**FOODS 9**  NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2019-2020 TA\_\_\_\_

# Learning Guide 7

Holiday Favorites & Grocery Shopping

December is a time of reflection of the year past and a time to consider family and spend time with them. It is a chance to continue traditions for many, or start new traditions. Let’s investigate this.

Learning Outcomes:

On completion of this learning guide you will be able to:

* Identify a family traditional food *or* a food that has become “lost”, then do *primary* or *secondary* research on its background and your connection to it.
* When shopping for ingredients identify how to find information on the nutritional value of the options at the grocery store

[ Next LG8: Identify a recipe to create or recreate the food and identify important techniques to master to cook it properly, then finally carry out the recipe and *document the results* ]

Resources that may be helpful:

1. Various YouTube Channels. Especially: *PBS Food*, *Munchies,* *Let’s Cook History* and *Food Insider*
2. Your family.
3. Media Websites searches on: CBC’s [www.curio.ca](http://www.curio.ca) , [www.npr.org](http://www.npr.org)
4. Search for ‘Food podcasts’

Activity/Evaluation:

1. You have selected Option A or Option B
2. You have done background research on your food item, including:
   * Answering all the questions
   * Have recorded down where you got all your information
3. You have toured a grocery store and have completed the “Keeping Nutrition in Mind @ the Grocery Store”
4. You have completed a LG interview where you present items #1-3

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Food Traditions - *A Planning Guide*

**Step 1: Choose one of Option A or B**

🞎 Option A

Since the dawn of the culinary kitchen there have been foods, popular at one time, that have faded away to obscurity, almost completely lost from our collective conscious. Recently, a trend has started where those hankering for the foods of the past have started bringing them “back from the dead”

Your food could be:

* From another era and place from ancient history (i.e. Medieval Europe or The Roman Empire)
* A First Nations food or culinary tradition partly lost due to colonialism
* A “fad food” of a previous decade of modern history that faded away recently
* A commercially successful food that stopped being eaten when the company shut-down

As a good example of this, for background watch this *Great Big Story*:   
Bringing Back Cakes of Dessert Past | [www.youtube.com/watch?v=bRcYq\_1v5Vc](http://www.youtube.com/watch?v=bRcYq_1v5Vc)

*Your mission*: Consulting with family and doing web-searches (Google, YouTube, etc)   
look up “Foods of the past” or “food history”. Identify a few interesting options, that are not as commonly eaten today.

*Your food ideas:*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show it to the teacher for approval (teacher signature here): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

🞎 Option B

For many families food is a big deal. Many families have traditional foods they eat, especially associated with special events or occasions. These food traditions may include specific recipes, that are sometimes super-secret and only shared and passed down within the family.

Your family food could be:

* A family favorite tied to a specific celebration or time of year that is unique or different
* A food tied closely to your cultural background or roots
* A favorite food of your grandparent’s generation

To get a better idea of what is being sought after, watch this *Nigella Bites* clip:

The Best of Family Foods | [www.youtube.com/watch?v=YLAXu19GVJw](http://www.youtube.com/watch?v=YLAXu19GVJw)

*Your mission*: Consulting with family to identify foods significant to you and your loved ones.

*Your food ideas:* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Food Traditions - *A Planning Guide*

**Step 2: Research Your Food**

🞎 Do primary research, if possible

Primary research comes directly from the source, in this case from talking to people that have prior knowledge and expertise with the Food you are researching. This will be especially important and a ***must***  if you chose to do Option B involving Family foods.

🞎 Do secondary research, using online and print sources, checking in with Librarians

When getting information from written, audio/podcast, or video sources make sure to document what information *and* where you got it.

🞎 Make sure to answer most of the following questions\* (If any with any questions you cannot find an answer see the teacher and we many collaborate to find a replacement question):

* What are the origins of this dish?
* What cultural background does it have?
* Have more than one culture or region shaped what it is like?
* Where does it come from?
* Has it changed much over time?
* Are there specific customs, traditions or holidays when this dish is eaten? Elaborate.
* Are there traditional tools/utensils historically or currently used to prepare the dish?
* Are there other dishes it is often paired or served in combination with?

🞎 Obtain a recipe for this dish, with a full listing of ingredients and how to make it

Next Learning Guide will cover recreating the dish,   
documenting your culinary journey.

\* Many of these questions adapted from Ms. Miguel’s International Foods Project

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Keeping Nutrition in Mind @ the Grocery Store

Alternative food options are good to consider when it comes to *health, nutrition and taste*. Choice of ingredients in a meal should balance these considerations.

When visiting a grocery store consider the information on packaging of food.  
What kinds of information can we get from packaged foods?

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Foods from different parts of the store may have a variety of descriptions that pertain to differences between choices. For each of the following product areas, answer the following questions:

General Product Messaging –

Identify what is *meant* by some of the following common product messages **and** why it is important to know this:

“No Trans-Fats”  
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“Low-sodium”

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What does it mean for a product to be “certified organic”?

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Identify why the use of the following phrases on product packaging may be problematic or not useful:

“All Natural”

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“No Sugar added”

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Bread & Grain products –

What is meant by “Whole Grain” ?

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What nutritional differences might “Whole Grain” products have?

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Meat / Animal (Egg/Milk etc) Products –

Why might it be important to know if your animal product is “Antibiotic Free” ?

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When buying eggs what is the difference between “Free run” vs. “Free Range”?

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Fruit & Vegetable Products –

Why might it be important to know if your vegetable-based product is “pesticide” or “herbicide” free?

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When buying raw Produce, give at least 2 examples of what to look for to avoid bruised and/or damaged goods:

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