

Food From Around the World

Introduction

Display a picture of a simple food dish such as pasta and tomato sauce. Ask students to analyse its basic ingredients – pasta, tomatoes, olive oil, basil, etc.

- Where might these ingredients have originated?
- How are they grown?
- How do local conditions affect their production?
- How can we find the answers to these questions?
- You can prompt a discussion or model some research techniques (use the school library or do an internet search) as necessary.

Group Task

Divide the class into groups (according to the needs of the students or by asking them to pull the names of countries out of a hat). Assign each group a different country (examples may include India, China, Greece, Jamaica, Israel, etc.). Each group should then work through the following task:

1. Find five foods grown in the assigned country.
2. Research how these foods are grown and processed.
3. Choose one of these foods and list three dishes from anywhere in the world that use it as their core ingredient.
4. Create a brand-new meat free dish in which this food is the core ingredient. (Each group should decide on a means to convey its idea, e.g., annotated drawing, description, recipe, etc.)

Bring the class together to share findings and ideas. Trace the journey of a couple of ingredients across the globe.

Background

Food is grown and processed in a multitude of ways. Factors such as climate and the availability of resources affect its production in different locations. This lesson will prompt students to investigate how conditions for growing food may differ around the world. They will also look at how ingredients have spread to different areas around the globe and explore some of the imaginative ways they are eaten.

Learning Objectives

Children should learn the following:

- Where certain foods are grown and processed around the world
- To apply knowledge of existing dishes in order to create their own

Accompanying Materials

Food From Around the World – Recipe Demo (teacher sheet) for extension

Extension Ideas

- Use the recipes in the “Food From Around the World – Recipe Demo” sheet provided to present an interactive meat free global food demonstration in the food technology department.
- Create a class recipe book by combining the recipes created by the students.
- Cook the dishes which students have created.
- Play “Guess the Dish – 20 Questions”. One student can think of a meat free dish and the others ask a series of “yes or no” questions.
- Set a competition whereby groups of students create a leaflet providing cooking tips and recipes suitable for Meat Free Mondays. The group to come up with the most inspiring leaflet wins a prize.



Food From Around the World – Recipe Demo

Cinque e Cinque (also known as Torta di Ceci)

This dish is a specialty of Livorno, Tuscany, which is located on the northwest coast of Italy. It's a chickpea pancake which is traditionally cooked in a clay oven and served on oily bread (schiacciatina) with extra pepper. Sometimes, cinque e cinque is also served with a little fried garlic and aubergine on top. In Nice (in the south of France), a very similar dish called socca is served.

Two cooking options are given below – the traditional oven-cooking method and a quick method which is more practical for a class demonstration.

Ingredients

- 150 g chickpea flour (gram flour)
- 430 ml water
- 1 tablespoon olive oil
- salt
- pepper

Demo Tips

Tell students you are going to prepare cinque e cinque. Where might this dish be from? Ask students if they have used chickpea flour before. Ask them where they might buy it. Gram flour is now widely available in ethnic shops and in the Indian sections of supermarkets. Has anyone been to Italy? Which areas have they been to? Italy is known for its regional cooking variations – do the students know any regional dishes?

Traditional Method

Mix the ingredients together to make a smooth batter and leave to stand for at least two hours. Oil a shallow tin – approximately 30 cm in diameter – and pour in the batter to form a thin layer. Cook for half an hour in a very hot oven (250°C) until the surface is golden. Serve warm on bread with extra pepper.

Quick Method

Mix the ingredients together to make a smooth batter. Heat some oil in a frying pan. Pour in a thin layer of the batter and allow to cook. Either turn the pancake over carefully with a spatula, or if you're feeling adventurous, flip the pancake up in the air! Use the remaining batter to cook more pancakes. Serve warm on bread with extra pepper.



Guacamole

Originally from Mexico, guacamole is a dip made primarily from avocados. It dates back to the time of the Aztecs, who referred to guacamole as “ahuaca-mulli” (roughly translated, this means “avocado sauce” or “avocado mixture”).

Ingredients

- 3 ripe avocados
- 2 spring onions
- 1 clove garlic
- 1 mild green chilli
- 1 tablespoon freshly squeezed lime juice (approx 1½ limes)
- few drops hot pepper sauce
- salt and ground black pepper
- 2 tomatoes, stems and seeds removed

Demo Tips

Ask students if they have ever tried guacamole. What country is it from? What ingredients does it contain?

It's important that students be able to tell which avocados to buy, so have a selection of avocados with you, including some which are not yet ripe. Ask the students to feel them and tell you which ones should be used. Check for ripeness by gently pressing the outside of the avocado. If there is no give when you press an avocado, then it is not ripe yet and will not taste good. If there is a little give, the avocado is ripe. If there is a lot of give, the avocado may be overripe – black inside and not good.

Ask students why it's important to avoid touching their eyes after cutting chillies.

Have any of the students visited Mexico? What are some of the country's other traditional foods?

Method

Cut the avocados in half, scoop out the fruit and place it in a mixing bowl. Mash the avocado well with a fork. Chop the spring onions, garlic and chilli and add these. Squeeze the juice from the limes and add the juice, the hot pepper sauce and some salt and pepper. Remove the seeds from the tomato, chop finely and add the tomato to the mixture. Serve the guacamole with corn chips.

