

## The Global Food Exchange

We all think we know how certain kinds of foods taste. Each type of food such as Italian, Mexican, or Chinese has its own distinctive taste. Foods arose out of the agriculture of Africa, Europe, and Asia and then began to travel as far as they would grow and thrive. In 1492 the Americas, North and South, entered the great food exchange and cookery as we know it. Sources that describe the exchanges of foods around the world include -

- *The Columbian Exchange* by Alfred W. Crosby, Jr., Greenwood Press.
- *Indian Givers* by Jack Weatherford, Fawcett Columbine.
- *Seeds of Change* by Herman J. Viola and Carolyn Margolis, the Smithsonian Institution Press.

The list of food originates from these sources.

### Food Gifts from the Continents

#### **Africa**

<i>cantaloupes</i>	<i>coffee</i>	<i>cowpeas</i>	<i>cress gherkins</i>	<i>honeydews</i>
<i>millet</i>	<i>muskmelons</i>	<i>peanuts</i>	<i>rice</i>	<i>sesame</i>
<i>sorghum</i>	<i>soybeans</i>	<i>chicken</i>	<i>wheat</i>	<i>yams</i>
<i>beef</i>	<i>watermelons</i>			

#### **The Americas**

allspice	avocado	beans	black walnuts	chocolate
corn	pineapple	tomatoes	vanilla	strawberries
jicama	turkey	peanuts	maple sugar	pecans
peppers*	venison	potatoes	squash	cranberries
pumpkins	buffalo	sunflowers		

#### **Asia**

<i>almonds</i>	<i>apples</i>	<i>apricots</i>	<i>bananas</i>	<i>cabbage</i>
<i>cinnamon</i>	<i>cloves</i>	<i>coconut</i>	<i>eggplant</i>	<i>lemon</i>
<i>mace</i>	<i>nutmeg</i>	<i>onion</i>	<i>oranges</i>	<i>peaches</i>
<i>pears</i>	<i>peas</i>	<i>pepper*</i>	<i>plums</i>	<i>rice</i>
<i>soybeans</i>	<i>sugarcane</i>	<i>tea</i>	<i>wheat</i>	<i>beef</i>
<i>chicken</i>	<i>dairy</i>	<i>mutton</i>	<i>pork</i>	

#### **Europe**

asparagus	barley	beets	buckwheat	cabbage
carrots	celery	grapes	honey	leeks
lemon	oats	olives	oranges	parsley
rye	turnips	wheat	beef	dairy
mutton	pork			

*\*The peppers from the Americas are capsicum peppers and include all kinds of chili peppers. The pepper from Asia is the black pepper and white pepper we sprinkle on food. Some foods are repeated. That is because it is not totally clear where those foods originated. Australia did not have well-developed agriculture before Captain Cook landed. Antarctica has no agriculture.*

### **The Tastes of the World**

The smells of a country, of the kitchens and markets, are found in its favorite fruits, grains, vegetables, meats, herbs, and spices. Since earliest times flavors have moved into cookery far from their birthplace. After Columbus made his voyage in 1492, flavors really began to combine and recombine. From the gardens of the Aztecs in Mexico come the tomatoes for the pizzas of Italy and peppers for the curry that Grandmother simmers in her kitchen in India. From the spice islands of Indonesia comes nutmeg for the sauces in Grandmama's French kitchen. From Madagascar in the Indian Ocean comes cinnamon for hot, light sweet rolls that Grandma bakes in her American kitchen. From Africa comes the dark rich coffee that all the Grandmothers sip early each morning.

### **Trace to Origins**

Each of the following foods has well-known ingredients. List the ingredients. Tell where these ingredients come from. Find the continents of origin. Which foods include ingredients from all the continents mentioned?

**Pizza** \_\_\_\_\_

**Hamburger** \_\_\_\_\_

**Enchilada** \_\_\_\_\_

**Chili** \_\_\_\_\_

**Sweet and Sour Pork** \_\_\_\_\_

**Mashed Potatoes** \_\_\_\_\_

**Baked Beans** \_\_\_\_\_

**Chocolate Milkshake** \_\_\_\_\_

**Snickers Candy Bar** \_\_\_\_\_

**Snickerdoodle Cookies** \_\_\_\_\_

**Meatloaf** \_\_\_\_\_

**Barbecue** \_\_\_\_\_

**Egg Rolls** \_\_\_\_\_

**Apple Pie** \_\_\_\_\_

**Pancakes and Maple Syrup** \_\_\_\_\_

## **Thanksgiving Dinner**

Thanksgiving dinner is a blending of Europe and the Americas. Most of the ingredients come from those two places. List the ingredients. The ingredients that come directly from the Wampanoags, the American Indians of Massachusetts, are indicated with a ☼.

**Turkey<sup>☼</sup> and Dressing** \_\_\_\_\_

**Cornbread<sup>☼</sup> and Butter** \_\_\_\_\_

**Cranberry<sup>☼</sup> Sauce** \_\_\_\_\_

**Sweet Potatoes** \_\_\_\_\_

**Corn<sup>☼</sup>** \_\_\_\_\_

**Peas and Carrots** \_\_\_\_\_

**Pumpkin<sup>☼</sup> Pie and Whipped Cream** \_\_\_\_\_

## Other Ways to Celebrate Kids' World Food

1. On October 12, 1492, no one except the American natives had tasted potatoes, tomatoes, or pecans. Native Americans had never tasted apples, peaches, or wheat bread. When Columbus returned to Spain, he introduced Europe to the first of the many food gifts that America has given to the world. Have a party. Prepare two tables of snacks. On one table, use foods that originated in Africa, Asia, or Europe, sometimes called the Old World also called the Eastern Hemisphere. On the other table use foods that originated in the Americas, often called the New World, also called the Western Hemisphere. After 1492 foods and spices from the Western Hemisphere had dispersed over the Eastern Hemisphere and foods and spices from the Eastern Hemisphere were entering the meals of the American Indians.

### **1492 PARTY**

#### **EURASIA AND AFRICA**

##### DIPS,

Sour Cream Dill,  
Cream cheese chives

##### CHEESE,

Cheddar, Swiss,  
Mozzarella

##### CRACKERS,

Wheat, rye, oat, rice

##### BEEF MEATBALLS

##### SLICED CHICKEN

##### FRESH FRUITS,

Peach, apple, pear,  
Apricot, watermelon,  
Cantaloupe

##### FRESH VEGETABLES,

Celery, carrots,  
Turnip, asparagus

##### COOKIES

#### **THE AMERICAS**

##### DIPS,

Guacamole , bean

##### TOMATO SALSA

##### CHIPS, POTATO, CORN

##### BUFFALO MEATBALLS

##### SLICED TURKEY

##### FRESH FRUITS,

Strawberry,  
Pineapple, dipped in  
chocolate sauce

##### FRESH VEGETABLES,

Sweet potato, jicama,  
bell pepper,

##### SWEET TAMALES

Decorate the Eurasia – Africa table to be reminiscent of the Renaissance. Decorate the Americas table with American Indian symbols.

2. Each student creates a menu for the assigned Kids' World country. Describe the ingredients in the recipes. Tell how children would sit for a meal in that country.

3. Listen to the reports about all of the Kids' World countries. Choose the menu from one country. Purchase the spices for the dishes. Let the students smell the spices. Ask the cafeteria to adapt the menu for the children for lunch one day.

4. There are many international recipe books at the library. Plan an international dessert party, an international bread and butter party, or an international chip and dip party. Use chips from the Americas, corn and potato. Some dips might be the following: baba ghannooj from Israel, sofrito from Cuba, rarebit from England, aioli from France, tabbouleh from Greece, salsa picante from Guatemala, uborkasalata from Hungary, pesto from Italy, hummus from Lebanon, guacamole from Mexico, frijoles refritos from Nicaragua, or cacik from Turkey. Use these sauces as research assignments. Find out the ingredients and how they are made.

