

ACTIVITY

8

Class Cookbook

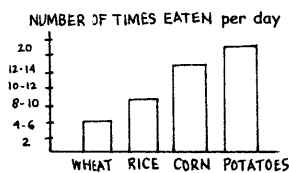
The class compiles a cookbook with favorite family recipes to illustrate how different cultures use similar ingredients to create distinctive foods.

What You Need to Know

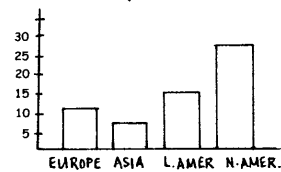
Different cultures use the staple foods (wheat, rice, corn, and potatoes) to create distinctive dishes. Corn, for example, is ground into meal to make polenta in Italy, tamales in Mexico and Central America, and corn muffins in the United States.

What You Do

1. For one week, have each student record the number of times each day he or she ate one of the four staple foods. (See Appendix for black line master.)
2. At the end of the week, tally the results for the class and create a bar graph. Also tally the students' ethnic backgrounds (Europe, Asia, Africa, Latin America, and North America) and graph them. As a class, compare the two sets of graphs. Do they show any similarities? If so, ask students to discuss how their families' eating habits reflect their cultural origins. If not, speculate with students on why eating habits change as people move from one place to another.



NO. OF STUDENTS/ETHNIC BACKGROUND



3. Ask students to bring to class a favorite family recipe (excluding sweets) that uses one of the four staple foods. In addition to listing ingredients and procedures, each recipe should include the following:

- the ethnic origin of the recipe
- when the food is eaten (time of day, daily or on special holidays)
- whether the recipe could have been prepared in its country of origin before 1492
- whether the combination of ingredients (pasta with tomato sauce, for example) could have been made anywhere before 1492

4. Collect recipes into a book divided into sections for corn, potato, rice, and wheat. Include a map of the world to show where the recipes originated.

5. Have students illustrate the book with drawings and family photographs.

