

Foodways vocabulary worksheet



The vocabulary words below can be defined in many ways. Some families eat “**supper**” at night; others eat “**dinner**.” In some cultures, an orange or piece of fruit is dessert; in other cultures, **dessert** is something made from a recipe with more than one ingredient. In Asia or in Asian-American families, breakfast might include soup or fish. Ask your family to help you define each of these words. Then compare your definitions with someone in your class. There are no right or wrong definitions because different people can define each of these in different ways depending on their family history and culture.

A **meal** includes: _____

Breakfast

What time of day? _____

What kinds of foods? _____

Where is it eaten? _____

Lunch

What time of day? _____

What kinds of foods? _____

Where is it eaten? _____

Dinner or Supper

What time of day? _____

What kinds of foods? _____

Where is it eaten? _____

Dessert or Snacks

What time of day? _____

What kinds of foods? _____

Where is it eaten? _____

Activity: Food Stories

Social Studies

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Dinner Table Conversation. I like to take a component of our meal and trace it all the way back to its origin. Take a slice of bread. It was not just conjured from nothing by our neighbors Irvin or Amanda. The grains existed before they deftly coached them into bread.

- What kind of grains are used?
- Is it Spelt or Emmer or something else?
- Where does this grain come from?
- What methods are/could have been used by the farmer who grew it?
- What kind of soil and climate does it like?
- Is it a candidate for perennial grain production?
- Was it rescued from extinction?
- What cultures have eaten it before ours?
- What other ways has this variety been used?
- What would you like to do with it?
- How does it taste compared to the last bread you ate?

Next, let's do a vegetable, one from the grocer.

- What kind of tomato is this?
- Where was it grown? Peru? Georgia? How far away is that?
- How was it grown? Does it say "hot house" or "vine ripened"?
- How might this have been harvested? By machine or human labor?
- Was there packaging that had to be disposed of because of this purchase?
- Is this tomato conventionally grown or organically certified?
- How is the taste? Flat? Sweet? Acidic? Watery?
- How is the texture? Is it tender or firm? Does it seem like styrofoam?
- What considerations do you think brought this variety to market?
- How does this compare to other tomatoes you've had?

What about entire dishes? Do you still tell the stories of the food you make? Do you look them up if they are not your stories? That is how you become a part of the food's story. Do not ever be satisfied with the answer that something being Grandma's dish. *Why* was it Grandma's dish? Did she love it? Did someone else? Was it a reflection of her social class, her financial situation, her skill level, her culture, or ethnicity? Did she get the recipe from a cookbook or from her neighbor? Was it her grandmother's?

You may search the internet for answers, but you can earn a 10% bonus for talking to a human for a least one of your answers.