavia.com/naturalorigins.htm
- 5. http://www.allscandinavia.com/about.htm
- 6. http://www.genuinescandinavia.com/celebration.asp
- 7. http://www.geocities.com/TheTropics/3295/scandi.html
- 8. http://archaeology.about.com/od/scandinavia/
- 9. http://www.allscandinavia.com/scandinaviancuisine.htm
- 10. http://scandinaviancooking.com/search.htm
- 11. http://www.allscandinavia.com/smorgasbord.htm
- 12. http://www.recipezaar.com/r/15/130
- 13. http://www.upress.umn.edu/GreatScandinavianRecipes.html
- 14. http://www.recipezaar.com/r/165/188
- 15. http://www.kaiku.com/kutriskitchen.html
- 16. http://www.elca.org/countrypackets/denmark/recipe.html
- 17. http://www.pasht.net/scandinavian/RecipeLinks.html
- 1. Name the countries, and then describe the location, climate and geography of the countries that are part of Scandinavia.





2. Give three points in summary about the history of the Scandinavian countries:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_\_
- 3. Name several Scandinavian holidays and describe how they are celebrated.
- 4. Choose one Scandinavian culture and describe it.\_\_\_\_\_
- 5. What is Scandinavian cuisine and what is it known for?
- 6. The Danish Smorgasbord is famous. What is it and what foods are served?
- 7. List popular recipes for each of the Scandinavian countries.

Denmark	Norway	Sweden	Finland

8. Create a menu using a recipe from each of the Scandinavian countries. List the menu and a copy of the recipes.



# ANSWER KEY

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Name the countries that make up Scandinavia
- Describe the location, climate and geography of the country
- List key points about the history of Scandinavia
- Describe the Scandinavian culture and cuisine
- Explain a Danish Smorgasbord
- List popular recipes and plan a Scandinavian menu

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.scandinavica.com/culture/society/nordic.htm
- 2. http://en.wikipedia.org/wiki/Nordic\_countries
- 3. http://www.geocities.com/Hollywood/3335/geography.html
- 4. http://www.allscandinavia.com/naturalorigins.htm
- 5. http://www.allscandinavia.com/about.htm
- 6. http://www.genuinescandinavia.com/celebration.asp
- 7. http://www.geocities.com/TheTropics/3295/scandi.html
- 8. http://archaeology.about.com/od/scandinavia/
- 9. http://www.allscandinavia.com/scandinaviancuisine.htm
- 10. http://scandinaviancooking.com/search.htm
- 11. http://www.allscandinavia.com/smorgasbord.htm
- 12. http://www.recipezaar.com/r/15/130
- 13. http://www.upress.umn.edu/GreatScandinavianRecipes.html
- 14. http://www.recipezaar.com/r/165/188
- 15. http://www.kaiku.com/kutriskitchen.html
- 16. http://www.elca.org/countrypackets/denmark/recipe.html
- 17. http://www.pasht.net/scandinavian/RecipeLinks.html
- 1. Name the countries, and then describe the location, climate and geography of the countries that are part of Scandinavia.

The three main Scandinavian countries are Norway, Denmark, and Sweden. These countries are located north of the Baltic Sea, and show a range of climates depending on the region. Some areas have humid continental climates while others have sub artic climates or cool marine climates. The geography ranges from the Norwegian fjords to the lowlands of Denmark to the archipelagos of Norway and Sweden.



- 2. Give three points in summary about the history of the Scandinavian countries:
  - Answers will vary, but may include:

1. Beginning in the late 8th century, the Vikings, Scandinavian warriors and traders, explored and pillaged much of Europe, the Middle East, and Northern Africa.

2. <u>Religion in Scandinavia was largely based on Norse mythology until its Christianization in the late</u> <u>10th century</u>.

3. *Many Scandinavians emigrated to Australia, Canada, the United States, and New Zealand during the* 19th century.

3. Name several Scandinavian holidays and describe how they are celebrated.

Santa Lucia: a festival of light celebrated on December 13th, symbolizing the light of faith and the promise of the sun's return.

Walpurgis Night: celebrated on May 1st to welcome and hasten the coming of Spring. Midsummer's Eve: a celebration of the longest day of the year, which falls at the end of June.

4. Choose one Scandinavian culture and describe it.\_\_\_\_\_

Answers will vary depending on culture.

- 5. What is Scandinavian cuisine and what is it known for? <u>Scandinavian cuisine includes the foods of Nordic</u> <u>countries such as Sweden, Norway, and Denmark. It is known to be fairly simple, mild and not too spicy.</u>
- 6. The Danish Smorgasbord is famous. What is it and what foods are served? <u>The Danish Smorgasbord is a buffet-style meal where guests can pick from a variety of shared dishes. A</u> <u>range of food is served, but often includes cold slices of meats, herring, lutefisk, cheeses, crisp breads,</u> <u>casserole, potatoes, and cabbage.</u>
- 7. List popular recipes for each of the Scandinavian countries.

Denmark	Norway	Sweden	Finland
	Answers will vary.		

8. Create a menu using a recipe from each of the Scandinavian countries.

List the menu and a copy of the recipes. Answers may vary but could include:

Denmark: Aebleskiver (Danish doughnuts)

Norway: Pannekaken, Kringla, Lefse

Sweden: Klimp (dumplings), Kottbulla (Swedish meatballs)

Finland: Pannu Kakku (oven pancake), Piparkakut (pepper cookies)

# ANSWERS WILL VARY FOR LESSON:

ANSWER KEY:

Lesson 33



Learning ZoneXpress / 1-888-455-7003 / www.learningzonexpress.com



#### Lesson 33

#### Name



- Lesson Goals:
  - Create a Travel Guide to Spain
  - Describe four cities to visit, the climate, the history, culture, cuisine, flag, popular foods, six recipes (appetizer, soup, salad, entrée, side dish, dessert) and a romantic dinner menu
  - Explain what happens in the Spanish Kitchen ingredients used, cooking techniques and equipment needed
  - Give descriptions of paella, flan, gazpacho, and arroz negro
  - Present project in the form of an elaborate brochure or power point slide show

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.spain.info/TourSpain/?Language=EN
- 2. http://www.cia.gov/cia/publications/factbook/geos/sp.html
- 3. http://en.wikipedia.org/wiki/Spain
- 4. http://www.donquijote.org/culture/spain/
- 5. http://www.donguijote.org/culture/
- 6. http://www.sispain.org/english/language/
- 7. http://www.sallys-place.com/food/ethnic\_cusine/spain.htm
- 8. http://www.xmission.com/~dderhak/recipes.html
- 9. http://www.asiatour.com/x-librar/dining/spanish.htm
- 10. http://www.auburn.edu/~jfdrake/teachers/gould/cuisine.html
- 11. http://en.wikipedia.org/wiki/Spanish\_cuisine
- 12. http://www.mediterrasian.com/cuisine of month spain.htm
- 1. When creating your Travel Guide use a 3-fold brochure design or a mini booklet. A power point slide presentation may also be used. Below is your checklist of things to include in the brochure:
  - Description of four cities to visit
  - Climate
  - History
  - Culture
  - Flag
  - Cuisine
  - Description of the Spanish kitchen
  - Popular foods
  - Romantic dinner menu
  - Examples of 6 recipes (appetizer, soup, salad, entrée, side dish, dessert)
  - Descriptions of paella, flan, gazpacho, and arroz negro



#### Lesson 34

#### Name \_\_\_\_

### Mediteranean Countries

#### **National FCS Standard:**

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Complete a fact sheet about the country of Italy
- Examine the importance of Italian cheese in cooking
- Research some famous Italian chefs
- Describe favorite Italian dishes
- Find out the story behind Italian pasta
- Create some Italian menus

#### Web Resources:

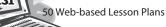
Use these resources to complete the questions.

- 1. http://www.initaly.com/
- 2. http://en.wikipedia.org/wiki/Italy
- 3. http://www.infoplease.com/ipa/A0107658.html
- 4. http://www.state.gov/r/pa/ei/bgn/4033.htm
- 5. http://www.italymag.co.uk/
- 6. http://www.italylink.com/food.html
- 7. http://www.dolcevita.com/cuisine/cheese/cheese.htm
- 8. http://www.homeschoolzone.com/m2m/italian.htm
- 9. http://en.wikipedia.org/wiki/Italian\_cuisine
- 10. http://www.essetti.com/applncs/pasta-recipes.htm
- 11. http://www.barillaus.com/Italian\_Pasta\_Party\_\_Intro.aspx
- 12. http://www.inmamaskitchen.com/FOOD\_IS\_ART/pasta/historypasta.html
- 13. http://www.theitaliantaste.com/italian-cooking/thematic-menu/thematic-menu.shtml
- 14. http://www.cookingwithpatty.com/recipes/index.php

#### 1. Fact sheet on Italy

- 1. The president of Italy is:\_\_\_\_\_
- 2. Population of Italy:\_\_\_\_\_
- 3. Capital: \_\_\_\_\_
- 4. Name 4 other large cities: \_\_\_\_\_
- 5. Monetary Unit is: \_\_\_\_\_\_
- 6. Languages spoken: \_\_\_\_\_
- 7. Agriculture:\_\_\_\_\_
- 8. Industries:
- 9. Natural Resources: \_\_\_\_\_\_
- 10. Name the seas that surround Italy:





2.	Use the Italian magazine web site http://www.italymag.co.uk/ to summarize what has made the front page in Italy. Write a 5 sentence summary of what's happening in the country now.
3.	Why does cheese play an important role in Italian cuisine? What types of cheeses are popular?
ŀ.	Who are some famous Italian chefs and what are they known for?
5.	Here are some favorite Italian dishes. Describe them, include a recipe if possible.
	Cannoli:
	Biscotti:
	Cenci:
	Antipasto:
	Minestrone:
	Panne:
	Gnocchi:

6. What is the real story behind Italian pasta? What is truly "Italian"? Describe Italian pasta dishes.

7. How do you make homemade pasta?

8. Create some Italian menus.

Italian Breakfast Menu	Italian Lunch Menu	Italian Dinner Menu
Menu: Romantic Dinner for Two	Menu: Italian Picnic	Menu: Italian Holiday



# ANSWER KEY

### Mediteranean Countries

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Complete a fact sheet about the country of Italy
- Examine the importance of Italian cheese in cooking
- Research some famous Italian chefs
- Describe favorite Italian dishes
- Find out the story behind Italian pasta
- Create some Italian menus

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.initaly.com/
- 2. http://en.wikipedia.org/wiki/Italy
- 3. http://www.infoplease.com/ipa/A0107658.html
- 4. http://www.state.gov/r/pa/ei/bgn/4033.htm
- 5. http://www.italymag.co.uk/
- 6. http://www.italylink.com/food.html
- 7. http://www.dolcevita.com/cuisine/cheese/cheese.htm
- 8. http://www.homeschoolzone.com/m2m/italian.htm
- 9. http://en.wikipedia.org/wiki/Italian\_cuisine
- 10. http://www.essetti.com/applncs/pasta-recipes.htm
- 11. http://www.barillaus.com/Italian\_Pasta\_Party\_\_Intro.aspx
- 12. http://www.inmamaskitchen.com/FOOD\_IS\_ART/pasta/historypasta.html
- 13. http://www.theitaliantaste.com/italian-cooking/thematic-menu/thematic-menu.shtml
- 14. http://www.cookingwithpatty.com/recipes/index.php

#### 1. Fact sheet on Italy

- 1. The president of Italy is: Giorgio Napolitano
- 2. Population of Italy: *About 60 million people*
- 3. Capital: <u>Rome</u>
- 4. Name 4 other large cities: *Venice, Naples, Milan, Florence*
- 5. Monetary Unit is: *Euro*
- 6. Languages spoken: *Italian is the primary language*
- 7. Agriculture: Northern Italy produces primarily grains, soybeans, meat, and dairy products. Southern Italy produces fruits, vegetables, olive oil, and wine.



- 8. Industries: <u>Major industries include precision machinery, motor vehicles, chemicals, pharmaceuticals,</u> <u>electric goods, and clothing.</u>
- 9. Natural Resources: <u>While Italy is fairly sparse in the production of natural resources, it does provide</u> <u>natural gas, pumice, marble, anchovies, mussels, and clams.</u>
- 10. Name the seas that surround Italy: <u>Adriatic Sea, Ionian Sea, Tyrrhenian Sea</u>
- 2. Use the Italian magazine web site http://www.italymag.co.uk/ to summarize what has made the front page in Italy. Write a 5 sentence summary of what's happening in the country now.

Answers will vary depending on the time the site is visited.

- 3. Why does cheese play an important role in Italian cuisine? What types of cheeses are popular? <u>Cheese goes well with many Italian dishes, enhancing the flavor and adding protein. Cheese makes good</u> <u>creamy sauces for pasta and fuses with a variety of other ingredients.</u>
- 4. Who are some famous Italian chefs and what are they known for?

Caesar Cardini – invented the Caesar salad				
Mario Batali -				
Giada De Laurentiis – Food Network chef				
Benedetta Vitali				
Ettore Boiardi (Chef Boyardee)				
Sal Anthony				
Sal Scognamillo				

5. Here are some favorite Italian dishes. Describe them, include a recipe if possible.

Cannoli: <u>a Sicilian tube shaped pastry filled with a sweet creamy filling of ricotta cheese blended with</u> chocolate, pistachios, and other flavorings.

Biscotti: *a crunchy Italian biscuit or cookie.* 

Cenci: an Italian cookie.

Antipasto: the first course of a formal Italian meal. Could include cured meats, olives, cheeses, roasted

garlic, and artichoke hearts.

Minestrone: *a thick Italian soup consisting of beans, onions, carrots, celery, tomatoes, and either noodles or rice.* 

Panne: \_\_\_\_

Gnocchi: **a thick, soft noodle or dumpling often made of potato.**\_\_\_\_\_



- 6. What is the real story behind Italian pasta? What is truly "Italian"? Describe Italian pasta dishes. <u>Italian pasta is distinct from those that arose in Arab nations and China in its malleable nature, or its ability</u> to take different shapes and forms. "True" Italian pasta is made of durum flour or durum semolina, giving it a yellow color. There are a great number of pasta dishes that include different varieties of pasta and accompanying ingredients.
- 7. How do you make homemade pasta?
  To make homemade pasta, the only ingredients you need are eggs and flour. The dough is kneaded, rolled thin, and cut into strips. It is then cooked in salted, boiling water for a few minutes.
- 8. Create some Italian menu's. *Answers may vary.*

Italian Breakfast Menu	Italian Lunch Menu	Italian Dinner Menu
Menu: Romantic Dinner for Two	Menu: Italian Picnic	Menu: Italian Holiday





#### Lesson 35

#### Name\_

Italian

Pizza

### **Mediteranean Countries**

National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Explain the history of pizza and how it became popular
- Tell about the legend behind the pizza
- Compile a list of as many types of pizza as you can
- Find a recipe for pizza dough and an unusual pizza that you would like to try

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.pizza.it/default.asp?l=eng
- 2. http://www.cookingwithpatty.com/recipes/pizza/HistoryOfPizza.php
- 3. http://www.virtualitalia.com/recipes/pizza.shtml
- 4. http://www.cooks.com/rec/search/0,1-0,italian\_pizza\_bread,FF.html
- 5. http://www.italianchef.com/
- 6. http://whatscookingamerica.net/History/Pizza/PizzaHistory.htm
- 7. http://www.inmamaskitchen.com/FOOD\_IS\_ART/pizzahistory.html
- 8. http://www.geocities.com/Heartland/Flats/5353/pizza/history.html
- 9. http://whatscookingamerica.net/History/Pizza/PizzaRecipes.htm
- 1. How do you make a grilled pizza?

2. What is the history and legend behind your favorite food – pizza?



3. How did pizza first get started here in the US? What changes have been made to pizza here compared to how it was made in Italy?

- 4. When is the National Pizza Day here in the US? How many pounds of pizza do American and Canadian citizens eat on average in a year?
- 5. How many types of pizza are there? Investigate a few recipes and list the names of pizza in the chart below. Expand the chart if needed. Who can make the longest list?

- 6. Find a recipe for homemade pizza dough, paste it below:
- 7. Find a recipe for the most unusual pizza recipe that you would like to try and paste that recipe below:

Italian

Pizza

## ANSWER KEY

### **Mediteranean Countries**

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Explain the history of pizza and how it became popular
- Tell about the legend behind the pizza
- Compile a list of as many types of pizza as you can
- Find a recipe for pizza dough and an unusual pizza that you would like to try

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.pizza.it/default.asp?l=eng
- 2. http://www.cookingwithpatty.com/recipes/pizza/HistoryOfPizza.php
- 3. http://www.virtualitalia.com/recipes/pizza.shtml
- 4. http://www.cooks.com/rec/search/0,1-0,italian\_pizza\_bread,FF.html
- 5. http://www.italianchef.com/
- 6. http://whatscookingamerica.net/History/Pizza/PizzaHistory.htm
- 7. http://www.inmamaskitchen.com/FOOD\_IS\_ART/pizzahistory.html
- 8. http://www.geocities.com/Heartland/Flats/5353/pizza/history.html
- 9. http://whatscookingamerica.net/History/Pizza/PizzaRecipes.htm
- 1. How do you make a grilled pizza?

Making grilled pizza is slightly different from making oven-baked pizza in a few key ways. First, when grilling a pizza the crust must be pre-baked or 'set,' cooking the dough for a few minutes before the toppings are added. Once the crust is slightly firm, add toppings and place pizza back on the grill until cheese is melted and toppings are cooked through.

2. What is the history and legend behind your favorite food – pizza?

Pizza was once known as a peasants' dish. It began as a type of bread created in the city of Naples and was topped with lard cheese and herbs. The tomato was brought to Europe as a type of fruit from South America and was used in pizzas in the 19th century, giving rise to the form of pizza we know today.



3. How did pizza first get started here in the US? What changes have been made to pizza here compared to how it was made in Italy?

Pizza was brought to America by Italians in the late 19th century. First introduced in New York then Chicago, pizza took several different forms in America. One was the "tomato pie" in which the pizza is first topped with cheese, then tomatoes. The other is the famous Chicago style "deep dish" pizza, where a flaky crust rises several inches around the toppings.

4. When is the National Pizza Day here in the US? How many pounds of pizza do American and Canadian citizens eat on average in a year?

National Pizza Day is celebrated on February 9th. Americans and Canadians eat approximately 23 pounds of pizza per person each year.

5. How many types of pizza are there? Investigate a few recipes and list the names of pizza in the chart below. Expand the chart if needed. Who can make the longest list?

There are coun	There are countless different types of pizza. Answers will vary for recipes, but may include:			
deep dish pizza	thin crust pizza	Margherita pizza	white pizza	
pizza quattro	formaggi	pizza romana	calzone, etc.	

6. Find a recipe for homemade pizza dough, paste it below:

Reci	pes	will	var	v.

7. Find a recipe for the most unusual pizza recipe that you would like to try and paste that recipe below:

Recipes will vary.



# ANSWERS WILL VARY FOR LESSON:

ANSWER KEY:

Lesson 36



Learning ZoneXpress / 1-888-455-7003 / www.learningzonexpress.com



Learning ZoneXpress / 1-888-455-7003 / www.learningzonexpress.com

### Lesson 36

# Name

# **Mediteranean Countries**

### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

# Lesson Goals:

- Create a restaurant menu with Greek foods
- Describe the country, the foods, and cooking methods
- Compile a collection of Greek recipes

# Web Resources:

Use these resources to complete the questions.

- 1. http://www.ancientgreece.com/html/geography\_frame.htm
- 2. http://www.cia.gov/cia/publications/factbook/geos/gr.html
- 3. http://en.wikipedia.org/wiki/Greece
- 4. http://www.greektravel.com/
- 5. http://www.greecefoods.com/
- 6. http://www.greek-recipe.com/
- 7. http://www.eatgreektonight.com/recipes.cfm
- 8. http://www.see.ed.ac.uk/~aa/recipes.html
- 9. http://allrecipes.com/directory/898.asp
- 10. http://www.skopelos.net/recipes/main.htm
- Create a Greek Restaurant. Write a menu for your restaurant with food descriptions. Include the items listed below – some can be in the form of Tips/Techniques/Did you know... Put the recipes in a collection at the end of your menu.

A little background on Greece - the country	Staple foods of Greece	Meats used in recipes	Olives



Greek appetizers	Greek soups	Greek entrees	Greek desserts -Baklava and use of phyllo dough
Featured cooking methods	Greek Salads	Greek side dishes	Cheeses



# Asian Cuisine

Russia

National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

# Lesson Goals:

- Describe the climate, holidays and travel tips for Russia
- Explain peasant cooking in Russia
- Summarize Russian cooking traditions
- List typical Russian foods
- Compare and contrast Russian and American cooking
- Write two Russian menus

# Web Resources:

Use these resources to complete the questions.

- 1. http://www.cia.gov/cia/publications/factbook/geos/rs.html
- 2. http://www.geographia.com/russia/
- 3. http://en.wikipedia.org/wiki/Russia
- 4. http://www.goehner.com/russinfo.htm
- 5. http://www.russianembassy.org/RUSSIA/holid.htm
- 6. http://learningrussian.com/holidays.htm
- 7. http://www.flowers2moscow.com/Russian\_Holidays.shtml
- 8. http://www.rusconshouston.org/russian\_holidays.htm
- 9. http://russia-in-us.com/Cuisine/Dadiani/intro.htm The%20Cuisine%20of%20the%20People%20(Russia)
- 10. http://russian-crafts.com/russian-cuisine.html
- 11. http://www.russiansabroad.com/cuisine/
- 12. http://www.russianembassy.org/RUSSIA/cuisine.htm
- 13. http://en.wikipedia.org/wiki/Russian\_cuisine
- 14. http://www.waytorussia.net/WhatIsRussia/RussianFood.html
- 15. http://www.waytorussia.net/WhatIsRussia/RussianFood/Appetizers.html
- 16. http://www.recipes4us.co.uk/Cooking by Country/Russia.htm
- 17. http://www.recipezaar.com/r/189

# 1. Describe the climate in Russia:

- 2. What are some helpful tips to know if I am traveling in Russia? Use this web site to reference the hints: http://www.geographia.com/russia/rustip01.htm
  - 1. Can I drink the water?
  - 2. What's the crime rate?\_\_\_\_
  - 3. Does Russia have a taxi service? How does it work?\_\_\_\_\_
  - 4. What's different about the electricity?
    - How do you make phone calls from Russia?
    - 50 Web-based Lesson Plans

3.	What is the capital of Russia?
4.	Describe the location of the country.
5.	Briefly describe these Russian holidays:
	1. Jan. 7th: Christmas, Russian Orthodox
	2. Feb. 23rd: Protector of Motherland Day
	4. May 1st: Spring and Labor day
	5. May 9th: Victory day
	6. June 12th: Independence Day
	7. Nov. 4th: Day of National Unity
4.	Russian cuisine. Talk about pre-revolutionary food and the Russian peasant's cooking. What was special about their bread, kasha and shchi?
5.	Summarize Russian cooking traditions. What foods do they eat? What spices are used? How are meals served?

148

# 6. What are some typical Russian foods? Fill the chart.

Appetizers	Soups	Pastry	Meat dishes	Desserts

7. Similarities and differences. How is Russian cooking or food similar or different to the US traditions? Similarities:

ifferences:



8. Find two of the most unusual Russian recipes and paste them below.

9. Put together two Russian menus. List your menu's in the boxes provided.

10. Find two recipes that should be considered for lab preparations in your class. Paste the recipes below.



Russia

# Asian Cuisine

# <u>ANSWER KEY</u>

# National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



# Lesson Goals:

- Describe the climate, holidays and travel tips for Russia
- Explain peasant cooking in Russia
- Summarize Russian cooking traditions
- List typical Russian foods
- Compare and contrast Russian and American cooking
- Write two Russian menus

# Web Resources:

Use these resources to complete the questions.

- 1. http://www.cia.gov/cia/publications/factbook/geos/rs.html
- 2. http://www.geographia.com/russia/
- 3. http://en.wikipedia.org/wiki/Russia
- 4. http://www.goehner.com/russinfo.htm
- 5. http://www.russianembassy.org/RUSSIA/holid.htm
- 6. http://learningrussian.com/holidays.htm
- 7. http://www.flowers2moscow.com/Russian\_Holidays.shtml
- 8. http://www.rusconshouston.org/russian\_holidays.htm
- 9. http://russia-in-us.com/Cuisine/Dadiani/intro.htm The%20Cuisine%20of%20the%20People%20(Russia)
- 10. http://russian-crafts.com/russian-cuisine.html
- 11. http://www.russiansabroad.com/cuisine/
- 12. http://www.russianembassy.org/RUSSIA/cuisine.htm
- 13. http://en.wikipedia.org/wiki/Russian\_cuisine
- 14. http://www.waytorussia.net/WhatIsRussia/RussianFood.html
- 15. http://www.waytorussia.net/WhatIsRussia/RussianFood/Appetizers.html
- 16. http://www.recipes4us.co.uk/Cooking by Country/Russia.htm
- 17. http://www.recipezaar.com/r/189
- 1. Describe the climate in Russia: The climate of Russia ranges from humid continental to a sub-arctic climate.

   Russia has two distinct seasons of winter and summer with very little spring or autumn between.



2. What are some helpful tips to know if I am traveling in Russia? Use this web site to reference the hints. http://www.geographia.com/russia/rustip01.htm

1. Can I drink the water? *It is best to drink and use water that has been boiled, as water quality varies throughout Russia.* 

2. What's the crime rate? <u>50% of the country's economy was thought to be linked to organized crime in 2000.</u>

3. Does Russia have a taxi service? How does it work? <u>Yes, Russia has a taxi service. Fees are negotiated with</u> the driver ahead of time.

4. What's different about the electricity? *Electricity is at 220 volt/50 hz. The plug is the standard two-pin European form, so a converter will have to be used.* 

5. How do you make phone calls from Russia? *Phone calls can be made by purchasing tokens to use at local phone booths, or you can use AT&T, Sprint, or other US direct services.* 

- 3. What is the capital of Russia? *Moscow is the capital of Russia*.
- 4. Describe the location of the country. <u>Russia is located in northeastern Europe and northern Asia. It is</u> <u>bordered by the Arctic Ocean in the north and the Pacific Ocean in the west. Some of the countries that</u> <u>share its border include China, Mongolia, Ukraine, Latvia, Estonia, and Finland.</u>
- 5. Briefly describe these Russian holidays:

1. Jan. 7th: Christmas, Russian Orthodox: <u>Russian Orthodox Christmas is celebrated by families with a special</u> <u>meal and a Mass at Russian Orthodox churches.</u>

2. Feb. 23rd: Protector of Motherland Day: *February 23rd is a day to honor those presently serving in the Armed Forces and those who have served in the past.* 

3. March 8th: International Women's Day: *March 8th is a celebration of women and the accomplishments and contributions they have made to society. Women are shown appreciation with gifts and flowers.* 

4. May 1st: Spring and Labor day: <u>May 1st is also known as International Workers Day and is a day where</u> groups march and discuss workers' grievances.

5. May 9th: Victory day: *May 9th is a day to celebrate Russia's victory over Nazi Germany and commemorate those who died to achieve it.* 

6. June 12th: Independence Day: <u>More commonly known as "Russia Day," June 12th celebrates the day</u> <u>Russian parliament formerly declared its sovereignty in 1990.</u>

7. Nov. 4th: Day of National Unity: *November 4th commemorates an uprising in 1612 against Polish invaders when all classes of Russian society united to preserve the country's statehood.* 

4. Russian Cuisine. Talk about pre-revolutionary food and the Russian peasant's cooking. What was special about their bread, kasha and shchi?

Much of Russia's cuisine today was shaped by the pre-revolutionary diet of Russian peasant dishes. These include many soups and stews, meat such as fish, poultry and game, grains such as barley and rye, and berries. Kasha is a type of porridge made of barley oats and shchi is a type of cabbage soup. There is a Russian proverb that refers to these as Russia's "staple foods."

5. Summarize Russian cooking traditions. What foods did they eat? What spices were used? How were meals served?

In Russian cooking traditions, grain has long been the main food product, accompanied by a variety of vegetables. Dill, parsley, onion, pepper, cinnamon, and cloves are all spices used in many dishes. Meals are taken at home with the family with lunch being the main meal of the day.



6. What are some typical Russian Foods? Fill the chart

Appetizers	Soups	Pastry	Meat dishes	Desserts			
Answers may vary.							

7. Similarities and differences. How is Russian cooking or food similar or different to the US traditions? Similarities:

Answers may vary. In general, Russian cuisine involves many similar ingredients as used in the US, but the dishes made from these ingredients are different.

8. Find two of the most unusual Russian recipes and paste them below.

# Answers will vary.

9. Put together two Russian Menu's. List your menu's in the boxes provided.

Answers will vary.	Answers will vary.
--------------------	--------------------

10. Find two recipes that should be considered for lab preparations in your class. Paste the recipes below.

### Answers will vary.



# ANSWERS WILL VARY FOR LESSON:

ANSWER KEY:

Lesson 38



Learning ZoneXpress / 1-888-455-7003 / www.learningzonexpress.com



# **Asian Cuisine**

# National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

# Lesson Goals:

• Create a power point presentation on India to describe the country, culture and cuisine

# Web Resources:

Use these resources to complete the questions.

- 1. http://www.cia.gov/cia/publications/factbook/geos/in.html
- 2. http://indiaimage.nic.in/
- 3. http://en.wikipedia.org/wiki/India
- 4. http://www.embassyofindia.com/in\_cult.htm
- 5. http://en.wikipedia.org/wiki/Culture\_of\_India
- 6. http://www.indiaheritage.com/cuisine/mughlaif.htm
- 7. http://www.indiaheritage.com/cuisine/pn\_cuis.htm
- 8. http://www.gadnet.com/recipes.htm

Create a power point on India. Include the following:

- Description of the country
- Climate
- Major cities
- Places to see
- Include pictures of the flag, architecture, the land,
- Type of government, president, official language, demographics
- Economy products produced
- Sports
- Holidays
- Culture
- Cuisine
- Indian Menu
- Recipes







**Asian Cuisine** 

# National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

> 13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

# Lesson Goals:

- Compare geography, climate and size of China to the US
- List typical foods in a Chinese meal
- Explain how rice is prepared •
- Investigate chopsticks and how they are made and used
- Describe different types of Chinese cuisine
- Give breakfast foods eaten in China .

# Web Resources:

Use these resources to complete the questions.

- 1. http://www.odci.gov/cia/publications/factbook/geos/ch.html
- 2. http://en.wikipedia.org/wiki/China
- 3. http://www.cia.gov/cia/publications/factbook/geos/ch.html
- 4. http://en.wikipedia.org/wiki/Chinese cuisine
- 5. http://www.cuisinenet.com/glossary/china.html
- 6. http://www.chinesefooddiy.com/introduction.htm
- 7. http://www.travelchinaguide.com/intro/cuisine drink/cuisine/
- 8. http://www.askasia.org/frclasrm/readings/r000044.htm
- 9. http://www.japan-guide.com/e/e2039.html
- 10. http://en.wikipedia.org/wiki/Chopsticks
- 11. http://www.saturdaymarket.com/chinabreakfast/intro.htm
- 1. Compare the geography, size and climate of China to that of the US. What did you learn?

# 2. What types of foods does a typical Chinese meal consist of?





3.	Why	is	soup	served	at	the	end	of a	a C	Chinese	meal	?

/h 	at rice is used in China and how is it prepared?
D re	heck out the chopsticks are they still being used? How do you use chopsticks? To students use chopsticks when they have lunch at school? Are chopsticks used only in estaurants or only at home for meals? How are they made? Are there different types of hopsticks? What is the etiquette for using chopsticks?
-	
	Do Chinese meals include a dessert? Why or why not? If so, what are the desserts served in China?
	Describe these types of cuisines: Nandarin:
	Cantonese:
	Szechuan or Hunan:

Web-based Lesson Plans

8. What are typical breakfast foods served in China?

9. What meats will you find prepared and served in China?

10. What influences do western foods (fast foods) have on China? What are the effects?





# ANSWER KEY

# National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

# Lesson Goals:

- Compare geography, climate and size of China to the US
- List typical foods in a Chinese meal
- Explain how rice is prepared
- Investigate chopsticks and how they are made and used
- Describe different types of Chinese cuisine
- Give breakfast foods eaten in China

# Web Resources:

Use these resources to complete the questions.

- 1. http://www.odci.gov/cia/publications/factbook/geos/ch.html
- 2. http://en.wikipedia.org/wiki/China
- 3. http://www.cia.gov/cia/publications/factbook/geos/ch.html
- 4. http://en.wikipedia.org/wiki/Chinese\_cuisine
- 5. http://www.cuisinenet.com/glossary/china.html
- 6. http://www.chinesefooddiy.com/introduction.htm
- 7. http://www.travelchinaguide.com/intro/cuisine\_drink/cuisine/
- 8. http://www.askasia.org/frclasrm/readings/r000044.htm
- 9. http://www.japan-guide.com/e/e2039.html
- 10. http://en.wikipedia.org/wiki/Chopsticks
- 11. http://www.saturdaymarket.com/chinabreakfast/intro.htm
- 1. Compare the geography, size and climate of China to that of the US. What did you learn?

China is about the same size in area as the United States. Just like the US, the geography of China varies through each region. China shares its borders with more countries than the US. The climate of both countries varies through each region, but is more tropical on the whole in China.

2. What types of foods does a typical Chinese meal consist of?

<u>A typical Chinese meal consists of rice, noodles, vegetables, seafood products, and sauces.</u>





3. Why is soup served at the end of a Chinese meal?

# Soup may be served at the end of meals as a dessert.

4. What rice is used in China and how is it prepared?

While a variety of rice is grown and used in China, the primary kind is white rice of long, medium, or short grain. Rice is harvested and boiled, and can be dried. It is served with almost every meal.

5. Check out the chopsticks... are they still being used? How do you use chopsticks? Do students use chopsticks when they have lunch at school? Are chopsticks used only in restaurants or only at home for meals? How are they made? Are there different types of chopsticks? What is the etiquette for using chopsticks?

Chopsticks are stilled widely used in China today by students, families, and restaurants alike. They are made of wood, plastic, ivory, bone, bamboo, and metal. There are several types of chopsticks ranging from long to short, pointed to blunt, round to square. There is a general etiquette observed for using chopsticks, while some of the finer points vary in different countries. In China, chopsticks must never be used to pierce food, make noise, or move dishware. They also should never be left standing vertically in a bowl of rice. It is normal to hold the rice bowl directly below your mouth and use chopsticks to push rice in.

- 6. Do Chinese meals include a dessert? Why or why not? If so, what are the desserts served in China? Chinese desserts are not as common, but are at times served at the end of meals with tea. Some desserts include candies, jellies, soups, gao (rice based snacks), and bing (flour based).
- 7. Describe these types of cuisines:

Mandarin: *features dishes made with wheat flour such as dumplings, noodles, and pancakes.* Cantonese: *known for use of variety of meats and mild sauces served on white rice.* Szechuan or Hunan: *known for spicy hot dishes made with hot peppers, onion, and garlic.* Shanghai: *emphasis on seafood and strong flavored sauces.* 

8. What are typical breakfast foods served in China?

In China, a variety of dishes are served for breakfast including bing (pancakes), gao (doughnuts), zhou \_\_\_\_\_\_ (porridge), tang (soup), or bao (porridge).

Do you find eggs and toast served on a Chinese breakfast table? No.

Do they drink coffee? Neither coffee nor tea is consumed at breakfast.

- 9. What meats will you find prepared and served in China?
   The most common meats prepared and served in China include chicken, pork, duck, and a variety of seafood.
- 10. What influences do western foods (fast foods) have on China? What are the effects?

Western foods, namely fast food chains, have had a large economic impact on China. However, a rise in health concerns from nutrition-related diseases is negatively effecting the Chinese population and placing blame on these food industries.

50 Web-based Lesson Plans

Asian Cuisine **Chinese Cooking** 9.0 Integrate knowledge, skills and practices required for careers in Detailed 10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation. 13.0 Demonstrate respectful and caring rela-

### Lesson Goals:

- Explain Chinese cooking methods •
- List Chinese cooking tips

National FCS Standard:

food science, dietetics and nutrition.

**Compile Chinese recipes** •

# Web Resources:

Use these resources to complete the questions.

1. http://chinesefood.about.com/cs/cookingbasics/tp/wok.htm

tionships in the family, workplace and community.

- 2. http://www.motherearthnews.com/library/1971 September October/The Chinese Wok
- 3. http://www.healthycookingrecipes.com/chineserecipes/chinese-stir-fry.htm
- 4. http://www.reluctantgourmet.com/stir\_fry.htm
- 5. http://www.recipeamerica.com/recipes/stirfry.htm
- 6. http://english.incucina.tv/default.asp?content=%2Frecipes%2Farticles%2F chinesecookingmethods%2Farticolo%2Easp%3F
- 7. http://chinesefood.about.com/library/blsteamerrecipes.htm
- 8. http://en.wikipedia.org/wiki/Steamed
- 9. http://www.the-chinesefood.com/steaming.html
- 10. http://www.asian-recipes.com/authentic chinese cooking/deep-fried-dishes/ deep-frying-deep-fried-dishes.php
- 11. http://www.healthycookingrecipes.com/chineserecipes/chinese-cooking.htm
- 12. http://www.chinesefooddiy.com/tips1\_20tips.htm
- 1. Often Chinese cooking is done in a wok. What is it? What kinds are there? Which one would you recommend buying and why?
- 2. One cooking technique used in Chinese cooking is "stir-frying." How is this done? What tips should I know if I want to make a stir-fry dish?
- 3. Find two recipes for stir-fry and paste them below:



- 4. Another popular Chinese cooking method is steaming. What are the nutritional benefits of steaming?
- 5. How is steaming done in China and what foods are steamed?
- 6. A third method of cooking Chinese food is deep-frying. Explain how this is done and what recipes/ingredients/foods are commonly deep-fried.
- 7. Find two recipes that are deep-fried and paste them below.



8. Find ten Chinese cooking tips, write them below:

9. Compile a collection of ten or more Chinese recipes that you would like to prepare. Paste the recipes below.



# ANSWER KEY

# National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

# Lesson Goals:

- Explain Chinese cooking methods
- List Chinese cooking tips
- Compile Chinese recipes

# Web Resources:

Use these resources to complete the questions.

- 1. http://chinesefood.about.com/cs/cookingbasics/tp/wok.htm
- 2. http://www.motherearthnews.com/library/1971\_September\_October/The\_Chinese\_Wok
- 3. http://www.healthycookingrecipes.com/chineserecipes/chinese-stir-fry.htm
- 4. http://www.reluctantgourmet.com/stir\_fry.htm
- 5. http://www.recipeamerica.com/recipes/stirfry.htm
- 6. http://english.incucina.tv/default.asp?content=%2Frecipes%2Farticles%2F chinesecookingmethods%2Farticolo%2Easp%3F
- 7. http://chinesefood.about.com/library/blsteamerrecipes.htm
- 8. http://en.wikipedia.org/wiki/Steamed
- 9. http://www.the-chinesefood.com/steaming.html
- 10. http://www.asian-recipes.com/authentic\_chinese\_cooking/deep-fried-dishes/ deep-frying-deep-fried-dishes.php
- 11. http://www.healthycookingrecipes.com/chineserecipes/chinese-cooking.htm
- 12. http://www.chinesefooddiy.com/tips1\_20tips.htm
- 1. Often Chinese cooking is done in a wok. What is it? What kinds are there? Which one would you recommend buying and why?

A wok is a type of large, round-bottomed pan used in Chinese cooking. Woks are most commonly made of carbon steel, cast iron, or aluminum. If cooking on a conventional stove, it is best to buy a flat-bottomed wok in place of a round-bottomed one.

2. One cooking technique used in Chinese cooking is "stir-frying." How is this done? What tips should I know if I want to make a stir-fry dish?

Stir-frying is a quick way to cook meats and vegetables in oil, usually done in a wok. Ingredients should be added to the wok in order of density and fried just until cooked and no longer.

3. Find two recipes for stir-fry and paste them below: *Recipes will vary*.





- Another popular Chinese cooking method is steaming. What are the nutritional benefits of steaming?
   Steaming is an extremely healthy cooking method as only water is necessary instead of oil, fat, or grease.
- 5. How is steaming done in China and what foods are steamed?

Steaming is a cooking method that involves cooking food over a bowl of boiling water in the steam it produces. Meat, fish, vegetables, fruits, and dough can all be steamed in Chinese cuisine.

6. A third method of cooking Chinese food is deep-frying. Explain how this is done and what recipes/ingredients/foods are commonly deep-fried.

Deep-frying is done by cooking food in large quantities of heated oil. Many types of meats and fish are the most common of ingredients that are deep-fried.

7. Find two recipes that are deep-fried and paste them below.

# Recipes may vary.

- 8. Find ten Chinese cooking tips, write them below:
  - 1. When stir-frying meat and vegetables, stir-fry the meat first and set aside.
  - 2. Wash green leafy vegetables ahead of time so they have time to drain, making stir-frying easier.
  - 3. If cooking with ginger, use fresh, not powdered.
  - 4. Drain tofu before using.
  - 5. Cut meat into uniform pieces so it will cook more evenly.
  - 6. Vary the meat and vegetables used in a dish to provide a variety of flavor, color, and texture.
  - 7. Use light instead of dark soy sauce unless the recipe specifically calls for it.
  - 8. Never overcook vegetables.
  - 9. <u>Cut beef across the grain.</u>
  - 10. Marinate fresh meat.
- 9. Compile a collection of ten or more Chinese recipes that you would like to prepare. Paste the recipes below.

Answers will vary.



# National FCS Standard: 9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition. 10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation. 13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

# Lesson Goals:

- Investigate trivia facts about Japan
- Explain what the country of Japan is known for
- Find pictures and descriptions of common Japanese foods
- List foods served for breakfast, lunch and dinner in Japan

# Web Resources:

Use these resources to complete the questions.

- 1. http://www.japan-guide.com/e/e2022.html
- 2. http://www.cia.gov/cia/publications/factbook/geos/ja.html
- 3. http://en.wikipedia.org/wiki/Japan
- 4. http://japanesefood.about.com/library/pictures/blpicindex.htm
- 5. http://www.japan-guide.com/e/e620.html
- 6. http://www.bento.com/re\_temp.html
- 7. http://mothra.rerf.or.jp/ENG/Hiroshima-old/Dining/Contents.html
- 8. http://www.japan-guide.com/e/e2035.html

What's cool in Japan?

- 1. Can I drive in Japan with my American license? What do I need to know about speed limits, cars, road rules and general driving? What do the cars look like?
- 2. Find a map of Japan and paste it below. How does the size of Japan compare to the United States? What is the climate and geography like?
- 3. What is the country of Japan known for?



- 4. What agricultural products does Japan have?
- 5. Find pictures of these common Japanese foods. Paste them in the chart below along with a description.

Domburi Domburi is a general term for "bowl." However, it is also the name of a popular Japanese dish: a bowl of cooked rice with some other food put on top of it. There exist a variety of domburi dishes, differing in the toppings	Gomaae	Gyoza	Korokke
Mushrooms (kinoko)	Ramen	Rice	Seaweed
Soba	Tempura	Oden	Sushi

How many of the pictures included rice? \_\_\_\_\_

What do you think are the main ingredients used in Japanese cooking?\_\_\_\_\_\_

How would you describe the foods you found? Meals, individual dishes? Combination foods?



50 Web-based Lesson Plans

- 6. What would I have for breakfast in Japan?
- 7. Describe the foods that would be served for a Japanese lunch.
- 8. What does dinner consist of in Japan?
- 9. How are the menus in Japan different from China?





# ANSWER KEY

# National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

# Lesson Goals:

- Investigate trivia facts about Japan
- Explain what the country of Japan is known for
- Find pictures and descriptions of common Japanese foods
- List foods served for breakfast, lunch and dinner in Japan

# Web Resources:

Use these resources to complete the questions.

- 1. http://www.japan-guide.com/e/e2022.html
- 2. http://www.cia.gov/cia/publications/factbook/geos/ja.html
- 3. http://en.wikipedia.org/wiki/Japan
- 4. http://japanesefood.about.com/library/pictures/blpicindex.htm
- 5. http://www.japan-guide.com/e/e620.html
- 6. http://www.bento.com/re\_temp.html
- 7. http://mothra.rerf.or.jp/ENG/Hiroshima-old/Dining/Contents.html
- 8. http://www.japan-guide.com/e/e2035.html

What's cool in Japan?

1. Can I drive in Japan with my American license? What do I need to know about speed limits, cars, road rules and general driving? What do the cars look like?

While you cannot drive in Japan with just your American license, you can use an international driving permit for one year after entering Japan. Road signs are in Japanese and in English and drivers drive on the left side of the road. Speed limits are slightly lower than in the US, but drivers tend to exceed the speed limit by 10 km/hr (6 mi/hr). Many cars driven in America are actually produced in Japanese companies such as Toyota, Honda, Nissan, and Mazda.

2. Find a map of Japan and paste it below. How does the size of Japan compare to the United States? What is the climate and geography like?

Japan is much smaller than the US. It is made up of thousands of islands that together form the Japanese archipelago. The region is quite mountainous and covered in forests. The climate varies from north to south, but is generally temperate.





3. What is the country of Japan known for?

There are many parts of Japanese culture that are known throughout the world. Some key features include the martial arts, sumo wrestling, anime media, geishas, beautiful artwork, and stunning gardens. Japan has the second largest economy in the world and is one of the leading nations in scientific research, especially in technology.

- What agricultural products does Japan have?
   Japan's main agricultural products include rice, barley, wheat, fish, and sweet potatoes.
- 5. Find pictures of these common Japanese foods. Paste them in the chart below along with a description.

Domburi S a general term for "bowl". However, it is also the name of a popular Japanese dish: a bowl of cooked rice with some other food put on top of it. There exist a variety of domburi dishes, differing in the toppings	Gomaae	Gyoza	Korokke
Mushrooms (kinoko)	Ramen	Rice	Seaweed
Soba	Tempura	Oden	Sushi

How many of the pictures included rice? **Answers may vary.** 

What do you think are the main ingredients used in Japanese cooking? Japanese cooking primarily consists

of a variety of vegetables and fish along with the staples of rice, noodles, and soy products.

50 Web-based Lesson Plans

How would you describe the foods you found? Meals, individual dishes? Combination foods? *Many of the foods are served as individual dishes that are combined to make a meal.* 

- What would I have for breakfast in Japan?
   A traditional Japanese breakfast is usually made up of rice, fish, miso soup, dried seaweed, and raw egg.
- Describe the foods that would be served for a Japanese lunch?
   <u>Rice, noodles, fish or seafood, miso soup, and a small salad are usually served for lunch.</u>
- 8. What does dinner consist of in Japan?
   A variety of dishes may be served for dinner. Some options include sushi, tempura, yakitori, nabemono, etc.
- How are the menus in Japan different from China?
   In Japan, several single-ingredient dishes are ordered in an "á la carte" style and combined at the table.
   In contrast, Chinese entrees are sold with ingredients already combined.





# ANSWERS WILL VARY FOR LESSON:

ANSWER KEY:

Lesson 42



Learning ZoneXpress / 1-888-455-7003 / www.learningzonexpress.com



### Lesson 42

### Name\_

National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

# Lesson Goals:

- Create a menu based on Thailand for a new restaurant
- Compile a Thai cookbook

# Web Resources:

Use these resources to complete the questions.

- 1. http://en.wikipedia.org/wiki/Thailand
- 2. http://www.thaicuisine.com/
- 3. http://www.thailand.com/travel/cuisine/cuisine.htm
- 4. http://www.cuisinenet.com/glossary/thai1.html
- 5. http://www.thaifocus.com/thaifood.htm
- 6. http://thai-cuisine.pai-nai.com/
- 7. http://sunsite.au.ac.th/thailand/Thai\_food/

Thai cuisine is now the food most in demand in new restaurants. Your job is to create a menu for the chef and a cookbook of recipes that will be used. Include pictures if possible of the recipes on the menu.







#### Lesson Goals:

- Describe the geography and economy of Africa
- Explain some African festivals or tribes
- List the main ingredients and characteristics of African meals
- Find recipes common to Africa

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.africaguide.com/afmap.htm
- 2. http://en.wikipedia.org/wiki/Africa
- 3. http://www.answers.com/topic/geography-of-africa
- 4. http://en.wikipedia.org/wiki/Culture\_of\_Africa
- 5. http://www.africaguide.com/culture/events.htm
- 6. http://goafrica.about.com/b/a/168415.htm
- 7. http://www.africaguide.com/culture/tribes/
- 8. http://www.saf03.ch/african\_events\_&\_festivals.htm
- 9. http://www.sallys-place.com/food/ethnic\_cusine/africa.htm
- 10. http://en.wikipedia.org/wiki/African\_cuisine
- 11. http://www.globalgourmet.com/destinations/southafrica/
- 12. http://www.africaguide.com/cooking.htm
- 13. http://www.3men.com/south.htm
- 14. http://www.africhef.com/South-African-Recipes.html

#### Did you know? Africa has 56 countries, over 1,000 languages and 797 million people.

1. Describe the African economy.

#### 2. What is the geography of Africa like?



Learning ZoneXpress / 1-888-455-7003 / www.learningzonexpress.com

3. P	ick three	festivals or	tribes in	Africa and	share the	details about	them below:
------	-----------	--------------	-----------	------------	-----------	---------------	-------------

4.	How would	you summari	ize African	cuisine in	five sentences?
----	-----------	-------------	-------------	------------	-----------------

5. What are the main ingredients and prime characteristics of African meals?

6. Find a variety of African recipes to fill each space in the chart below. If the recipes have unusual names, look at the recipe and write a brief description of what it is below the title in the chart.

7. Select three recipes to paste below that you think your classmates would like to make and taste test.

Africa

Ŀ

(F

## ANSWER KEY

## Middle Eastern & African Cuisine

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Describe the geography and economy of Africa
- Explain some African festivals or tribes
- List the main ingredients and characteristics of African meals
- Find recipes common to Africa

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.africaguide.com/afmap.htm
- 2. http://en.wikipedia.org/wiki/Africa
- 3. http://www.answers.com/topic/geography-of-africa
- 4. http://en.wikipedia.org/wiki/Culture\_of\_Africa
- 5. http://www.africaguide.com/culture/events.htm
- 6. http://goafrica.about.com/b/a/168415.htm
- 7. http://www.africaguide.com/culture/tribes/
- 8. http://www.saf03.ch/african\_events\_&\_festivals.htm
- 9. http://www.sallys-place.com/food/ethnic\_cusine/africa.htm
- 10. http://en.wikipedia.org/wiki/African\_cuisine
- 11. http://www.globalgourmet.com/destinations/southafrica/
- 12. http://www.africaguide.com/cooking.htm
- 13. http://www.3men.com/south.htm
- 14. http://www.africhef.com/South-African-Recipes.html

Did you know? Africa has 56 countries, over 1,000 languages and 797 million people.

1. Describe the African economy.

The African economy is based on trade, industry, and resources of the people. However, Africa has one of the poorest economies in the world.

2. What is the geography of Africa like?

The geography of Africa can be separated into several zones including the coastal plains and the plateau regions. Key geographical features include the Nile and Congo River and the great expanse of the Sahara Desert.

3. Pick three festivals or tribes in Africa and share the details about them below:

Answers may vary.

4. How would you summarize African cuisine in five sentences?

African cuisine is highly diverse, varying from region to region. There is very little culinary influence from the outside word and it mainly consists of traditional dishes.

- 5. What are the main ingredients and prime characteristics of African meals?
  African cuisine includes locally produced fruits, vegetables, grains, and meat products. Milk, curd and whey also are a major part of the African diet.
- 6. Find a variety of African recipes to fill each space in the chart below. If the recipes have unusual names, look at the recipe and write a brief description of what it is below the title in the chart.

7. Select three recipes to paste below that you think your classmates would like to make and taste test.

#### Answers may vary.



# ANSWERS WILL VARY FOR LESSONS:

ANSWER KEY:

Lesson 44

Lesson 45

Lesson 46

Lesson 47





## Middle Eastern And African Cuisine

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace

and community.

#### Lesson Goals:

Create a power point presentation on Israel according to the guidelines given

#### Web Resources:

- 1. http://www.cia.gov/cia/publications/factbook/geos/is.html
- 2. http://www.goisrael.com/
- 3. http://en.wikipedia.org/wiki/Israel
- 4. http://www.inmamaskitchen.com/FOOD\_IS\_ART/israelifood.html
- 5. http://www.travelnet.co.il/israel/Cuisine.htm
- 6. http://www.whats4eats.com/4rec\_israel.html
- 7. http://www.jewishvirtuallibrary.org/jsource/Society\_&\_Culture/foodintro.html
- 8. http://www.gourmet.gr/recipes/israeli/?gid=1&nodeid=22
- 9. http://www.world-recipes.info/israel-israeli/
- 10. http://www.isroiloliveoil.com/pages/689092/
- 1. Use the check sheet below to include all of the items in a power point presentation on Israel.
  - \_\_\_\_\_ Map of Israel
  - \_\_\_\_\_ Location
  - \_\_\_\_\_ Climate
  - \_\_\_\_\_ Natural resources
  - \_\_\_\_\_ Capital
  - Economic data
  - \_\_\_\_\_ Agricultural products
  - \_\_\_\_\_ Places to see as a tourist
  - \_\_\_\_\_ Foods in the Israeli cuisine
  - \_\_\_\_\_ Pictures of the country and foods
  - \_\_\_\_\_ Samples of Israeli menus
- 2. In addition to the power point, include 10 or more recipes that could be used in learning about Israeli cooking.







Iran, Iraq &

Saudia Arabia

## Middle Eastern And African Cuisine

#### **National FCS Standard:**

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Create a poster with pictures to describe the cuisine and recipes prepared in Iran, Iraq and Saudia Arabia
- Give a brief description of the Middle Eastern countries

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.aneki.com/middleeast.html
- 2. http://en.wikipedia.org/wiki/Middle\_East
- 3. http://www.whats4eats.com/4rec\_iran.html
- 4. http://www.iranchamber.com/recipes/recipes.php
- 5. http://www.farsinet.com/farsieats/recipes/
- 6. http://www.recipezaar.com/r/72
- 7. http://members.aol.com/JAlmansur/saudi\_recipes.htm
- 8. http://www.inmamaskitchen.com/FOOD\_IS\_ART/mideast/saudi\_cooking.html
- 1. Give a brief description of the Middle Eastern countries.

2. Prepare a poster with pictures and descriptions of the meals and foods prepared in Iran, Iraq & Saudia Arabia. Make it colorful and include a representation of the breakfast, lunch, dinner and snack foods.





## Middle Eastern And African Cuisine

#### **National FCS Standard:**

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



#### Lesson Goals:

• Create two brochures: one to promote the country of Turkey and the other to show the cuisine found in this country

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.tourismturkey.org/
- 2. http://www.cia.gov/cia/publications/factbook/geos/tu.html
- 3. http://www.turkishembassy.org/
- 4. http://www.about-turkey.com/
- 5. http://food.hubcom.com/recipe/cgi-win/recipe.exe?2\$1\$1\$13
- 6. http://members.core.com/~turgut/recipes.htm
- 7. http://www.searchturkey.com/TURKEY/FOOD/turkish\_recipes.htm
- 8. http://www.cooks.com/rec/search/0,1-0,turkish+recipes,FF.html
- 9. http://www.bigglook.com/biggmenueng/tarifler.asp
- 10. http://www.armory.com/~turkiye/turkey/genel/cuisine/dolma/Dolma.html

In the first brochure tell us a little bit about the country of Turkey. What would we want to know about a visit to the country?

Make the second brochure about Turkish cuisine. Find the recipes common to the country; include pictures and menus. Find recipes that would give us a true taste of what it would be like to live and eat in Turkey.





#### Name

Austraila

## **Other Countries Of Interest**

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Describe Australian geography, climate and places of interest
- Explain the Aussie cuisine

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.cia.gov/cia/publications/factbook/geos/as.html
- 2. http://www.about-australia.com/
- 3. http://australiancuisine.tripod.com/
- 4. http://www.theworldwidegourmet.com/countries/australia/australia.htm
- 5. http://www.marimari.com/content/australia/food/modern\_cuisine/main.html
- 6. http://www.inmamaskitchen.com/FOOD\_IS\_ART/places/Ausfoodarticle.html
- 7. http://www.theepicentre.com/Australia/aufood1.html
- 8. http://en.wikipedia.org/wiki/Australian\_cuisine

You have been hired by the Australian government to promote the country and the cuisine. It is your choice how you will do the promotion to a group of visitors – poster, brochure, power point, etc. Your presentation should include information about the country and the cuisine. Cover cooking methods, spices used, meals served for breakfast, lunch and dinner. Provide copies of a few recipes.





#### Name\_

Vietnam

## **Other Countries Of Interest**

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Create a Vietnamese cookbook
- Describe the country of Vietnam in a paragraph
- Explain Vietnamese cuisine
- Compile Vietnamese recipes

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.angelfire.com/wi2/mayeshiba/Vietnam.html
- 2. http://en.wikipedia.org/wiki/Vietnamese\_cuisine
- 3. http://www.sallys-place.com/food/ethnic\_cusine/vietnam.htm
- 4. http://www.dalatco.com/VietnameseCuisine.htm
- 5. http://www.emrimports.com/travel/Vietnam/viet.food/viet.food.html
- 6. http://nation.ittefaq.com/artman/publish/article\_20189.shtml
- 7. http://www.adoptvietnam.org/vietnamese/recipes.htm
- 8. http://www.recipesource.com/ethnic/asia/vietnamese/indexall.html
- 1. Design a cover for your cookbook.
- 2. Write a paragraph about the country of Vietnam.

3. Write a paragraph about the Vietnamese cuisine.

4. Create categories for your recipes and include a minimum of five recipes in each.

Vietnam

## ANSWER KEY

### **Other Countries Of Interest**

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.

#### Lesson Goals:

- Create a Vietnamese cookbook
- Describe the country of Vietnam in a paragraph
- Explain Vietnamese cuisine
- Compile Vietnamese recipes

#### Web Resources:

Use these resources to complete the questions.

- 1. http://www.angelfire.com/wi2/mayeshiba/Vietnam.html
- 2. http://en.wikipedia.org/wiki/Vietnamese\_cuisine
- 3. http://www.sallys-place.com/food/ethnic\_cusine/vietnam.htm
- 4. http://www.dalatco.com/VietnameseCuisine.htm
- 5. http://www.emrimports.com/travel/Vietnam/viet.food/viet.food.html
- 6. http://nation.ittefaq.com/artman/publish/article\_20189.shtml
- 7. http://www.adoptvietnam.org/vietnamese/recipes.htm
- 8. http://www.recipesource.com/ethnic/asia/vietnamese/indexall.html
- 1. Design a cover for your cookbook.
- 2. Write a paragraph about the country of Vietnam.

<u>Vietnam borders China, Laos, and Cambodia, and is on the coast of the Pacific Ocean. The geography</u> <u>consists of densely forested mountains and hills as well as some coastal lowlands. Vietnam is a relatively</u> <u>poor nation with both an agricultural and Socialist-oriented market economy. The population is close to 84</u> <u>million people and the primary language is Vietnamese.</u>

3. Write a paragraph about the Vietnamese cuisine.

Vietnamese cuisine consists mainly of rice, fresh herbs, soy sauce, fish sauce, fruits, and vegetables. Noodle soups, sticky rice dishes, and wraps are common Vietnamese dishes. For a long time, meat was not commonly a part of Vietnamese meals. However, meat dishes are becoming more popular, specifically ones containing chicken, cow, and duck. Several exotic meats such as snake, turtle, goat, and paddy mouse are also served.

4. Create categories for your recipes and include a minimum of five recipes in each.



# ANSWERS WILL VARY FOR LESSON:

ANSWER KEY:

Lesson 49



Learning ZoneXpress / 1-888-455-7003 / www.learningzonexpress.com



## **Global Cooking**

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

13.0 Demonstrate respectful and caring relationships in the family, workplace and community.



#### Lesson Goals:

• Create a scavenger hunt to review countries, terms, techniques and information about ethnic cooking

#### Web Resources:

Use this resource to complete the questions.

1. http://www.bhg.com/bhg/category.jhtml?categoryid=/templatedata/bhg/category/data/EthnicCooking.xml

Use the web site above from the Better Homes and Gardens company to create a scavenger hunt of questions based on Global cooking. You may choose to send participants to any of the topics listed under the global cooking:

Asian	Italian	Mexican
Cajun	Mediterranean	Indian
Caribbean		

Create a minimum of 15 questions. You may choose to give hints as to which category should be investigated. Make up the answer sheet as well.

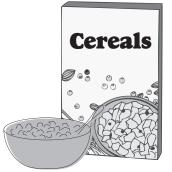




National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.



#### Lesson Goals:

- Research the origin of a given food
- Describe how the product has changed over time
- Find out how the product got its name
- Give nutritional value and uses of the food
- Identify the individuals and companies responsible for its creation
- State five interesting facts about the product

#### Web Resources:

Use these resources to complete the questions.

- 1. http://inventors.about.com/library/inventors/blcereal.htm
- 2. http://www.fitnessandfreebies.com/health/cereal.html
- 3. http://www.mrbreakfast.com/article.asp?articleid=13
- 4. http://www.hubbards.co.nz/cereal.php
- 5. http://en.wikipedia.org/wiki/Breakfast\_cereal
- 1. Name of food researched: \_\_\_\_\_
- 2. Where did the food originate?\_\_\_\_\_
- 3. How was it spread to other nations?
- 4. How has the food changed over time? (additional products, varieties, changes in flavor or color)

5. How did the food get its name?\_\_\_\_\_



б.	Who are the individuals or companies responsible for its creation?					
7.	How is the food used or served today?					
8.	What is the nutritional value of the food?					
9.	Find five interesting facts about the product.					
	1					
	2					
	3					
	4					
	5					



## ANSWER KEY

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.



#### Lesson Goals:

- Research the origin of a given food
- Describe how the product has changed over time
- Find out how the product got its name
- Give nutritional value and uses of the food
- Identify the individuals and companies responsible for its creation
- State five interesting facts about the product

#### Web Resources:

- 1. http://inventors.about.com/library/inventors/blcereal.htm
- 2. http://www.fitnessandfreebies.com/health/cereal.html
- 3. http://www.mrbreakfast.com/article.asp?articleid=13
- 4. http://www.hubbards.co.nz/cereal.php
- 5. http://en.wikipedia.org/wiki/Breakfast\_cereal
- 1. Name of food researched: Cereal
- 2. Where did the food originate? <u>Cereal originated in America in the late 19th Century.</u>
- 3. How was it spread to other nations? <u>Cereal has spread to be a popular breakfast food in many countries</u> around the world. Along with many American brands, each country has several unique variations ranging from cornmeal with boiling milk in Greece to kasha, a porridge served in Russia.
- 4. How has the food changed over time? (additional products, varieties, changes in flavor or color)
  Cereal has evolved from basic bran and wheat flakes full of fiber to a wide variety of flavors and textures.
  In the 1950s, cereal industries began marketing younger consumers by creating more colorful, sugary
  cereals. Other incentives included adding prizes in cereal boxes or puzzles on the containers.
- 5. How did the food get its name? <u>Granula (granola), the original type of cereal, is derived from the word</u> <u>granulate, which means to form into granules or grains. The word cereal actually comes from the Latin</u> <u>word "cerealis," which means "of grain."</u>



- 6. Who are the individuals or companies responsible for its creation? <u>The first type of bran cereal was created</u> by James Jackson. The most prominent individuals in the history of cereal production were the Kellogg brothers, John Harvey Kellogg and Will Keith Kellogg. Charles Post also was a key figure.
- 7. How is the food used or served today? <u>Cereal is a common breakfast food served around the world and</u> <u>also makes a healthy snack.</u>
- 8. What is the nutritional value of the food? <u>Breakfast cereals usually provide a range of vitamins and minerals</u> and are often a good source of whole grains and fiber. Some cereals may have a high sugar content, however.
- 9. Find five interesting facts about the product. *Answers may vary, but could include:* 
  - 1. Cereals were first used in many hospitals to try to improve the diet of patients.
  - 2. The first type of cereal created by James Jackson in New York was actually quite unpopular because the bran flakes required overnight soaking to be edible.
  - 3. Corn flakes were actually a mistake, discovered by Will Keith Kellogg as he was trying to invent a <u>digestible substitute for bread.</u>
  - 4. \_\_\_\_\_
  - 5. \_\_\_\_\_



#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.



**TV Dinners** 

#### Lesson Goals:

- Research the origin of a given food
- Describe how the product has changed over time
- Find out how the product got its name
- Give nutritional value and uses of the food
- Identify the individuals and companies responsible for its creation
- State five interesting facts about the product

#### Web Resources:

Use these resources to complete the questions.

- 1. http://inventors.about.com/od/inventionsalphabet/a/tv\_dinner.htm
- 2. http://www.fiftiesweb.com/pop/tv-dinner.htm
- 3. http://www.loc.gov/rr/scitech/mysteries/tvdinner.html
- 4. http://www.swansonmeals.com/WebPortals/Default.aspx?tabid=1
- 5. http://www.courierpostonline.com/columnists/cxri112504a.htm
- 6. http://en.wikipedia.org/wiki/TV\_dinner
- 1. Name of food researched: \_\_\_\_\_
- 2. Where did the food originate?\_\_\_\_\_
- 3. How was it spread to other nations?
- 4. How has the food changed over time? (additional products, varieties, changes in flavor or color)

5. How did the food get its name?\_\_\_\_\_\_



б.	Who are the individuals or companies responsible for its creation?					
7.	How is the food used or served today?					
8.	What is the nutritional value of the food?					
9.	Find five interesting facts about the product.					
	1					
	2					
	3					
	4					
	5					



## <u>ANSWER KEY</u>

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.



#### Lesson Goals:

- Research the origin of a given food
- Describe how the product has changed over time
- Find out how the product got its name
- Give nutritional value and uses of the food
- Identify the individuals and companies responsible for its creation
- State five interesting facts about the product

#### Web Resources:

- 1. http://inventors.about.com/od/inventionsalphabet/a/tv\_dinner.htm
- 2. http://www.fiftiesweb.com/pop/tv-dinner.htm
- 3. http://www.loc.gov/rr/scitech/mysteries/tvdinner.html
- 4. http://www.swansonmeals.com/WebPortals/Default.aspx?tabid=1
- 5. http://www.courierpostonline.com/columnists/cxri112504a.htm
- 6. http://en.wikipedia.org/wiki/TV\_dinner
- 1. Name of food researched: TV Dinners
- 2. Where did the food originate? *<u>TV dinners originated in America.</u>*
- How was it spread to other nations? <u>In 1970, pre-made frozen meals became popular in the United</u> <u>Kingdom and were known as "ready meals."</u>
- 4. How has the food changed over time? (additional products, varieties, changes in flavor or color) Over the years, TV dinners have introduced a variety of meals that also include breakfast foods. While Swanson was the original company to produce these frozen meals, other companies such as Banquet carry them as well.
- 5. How did the food get its name? <u>TV dinners, today also known as frozen dinners and microwave meals,</u> <u>got their name in an effort to appeal to an icon of the new modern age: the TV. The original boxes these</u> <u>dinners were sold in were even made to resemble televisions.</u>
- 6. Who are the individuals or companies responsible for its creation? <u>Gerry Thomas of C.A. Swanson & Son is</u> responsible for the creation of TV dinners.



- 7. How is the food used or served today? <u>Frozen meals are still used by families today, a variety being found in</u> the frozen foods section of grocery stores.
- 8. What is the nutritional value of the food? <u>TV dinners try to include foods from a variety of food groups. While</u> not always as nutritious as fresh foods, there are lighter and healthier options on the market as well.
- 9. Find five interesting facts about the product. *Answers may vary, but could include:* 
  - 1. The original package was designed to resemble a TV.
  - 2. The tray that holds the food was modeled after trays used for airplane meals.
  - 3. The idea originated from an excess of frozen turkeys during Thanksgiving in 1953.
  - 4. \_\_\_\_\_
  - 5. \_\_\_\_\_



# National FCS Standard: Hot Dogs 9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition. Hot Dogs 10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation. Image: Comparison of the practice of the practe of the practice of the practice of the prac

#### Lesson Goals:

- Research the origin of a given food
- Describe how the product has changed over time
- Find out how the product got its name
- Give nutritional value and uses of the food
- Identify the individuals and companies responsible for its creation
- State five interesting facts about the product

#### Web Resources:

Use these resources to complete the questions.

- 1. http://whatscookingamerica.net/History/HotDog/HDIndex.htm
- 2. http://www.hot-dog.org/hd/hd\_history.htm
- 3. http://en.wikipedia.org/wiki/Hot\_dog
- 4. http://www.amnh.org/exhibitions/baseball/hotdogs/
- 5. http://www.cbc.ca/kids/general/the-lab/history-of-invention/hotdog.html
- 6. http://www.theholidayspot.com/hotdog/history.htm
- 7. http://www.bookrags.com/history/popculture/hot-dogs-bbbb-01/
- 1. Name of food researched: \_\_\_\_\_

#### 2. Where did the food originate?\_\_\_\_\_

3. How was it spread to other nations?

4. How has the food changed over time? (additional products, varieties, changes in flavor or color)



5.	How did the food get its name?						
6.	Who are the individuals or companies responsible for its creation?						
7.	How is the food used or served today?						
8.	What is the putritional value of the food?						
0.	What is the nutritional value of the food?						
9.	Find five interesting facts about the product.						
	1						
	2						
	3						
	4						
	5						



#### ANSWER KEY Trivia — Food Origins **National FCS Standard:** 9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

## **Hot Dogs**



10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.

#### Lesson Goals:

- Research the origin of a given food
- Describe how the product has changed over time
- Find out how the product got its name
- Give nutritional value and uses of the food
- Identify the individuals and companies responsible for its creation
- State five interesting facts about the product .

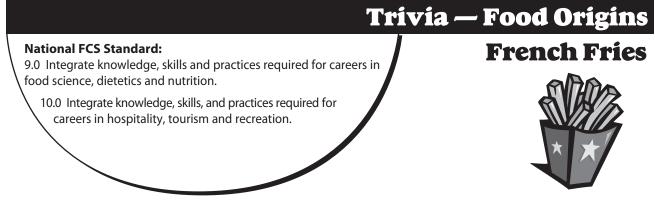
#### Web Resources:

- 1. http://whatscookingamerica.net/History/HotDog/HDIndex.htm
- 2. http://www.hot-dog.org/hd/hd\_history.htm
- 3. http://en.wikipedia.org/wiki/Hot\_dog
- 4. http://www.amnh.org/exhibitions/baseball/hotdogs/
- 5. http://www.cbc.ca/kids/general/the-lab/history-of-invention/hotdog.html
- 6. http://www.theholidayspot.com/hotdog/history.htm
- 7. http://www.bookrags.com/history/popculture/hot-dogs-bbbb-01/
- 1. Name of food researched: *Hot dogs*
- 2. Where did the food originate? <u>Sausages have been around since the 1st century CE, and are even mentioned</u> in Homer's Odyssey. They are a central part of German cuisine, and the "frankfurter," a sausage on a bun, was developed in Frankfurt, Germany in the 15th Century. The term "hot dog" was coined in America and they were sold during baseball games.
- 3. How was it spread to other nations? Sausages have long been popular in many countries around the world. One way the American version of "hot dogs" may have been spread was as they were served to millions of US soldiers at military posts around the world.
- 4. How has the food changed over time? (additional products, varieties, changes in flavor or color) There have been many different varieties of hot dog created around the US, including Coney Dogs, Chili Dogs, Dome Dogs, and Fenway Franks.



- 5. How did the food get its name? <u>While there is some dispute as to exactly when and where the term "hot dog"</u> was coined, many are in agreement that it was during a baseball game.
- 6. Who are the individuals or companies responsible for its creation? <u>The creation of hot dogs can be attributed</u> <u>to many individuals. Chris Von de Ahe, a St Louis bar owner, is believed to have started the tradition of</u> <u>serving hot dogs at baseball games, for example. Charles Feltman set up the first Coney Island hot dog</u> <u>stand in 1871.</u>
- 7. How is the food used or served today? <u>Hot dogs can be grilled or boiled and topped with a variety of</u> <u>condiments ranging from ketchup, mustard, and relish to sauerkraut or chili. They are still extremely</u> <u>popular at baseball games.</u>
- 8. What is the nutritional value of the food? <u>Hot dogs have 5 grams of protein, but are high in saturated fat</u> and sodium.
- 9. Find five interesting facts about the product. *Answers may vary, but could include:* 
  - 1. The longest hot dog created measured over 195 feet long.
  - 2. <u>When King George VI visited the United States in 1939, President Roosevelt served him hot dogs.</u>
  - 3. \_\_\_\_\_
  - 4. \_\_\_\_\_\_ 5. \_\_\_\_\_





#### Lesson Goals:

- Research the origin of a given food
- Describe how the product has changed over time
- Find out how the product got its name
- Give nutritional value and uses of the food
- Identify the individuals and companies responsible for its creation
- State five interesting facts about the product

#### Web Resources:

Use these resources to complete the questions.

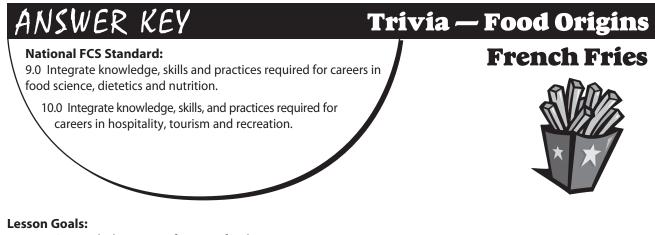
- 1. http://www.stim.com/Stim-x/9.2/fries/fries-09.2.html
- 2. http://radio.boisestate.edu/information/otherprojects/potato/fries.html
- 3. http://www.knet.co.za/frenchfries/history.htm
- 4. http://en.wikipedia.org/wiki/French\_fries
- 5. http://www.taquitos.net/yum/fries/
- 1. Name of food researched: \_\_\_\_\_
- 2. Where did the food originate?
- 3. How was it spread to other nations?
- 4. How has the food changed over time? (additional products, varieties, changes in flavor or color)

5. How did the food get its name?\_\_\_\_\_



б.	Who are the individuals or companies responsible for its creation?					
7.	How is the food used or served today?					
8.	What is the nutritional value of the food?					
9.	Find five interesting facts about the product.					
	1					
	2					
	3					
	4					
	5					





- Research the origin of a given food
- Describe how the product has changed over time
- Find out how the product got its name
- Give nutritional value and uses of the food
- Identify the individuals and companies responsible for its creation
- State five interesting facts about the product

#### Web Resources:

- 1. http://www.stim.com/Stim-x/9.2/fries/fries-09.2.html
- 2. http://radio.boisestate.edu/information/otherprojects/potato/fries.html
- 3. http://www.knet.co.za/frenchfries/history.htm
- 4. http://en.wikipedia.org/wiki/French\_fries
- 5. http://www.taquitos.net/yum/fries/
- 1. Name of food researched: *French fries*
- 2. Where did the food originate? *French fries, a bit of a misnomer, actually originated in Belgium.*
- 3. How was it spread to other nations? *Fast food chains like McDonald's and Burger King have made french fries popularity spread across the globe*
- 4. How has the food changed over time? (additional products, varieties, changes in flavor or color) Many varieties of french fries have evolved throughout time and now include thin-sliced fries, thick-cut fries, curly fries, and sweet potato fries. There are also a wide range of condiments and accompaniments served with fries.
- How did the food get its name? <u>"French" in french fries refers to the cooking method used to fry the sliced</u> potatoes. The French word "frire" means "to deep-fry."
- 6. Who are the individuals or companies responsible for its creation? *French fries are a part of many fast food industries such as McDonald's, Burger King, Wendy's, etc.*



- How is the food used or served today? <u>French fries are served as sides in many restaurants and fast food</u> chains.
- 8. What is the nutritional value of the food? <u>French fries are a source of fiber and iron, but are also high in</u> saturated fat.
- 9. Find five interesting facts about the product. *Answers may vary, but could include:* 
  - 1. Thomas Jefferson was known to have served french fries at a White House dinner in 1802.
  - 2. When British and American soldiers tasted these fries from Belgium during WWI, they mistakingly called them "French" because the Belgium troops primarily spoke French.
  - 3. \_\_\_\_\_



National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.



#### Lesson Goals:

- Research the origin of a given food
- Describe how the product has changed over time
- Find out how the product got its name
- Give nutritional value and uses of the food
- Identify the individuals and companies responsible for its creation
- State five interesting facts about the product

#### Web Resources:

Use these resources to complete the questions.

- 1. http://inventors.about.com/gi/dynamic/offsite.htm?site=http://www.lapiazzaonline.com/pasta.htm
- 2. http://www.inmamaskitchen.com/FOOD\_IS\_ART/pasta/historypasta.html
- 3. http://www.annamariavolpi.com/pasta\_history.html
- 4. http://www.knet.co.za/pastayvette/history.htm
- 5. http://whatscookingamerica.net/Pasta\_Rice\_Main/pasta.htm history
- 6. http://www.san-remo.com.au/factsaboutpasta.asp
- 7. http://www.professionalpasta.it/dir\_9/1\_whoinv.htm
- 1. Name of food researched: \_\_\_\_\_

#### 2. Where did the food originate?\_\_\_\_\_

3. How was it spread to other nations?

4. How has the food changed over time? (additional products, varieties, changes in flavor or color)



Learning ZoneXpress / 1-888-455-7003 / www.learningzonexpress.com

5.	How did the food get its name?						
6.	Who are the individuals or companies responsible for its creation?						
7.	How is the food used or served today?						
8.	What is the nutritional value of the food?						
9.	Find five interesting facts about the product.						
	1						
	2						
	3						
	4						
	5						



## ANSWER KEY

#### National FCS Standard:

9.0 Integrate knowledge, skills and practices required for careers in food science, dietetics and nutrition.

10.0 Integrate knowledge, skills, and practices required for careers in hospitality, tourism and recreation.



#### Lesson Goals:

- Research the origin of a given food
- Describe how the product has changed over time
- Find out how the product got its name
- Give nutritional value and uses of the food
- Identify the individuals and companies responsible for its creation
- State five interesting facts about the product

#### Web Resources:

- 1. http://inventors.about.com/gi/dynamic/offsite.htm?site=http://www.lapiazzaonline.com/pasta.htm
- 2. http://www.inmamaskitchen.com/FOOD\_IS\_ART/pasta/historypasta.html
- 3. http://www.annamariavolpi.com/pasta\_history.html
- 4. http://www.knet.co.za/pastayvette/history.htm
- 5. http://whatscookingamerica.net/Pasta\_Rice\_Main/pasta.htm history
- 6. http://www.san-remo.com.au/factsaboutpasta.asp
- 7. http://www.professionalpasta.it/dir\_9/1\_whoinv.htm
- 1. Name of food researched: **Pasta**
- 2. Where did the food originate? *Pasta is of Arabic origin.*
- 3. How was it spread to other nations? *Pasta, which could be dried to be made portable, was spread to other nations during travels, conquests, and immigrations.*
- How has the food changed over time? (additional products, varieties, changes in flavor or color)
   <u>There is a wide variety of pasta shapes and dishes, ranging from traditional spaghetti and meatballs, rice</u> noodles, macaroni and cheese, gnocchi, manicotti, to lasagna and many other dishes.



- 5. How did the food get its name? <u>The word pasta is Latin for "dough" or "paste."</u>
- 6. Who are the individuals or companies responsible for its creation? <u>There are no specific individuals or</u> <u>companies responsible for the creation of pasta, as it has been around for thousands of years and a staple</u> <u>food of several cultures. However, Thomas Jefferson is accredited for introducing macaroni to the United</u> <u>States, having crates shipped from Naples after his stay there.</u>
- How is the food used or served today? <u>Pasta is served in many restaurants and can also be purchased dried</u> or frozen from grocery stores.
- 8. What is the nutritional value of the food? *Pasta is a good source of carbohydrates.*
- 9. Find five interesting facts about the product. *Answers may vary, but could include:* 
  - 1. There are over 3500 shapes of pasta.
  - 2. The Chinese ate noodles as early as 2000 BCE. They were made from millet, however.
  - 3. Pasta should be cooked al dente, Italian for "to the tooth," meaning it should be slightly firm.
  - 4. \_\_\_\_\_
  - 5. \_\_\_\_\_

