

GLOBAL STUDIES I

The First Global Age: 1450-1750

The Atlantic World: Food in History

We've all heard the saying "you are what you eat."

Within that statement contains many meanings. Certainly on a biological and physical level, the food we put in our mouths will have an impact on how we look, feel and perform. However, on a cultural level, what we eat has said a lot about us through history.

As a land of immigrants, we are familiar with the food culture of other lands, like Italian pizza, Irish stew, and Mexican rice and beans. Yet these dishes would not be what they are if it had not been for the Columbian Exchange, as it changed culinary history forever. The impact of it on global eating habits is immense. While these dishes have their own history, their individual ingredients tell a much older story, a tale of centuries of movement, contact and exchange among different cultures. It could be argued that in each dish lies the history of the world.

For this project, you are researching the history of the world as represented in a single recipe. Since the dishes themselves cannot exist for long, all we have left are the recipes, so think of it as a primary source/historical document.

Using the internet, cookbooks, and print sources, your group will research the history of the dish and its ingredients, create a display illustrating your research, and make the dish for your classmates.

Steps:

1. **PLAN:** Choose a recipe to research. Think about what needs to be done and when. Who are your “chefs”? Who are your “artists”? Who are your “historians”?
2. **RESEARCH:** Begin to look into both the history of the dish as a whole and the individual ingredients. Try to answer the following questions:
 - How is this dish representative of its region?
 - What is “new” as a result of the Columbian Exchange?
 - What types of people would have eaten this dish (aristocracy/elite? Peasant food? Certain religion?)
 - Where did each ingredient come from? What forces historical forces introduced it to the region?
 - Feel free to move beyond these questions...
3. **DISPLAY:** Design your display-this should be very visual (maps, images, art, etc), but should contain written text. Try to balance image and text while still being informative (easier said than done).

4. **CUISINE:** making the dish requires some planning. More details on this later...At the very least, you will need to prepare enough for all to taste, I don't expect you to cater a full meal.

Grading & Due Dates:

- ❖ PLAN (10 points)-_____
- ❖ RESEARCH (50 points)-_____
- ❖ DESIGN (30 points)-_____
- ❖ CUISINE (10 points)- **December 22/23 (FINAL DUE DATES, NO EXTENSIONS)**

Check These Out:

www.world-recipes.info
www.foodtimeline.org/
www.internationalrecipes.net/recipes/
recipes.wuzzle.org/

Old World vs. New World Pizza:

www.mnh.si.edu/archives/garden/recipes/pizza.html

Also, when searching, try these terms:

“food history”
“culinary history”
“the history of _____”

It is better to type in fewer words than more. The “quotation marks” will tell your search engine to search for the entire term, not just the words.