

How has immigration influenced American cuisine?

8th Grade Garden Social Studies Lesson

Summary: When you think of American cuisine what are some of the dishes that first come to mind? Hot dogs, hamburgers? Apple pie? Students will discuss origin of dishes popular in America today and learn how to cook one of them.

We are a country of immigrants. With immigrants comes culture, and within culture there are traditional foods.

Look at immigration in the US, what parts of the country are more influenced by which country of origin?

Objectives:

Students will learn that many foods typical to the American diet today did not originally grow here, but were brought here from other parts of the world first by European colonial powers and later by immigrants settling in the United States. These foods were subsequently cultivated and grown on American farms.

Materials:

Inflatable globe

Chart of major agricultural products and what continent they originated from

Dried beans for game

Ingredients for making sushi rolls:

- Nori sheets, pre-cut
- Sticky rice
- Thinly sliced avocado
- Thin carrot sticks
- Thin cucumber sticks
- Bamboo mats, spreaders
- Soy sauce for dipping
- Wasabi
- Pickled ginger

Procedure:

❖ Activity 1: *Where Did That Food Come From??* Game

Students get into 3 teams. The instructor chooses an agricultural product from the list below and starting with Team 1, asks them what continent it came from: North America, South America, Europe, Asia and Africa. They should collectively come up with one answer. If they answer correctly, they receive a bean. If they don't, the other two teams

have a chance to answer. If one of them answers correctly, then they get the bean. Then ask Team 2 a question about a different agricultural product, and so on. After three rounds, ask the teams to add up their beans and declare the winning team.

❖ Activity 2: How did that food get on your plate?

Ask students to name some of their favorite dishes and guess what country they originated from. Ask them if some of the ingredients in these dishes now grow here. If not, where do they grow and how do they get here?

North America	Blackberry	Jerusalem Artichoke
	Blueberry	Corn
	Cranberry	
	Grape	
	Raspberry	
	Strawberry	
	Cacao	
South America	Avocado	Green Bean
	Pineapple	Lima Bean
	Strawberry	Peppers
	Peanuts	Potato
		Pumpkin
		Squash
		Sweet Potato
		Tomato
Europe (Western)		Peanuts
	Currant	Horseradish
	Strawberry	Cabbage
	Grape	Parsnip
		Turnip
Europe (Eastern)	Pear	Endive Lettuce
Africa	Date North Africa	Artichoke
	Watermelon	Okra
	Coffee	Yam
	*Kola nut – Coca Cola	Cowpea or black eyed pea
		Millet
		Sorghum
Middle East	Cherry	Asparagus
	Plum	Carrot
	Fig	Beet
	Grape	Celery
	Olive	Cress

		Lettuce
		Onion
		Pea
		Radish
		Spinach
India	Lemon	Cucumber
	Lime	Eggplant
	Mango	
China	Apricot	Chinese Cabbage
	Apple	Rice
	Peach	
	Persimmon	
Southeast Asia	Banana	
	Orange	
	Tangerine	
Micronesia	Grapefruit	

❖ Activity 3: Making Sushi rolls

Students get into pairs and go to sushi making stations with a cutting board and bamboo mat for each pair of students. Set up trays with carrot sticks, cucumber sticks, sliced avocado and bowls of sticky rice. Give one sheet of pre-cut nori per student. Students work in pairs assembling their sushi rolls.

When students finish making their rolls, they can go to the condiment station and get wasabi, pickled ginger and soy sauce for dipping.