

## 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 New England



### 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](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](http://www.cuisinenet.com/digest/region/usa/new_eng_dishes.shtml)
7. [http://en.wikipedia.org/wiki/New\\_England\\_cuisine](http://en.wikipedia.org/wiki/New_England_cuisine)

1. What states are parts of the New England cuisine?

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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?

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

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

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

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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.



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## US Regional Cuisine Mid-Atlantic

**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](http://www.eatingfresh.com/ef_cfma_forward.html)
2. [http://mo.essortment.com/pennsylvaniadut\\_prv.htm](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](http://www.amishnews.com/featurearticles/pennsylvania_dutch_food_favorite.htm)
7. [http://en.wikipedia.org/wiki/Cuisine\\_of\\_the\\_Pennsylvania\\_Dutch](http://en.wikipedia.org/wiki/Cuisine_of_the_Pennsylvania_Dutch)

1. List the states found in the Mid-Atlantic Region of the US.

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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?

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


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

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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.

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## US Regional Cuisine Southern



### 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](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](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/](http://southernfood.about.com/od/recipes_southern/)

1. Identify the states that represent the "South."

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


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

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4. What recipes are specifically considered soul food?

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

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6. Define Cajun Cuisine.

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

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## US Regional Cuisine Midwest



### 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](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](http://www.cooking.com/advice/adfeatu1.asp?Alias=AR_potluck)
7. [http://www.oznet.ksu.edu/news/sty/2004/holiday\\_picnics062204.htm](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":

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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?

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


4. Summarize the dietary patterns of the early Midwest:

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

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6. How do you keep potluck foods safe?

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

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## US Regional Cuisine West & Southwest



**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.officeway.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](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:

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

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

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |



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

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

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



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## US Regional Cuisine Hawaiian



### 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/PURSUIITS/FOOD/9903/hawaii.food/>
5. <http://www.dummies.com/WileyCDA/DummiesArticle/id-2855.html>
6. [http://en.wikipedia.org/wiki/Cuisine\\_of\\_Hawaii](http://en.wikipedia.org/wiki/Cuisine_of_Hawaii)
7. [http://en.wikipedia.org/wiki/Plate\\_lunch](http://en.wikipedia.org/wiki/Plate_lunch)
8. [http://www.foodnetwork.com/food/show\\_wp/episode/0,1976,FOOD\\_10000\\_20869,00.html](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](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?

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2. What is the story behind Hawaiian luaus?

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3. What are native Hawaiian ingredients?

1. _____	4. _____
2. _____	5. _____
3. _____	6. _____



4. List three spices commonly used in Hawaiian dishes.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

5. Describe a Hawaiian plate lunch:

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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.

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## 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](http://en.wikipedia.org/wiki/Canadian_cuisine)
5. [http://www.cooks.com/rec/search/0,1-0,canadian\\_cuisine,FF.html](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](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](http://www.brandonsd.mb.ca/crocus/Departments/culinaryarts/PPTs/Foundations%20of%20Canadian%20Cuisine.ppt)
11. [http://www.joycesfinecooking.com/canadian\\_recipes.htm](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.

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

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3. Describe the Canadian land, climate and countryside:

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4. Name the provinces and territories in Canada?

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

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

Poutine: \_\_\_\_\_

Butter tart: \_\_\_\_\_

Tourtiere: \_\_\_\_\_

Pogo: \_\_\_\_\_

Beaver Tail or Elephant Ear: \_\_\_\_\_

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

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

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## Mexican Cuisine



### 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](http://en.wikipedia.org/wiki/Mexican_food)
2. <http://www.mexican-embassy.dk/cuisine.html>
3. [http://www.sallys-place.com/food/ethnic\\_cuisine/mexico.htm](http://www.sallys-place.com/food/ethnic_cuisine/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?

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

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3. Describe the climate and country of Mexico:

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4. Identify common Mexican foods:

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5. List spices commonly used in Mexican recipes:

1. _____	5. _____
2. _____	6. _____
3. _____	7. _____
4. _____	8. _____

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

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7. Beans are a common ingredient. What types are used and how are they used in Mexican recipes?

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8. Name the different types of chilies used in Mexican cooking:

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9. Describe what Mexican markets are like. Where do people buy their foods?

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10. How is Christmas celebrated and what food traditions are popular at this time?

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### Mexican Recipes

#### 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](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](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](http://mexicancooking.netrelief.com/wriedt/mexican_recipes.shtml)
6. [http://www.gourmetsleuth.com/mexican\\_recipes.htm](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.

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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?

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5. What is a chimichanga?

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6. What is an enchilada?

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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:

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10. Find Mexican recipes for the following categories:

Appetizers	Soups	Salads	Vegetables	Main dishes



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## South America The Country And Cuisine

**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](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](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:

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

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3. Describe the economy of South America:

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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:

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5. Pick two South American cultures and summarize them:  
(Inca, Chimu, Aymara, Tiwanaku, Nazca, Moche, Chavin)

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

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7. Pick two other festivals held in the South American countries. Describe them.

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## South American Recipes

**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/>
7. <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
<b>Appetizers</b>				
<b>Bread or Pastry</b>				
<b>Soup or Stew</b>				
<b>Seafood</b>				
<b>Beef Entrée</b>				
<b>Poultry Entrée</b>				
<b>Vegetables</b>				
<b>Desserts</b>				



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

Number servings grains: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

3. Here's a Peruvian recipe:

**ARROZ CON POLLO**

8 small boneless and skinless chicken breasts

1 onion finely chopped

3 cups of rice (not instant)

1/2 lb. of cooked peas

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)

*8 servings*

2 cloves of fresh garlic

1/2 a cup of oil or shortening

5 cups of chicken bouillon

2 jalapeño peppers cut in very thin strips

**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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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.



## European Cuisine

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## British Isles



### 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](http://en.wikipedia.org/wiki/British_Isles)
5. [http://en.wikipedia.org/wiki/Modern\\_British\\_cuisine](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](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](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. What do British people typically have for breakfast?

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3. When do people in Britain have a "tea-break"?

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4. What is the typical lunch meal?

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5. What is "High Tea"?

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6. What is the evening meal called and what is often served?

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7. What are crumpets?

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8. Describe the traditional British food "Bubble and Squeak:"

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9. What ingredients are in an Irish Stew?

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10. Name the countries that are part of the British Isles:

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11. Many Irish dishes feature potatoes. Find out the names and ingredients of at least three Irish potato dishes. List them below.

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## European Cuisine

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## France



### 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](http://en.wikipedia.org/wiki/Geography_of_France)
3. [http://en.wikipedia.org/wiki/French\\_people](http://en.wikipedia.org/wiki/French_people)
4. [http://www.discoverfrance.net/France/DF\\_people.shtml](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](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?

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

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

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4. Name and tell about two famous French citizens.

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5. What are typical meals like in France?

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6. Describe the Nouvelle Cuisine (look for ethnic cuisine of France).

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7. Explain what types of sauces are used in French cooking.

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8. What is a roux?

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9. What is a liaison?

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## European Cuisine

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

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## Germany



### 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](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](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](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:

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

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3. How is the pretzel tied to Germany?

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

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

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6. Describe manners when eating at a German table:

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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.

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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:



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### Scandinavia



### 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](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.

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

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

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.



## Mediterranean Countries

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## Italy



### 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](http://en.wikipedia.org/wiki/Italian_cuisine)
10. <http://www.essetti.com/appln/cs/pasta-recipes.htm>
11. [http://www.barillaus.com/Italian\\_Pasta\\_Party\\_Intro.aspx](http://www.barillaus.com/Italian_Pasta_Party_Intro.aspx)
12. [http://www.inmamaskitchen.com/FOOD\\_IS\\_ART/pasta/historypasta.html](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.

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3. Why does cheese play an important role in Italian cuisine? What types of cheeses are popular?

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4. Who are some famous Italian chefs and what are they known for?

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

Cannoli: \_\_\_\_\_

Biscotti: \_\_\_\_\_

Cenci: \_\_\_\_\_

Antipasto: \_\_\_\_\_

Minestrone: \_\_\_\_\_

Panne: \_\_\_\_\_

Gnocchi: \_\_\_\_\_

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# Mediterranean Countries

**National FCS Standard:**

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## Italian Pizza



**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](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](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?

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

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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?

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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?

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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:



## Mediterranean Countries

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### Greece



### 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](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>

1. 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



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



# Asian Cuisine

## National FCS Standard:

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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.

## Russia



### 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](http://www.flowers2moscow.com/Russian_Holidays.shtml)
8. [http://www.rusconshouston.org/russian\\_holidays.htm](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](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](http://www.recipes4us.co.uk/Cooking%20by%20Country/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? \_\_\_\_\_
  5. How do you make phone calls from Russia? \_\_\_\_\_



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 \_\_\_\_\_

3. March 8th: International Women's 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?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Differences:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



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.

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





## Asian Cuisine

### India

#### National FCS Standard:

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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](http://www.embassyofindia.com/in_cult.htm)
5. [http://en.wikipedia.org/wiki/Culture\\_of\\_India](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](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.

## China



### 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](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/](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?

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

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

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

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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?

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6. Do Chinese meals include a dessert? Why or why not? If so, what are the desserts served in China?

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7. Describe these types of cuisines:

Mandarin: \_\_\_\_\_

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Cantonese: \_\_\_\_\_

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Szechuan or Hunan: \_\_\_\_\_

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Shanghai: \_\_\_\_\_

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8. What are typical breakfast foods served in China?

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Do you find eggs and toast served on a Chinese breakfast table? \_\_\_\_\_

Do they drink coffee? \_\_\_\_\_

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

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

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## Asian Cuisine

### National FCS Standard:

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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 Cooking Detailed



### 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](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](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%2Fchinesecookingmethods%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](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](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?

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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?

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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?

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5. How is steaming done in China and what foods are steamed?

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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.

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7. Find two recipes that are deep-fried and paste them below.

8. Find ten Chinese cooking tips, write them below:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

9. Compile a collection of ten or more Chinese recipes that you would like to prepare. Paste the recipes below.



## Asian Cuisine

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## Japan



### 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](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?

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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?

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3. What is the country of Japan known for?

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4. What agricultural products does Japan have?

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5. Find pictures of these common Japanese foods. Paste them in the chart below along with a description.

<p><b>Domburi</b> 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</p> 	<p><b>Gomaae</b></p>	<p><b>Gyoza</b></p>	<p><b>Korokke</b></p>
<p><b>Mushrooms (kinoko)</b></p>	<p><b>Ramen</b></p>	<p><b>Rice</b></p>	<p><b>Seaweed</b></p>
<p><b>Soba</b></p>	<p><b>Tempura</b></p>	<p><b>Oden</b></p>	<p><b>Sushi</b></p>

How many of the pictures included rice? \_\_\_\_\_

What do you think are the main ingredients used in Japanese cooking? \_\_\_\_\_

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How would you describe the foods you found? Meals, individual dishes? Combination foods?

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6. What would I have for breakfast in Japan?

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7. Describe the foods that would be served for a Japanese lunch.

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8. What does dinner consist of in Japan?

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9. How are the menus in Japan different from China?

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## 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.

### Africa



### 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](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](http://www.saf03.ch/african_events_&_festivals.htm)
9. [http://www.sallys-place.com/food/ethnic\\_cusine/africa.htm](http://www.sallys-place.com/food/ethnic_cusine/africa.htm)
10. [http://en.wikipedia.org/wiki/African\\_cuisine](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.

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2. What is the geography of Africa like?

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3. Pick three festivals or tribes in Africa and share the details about them below:

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4. How would you summarize African cuisine in five sentences?

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5. What are the main ingredients and prime characteristics of African meals?

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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.



## 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.

### Israel



### Lesson Goals:

- Create a power point presentation on Israel according to the guidelines given

### Web Resources:

Use these resources to complete the questions.

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](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](http://www.whats4eats.com/4rec_israel.html)
  7. [http://www.jewishvirtuallibrary.org/jsource/Society\\_&\\_Culture/foodintro.html](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.



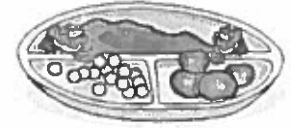
## Trivia – Food Origins

### National FCS Standard:

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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](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](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? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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. \_\_\_\_\_



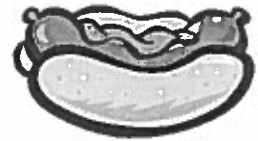
## Trivia – Food Origins

### National FCS Standard:

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

## Hot Dogs



### 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](http://www.hot-dog.org/hd/hd_history.htm)
3. [http://en.wikipedia.org/wiki/Hot\\_dog](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 nutritional value of the food? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. Find five interesting facts about the product.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_





**Trivia — Food Origins****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.

**French Fries****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](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? \_\_\_\_\_  
\_\_\_\_\_



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. \_\_\_\_\_

