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Guidelines for Food Around The World 4-H Foods Project



What do we eat?

Everyone has different eating habits and opinions about food. Your food preferences may be based on your culture, taste, where you grew up, religion, what food is available to you, etc.

Ask yourself these questions and write down your answers:

- What are my favorite foods?
- What foods do I typically have for breakfast, lunch, and dinner?
- Why do I eat the foods that I do?

Now share your answers with someone else. Are your answers the same? They might be similar, but it is unlikely that they will be the identical. Why are they different?

What you eat is probably not the same as what your parents and grandparents ate when they were young. If you are able to, ask them questions about the foods they had. What was different? Why do you think you eat differently than they did?

What do others eat?

Food is enjoyed all around the world. It is a part of social gatherings, given as gifts, and used to improve health. However, as you already know, food varies around the world. For example, rice and salted fish is a common breakfast in the Philippines, whereas people in Ireland may start their day with fried eggs, pork sausages and bacon, grilled tomato, some sort of potato cake (hash browns or potato waffles), and toast.

Choose a foreign country or some ethnic group in the United States that you think would be interesting. You may choose from the list below or pick one that is not shown.

Spain
France
Italy
Greece
Germany
Middle East

Scandinavia
Russia
India
Thailand
China
Japan

Philippines
Australia
Brazil
Mexico
Native American Indians
from Washington State

Suggested steps for this project:

- Gather information about the geography, climate, religion, and social customs
- List foods typically consumed
- Compare food customs with another country
- Explain food beliefs and attitudes
- Collect recipes that you will use for planning your meal
- Plan, prepare, and serve a traditional meal that encompasses the customs of the country
- Present what you have learned about the culture at your meal
- Evaluate your work

Go Exploring!

Take time to collect information on the country you have chosen. Information should come from a variety of sources:

- ✓ Books
- ✓ Cookbooks
- ✓ Internet
- ✓ Journals, Magazines, and Newspapers
- ✓ People from the country or are very familiar with the food customs
- ✓ Local ethnic grocery stores

Remember to record the resources as you locate them so you can return to them if necessary.

Books:

The Frugal Gourmet on our Immigrant Ancestors, by Jeff Smith, ISBN 0-380-71708-5, Avon Books, New York, 1990.

This book contains information on 35 ethnic cuisines. Each chapter covers a brief history of a specific country and traditional recipes are provided.

Why We Eat What We Eat, by Raymond Sokolov, ISBN 0-671-66796-3, Summit Books, New York, 1991.

This book examines how the encounter between the new world and the old changed the way everyone on the planet eats. It includes information on Native Americans, Mexico, Puerto Rico, the Philippines, the Spanish Main (mainland of the Caribbean coast of South America), Brazil, Peru, France, and China.

The Science Chef Travels Around the World, by Joan D'Amico and Karen Eich Drummond, John Wiley & Sons, Inc., ISBN 0-471-11779-X, 1996

Every chapter in this educational and entertaining book contains several facts on each of the 14 countries represented, an experiment related to a basic food ingredient typical of that country and recipes for a complete meal based on the food used in the experiment. Explains scientific concept such as viscosity by experimenting with honey (Egypt) or how osmosis works by soaking cucumbers in vinegar (France). Features over 60 kid-tested, simple, quick recipes and experiments that can be done with easy-to-obtain ingredients and standard kitchen equipment.

Historic Pioneer Recipes, by Bobbie Kalman and Lynda Hale, Crabtree Publishing Company (ISBN 0-86505-468-1). This book presents information on pioneer cookery and instructions for recipes prepared in the spirit of the pioneers, including multicultural dishes, historical methods, and current adaptations.

Kids Around the World COOK!, by Arlette N. Braman, John Wiley & Sons (ISBN 0-471-35251-9). This book presents information on and recipes for a variety of foods from many countries, including Sweet Lassi from India, Challah from Israel, Strawberry Soup from Poland, Kushiyaki from Japan, and Prairie Berry Cake from Canada.

Wraps Around the World, by Iris Sutton and Shelby Sewell, Abbeville Press (ISBN 0-7892-0351-0). The wrap is not a recent invention. It has its roots in the cuisines of many different cultures around the world: Mexican burritos and tacos, French crepes, Vietnamese spring rolls, Chinese egg rolls, and Middle Eastern falafel, for example. The recipes in this book were inspired by these diverse cooking traditions and use a variety of international ingredients and flavors.

All Around the World, by Sheila Lukins, Workman Publishing (ISBN 1-56305-636-4). This book introduces global cuisine, one-world cuisine, fusion cuisine. The author helps set a dazzling new course for American cooking in 450 recipes that marry the best of the world's tastes, techniques, and ingredients. Sheila Lukins is the food editor of *Parade Magazine*, and co-author of 3 other books.

The Kids' Multicultural Cookbook: Food & Fun Around the World by Deanna F. Cook, 1995 With Deanna Cook as creative chef, guide and interpreter, kids ages 4 to 10 can whip up over 50 great multicultural dishes and also meet real children from Asia, Europe, Africa, the Americas, and the South Pacific. It's a bountiful international experience with food as the common bond, and plenty of games, jokes, activities, cultural traditions, and customs to round out the feast. Recipes include Potato Cookies from Zimbabwe, Peanut Butter Soup from Ghana, Sweet Couscous from Tunisia, Cheese Fondue from Switzerland, Apple Pancakes from Germany, and much, much more.

Passport on a Plate: A Round-The-World Cookbook for Children by Diane Simone Vezza It's never too early to learn about cooking or other cultures. In *Passport on a Plate*, children can do both at the same time. This wonderful collection of more than 100 recipes takes kids around the world without ever leaving the kitchen, and results in great food they're more likely to eat because they've made it themselves. Start in Africa with African Fruit Salad, Black-eyed Pea Balls, or Kenyan Crunchy Bananas. Move on to the Caribbean with Callaloo Soup, Curried Coconut Vegetable, and Island Fruit Smoothies, or venture all the way to Russia for Chicken Kiev, Apple-Cinnamon Baba, and Strawberries Romanoff. Each recipe is carefully rated from one to four "utensils" for level of difficulty and the amount of adult supervision required. In addition to the recipes, each section begins with a short cultural lesson about the highlighted country or region and the kinds of food found there.

The Usborne Internet-linked [Children's WORLD Cookbook](#) by Angela Wilkes and Fiona Watt. ISBN 07945 0098 6. \$13.95, 96 pp. Book can be used on its own or with the recommended sites on the Usborne Quicklinks Web site. All 40 recipes, lists of ingredients, and other information can be downloaded.

[Seeds of Change: Learning from the Garden](#) by Judy Mannes & Marsha Rehns, (ISBN 0-201-49540-6). There are four main parts that help youth in 3rd-8th grade understand the associations between food and culture. "From Field to Table" offers insight into the ways culture influenced the cultivation and preparation of food. Over 30 activities involving gardens/food are included.

4-H National Curriculum

Member Manuals

- Six Easy Bites – 3-4 grade (07144)
- Tasty Tidbits – 5-6 grade (07146)
- You're the Chef – 7-9 grade (07148)
- Foodworks – 10-12 grade (07150)

Helper's Guide –

07730 Food Helper's Guide

Internet sites:

The Library of Congress: Country Studies <http://lcweb2.loc.gov/frd/cs/cshome.html>

Focus on Ethnic Cuisine

http://www.sallys-place.com/food/cuisines/ethnic_cuisine.htm

Global Destinations <http://www.globalgourmet.com/destinations/>

The Food Timeline <http://www.foodtimeline.org/>

Culinary History Timeline <http://www.foodtimeline.org/food1.html>

K-12 teacher resources for food history lessons <http://www.foodtimeline.org/food2.html>

Focus on Ethnic/International Cuisine <http://www.deliciousdecisions.org/>

(Click on "Recipe Quick Find", under "International," click on one of the following: Italian, French, German, Middle Eastern, Hispanic, Caribbean, Asian, click on "Submit.")

RecipeSource is the new home of SOAR: The Searchable Online Archive of Recipes and your source for recipes on the Internet. <http://www.recipesource.com/>

Ebba's Edible Cafe has links to lots of different ethnic type sites as well as others, commodity groups, etc. <http://members.tripod.com/~recipelinks/>

Washington State 4-H Website <http://4h.wsu.edu/>

Direct URL to Food Project site <http://4-h.wsu.edu/projects/food.htm>

Direct URL to additional Washington resources for youth interested in food and nutrition
www.heartofwashington.com

American Institute for Cancer Research www.aicr.org

Click on Healthy Living, then Food & Nutrition www.mayohealth.org

Topics addressed:

Get the Basics: Guidelines for good nutrition, serving sizes, food pyramid, daily calorie calculator, vitamins and minerals

Explore Food & Health Connection: Disease prevention, weight control. food trends and technology, special diets

Take Control: shopping strategies, cookbooks for healthy living, recipe makeovers, food safety, healthy cooking, meals and menus (eating in, dining out, menu maker)

Youth Learning Net www.youthlearningnet.org

For foods from other countries: click on Fantastic Foods---Bite 6

Careers and foods around the world.

Tips for Searching the Internet:

Use a search engine such as Yahoo, Yahoo!igans (for students), Excite, or Lycos to find web sites. Enter words such as food, cooking, ethnic, recipes, customs, culture, cuisine, the name of your country, etc. Use the word "and" when including two or more words: ex. Brazil and cuisine. The search engine will give you sites that contain both words.

Step 1:

In order to understand the food customs of the people from the country you selected, you should learn about their background first. As we saw earlier, a variety of things influence food choices.

Investigate the following areas:

- Geography
- Climate
- Agriculture
- Religion
- Social Customs

Step 2:

After collecting background information, make a list of the foods typically eaten by the people from the country. Include explanations of what the foods are and/or how they are prepared. Gather recipes for common foods.

Step 3:

Now choose another country that is from a different part of the world. For example, if you are researching Russia, you could choose Mexico. Find background information about this country and collect some recipes.

Compare and contrast this country with the first one you chose. How are their foods different? How are they the same? How has history and geography influenced the food customs of each country?

Step 4:

If you are able to, find out what the people in this country believe about food. Your best source of this information is someone who is native to the country. You may also be able to find information from Internet sources and books. Use the following questions to guide you in gathering information.

- What foods do they use for celebrations?
- What foods do they consider nutritious?
- Do they use food to improve health or cure diseases?

Step 5:

Organize the information you have collected in a binder or journal. Use this information to write a paper in your own words. Be sure to explain the relationship between food choices and geography, climate, agriculture, religion, and social customs.

Step 6:

Plan and prepare a meal that uses recipes from the country, ethnic group, or region you are studying. Try to include all the groups from the Food Guide Pyramid. When choosing items to prepare, go for a variety of colors, textures, flavors, and shapes. This will make your meal look and taste appealing.

If you can, collect decorations and clothing that will reflect the culture. This will give the meal an authentic feel.

At the meal, give a short presentation about the country. Explain what you have learned about why they eat the foods they do.

Step 7:

Evaluate your project.

- What did you find most interesting about the culture you studied?
- What did you like best about their food customs?
- How did the traditional meal go? What would you do differently if you had to do it again?

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