

1-4


# Introducing Food

Before you start your research, you need to learn more about what the team already thinks about food.

## Objective



In this task, the team will uncover what you already know and think about food and nutrition. Then each team member will tell a story about a food they like and why it is important to them. You will then add this to the identity maps you created in Task 1-1.

1. In the Task 1-4 folder, get the Daily Bread pictures, world map, food stories, and the blank food story template to make your own. There is only one version of this task. 
2. Quietly look at the six Daily Bread pictures of kids surrounded by food.
  - What do you see? What do you think about that?
  - What does it make you wonder? What is similar and different?
3. Use the world map to locate the country each kid is from.
4. Quietly think about foods you like to eat or that mean something to you.
5. On your identity map from Task 1-1, mark an area around your identity categories called "Foods I like." Write or draw in that area all the foods or dishes you like to eat and that mean something to you.
6. Read the food stories from the different people in the task folder to learn about a food item that means something to them.
  - Are you familiar with any of these foods?
  - Are there any similarities in the different stories?
7. Pick one food or dish from your identity map that you could tell a story about. Circle it!
8. Fill out the Food Story card to document your own story about this food item or dish. Save the stories to use in Task 1-5.

Hooray! You completed Task 1-4. Check it off the task list. *Go to Task 1-5!*



**Task 1-4. Introducing Food—*Daily Bread* Pictures****Instructions**

1. Quietly look at the six pictures of kids surrounded by food. These photographs are part of a larger photography project called *Daily Bread* by Gregg Segal. When looking at the photographs, think about and discuss:
  - What do you **see**?
  - What do you **think** about that?
  - What does it make you **wonder**?
  - Compare the pictures. What is **similar** and what is **different**?
2. Use the world map to locate and mark the country where you live.
3. Locate and mark the country where each of these six kids live.
4. Based on the images and the map, **compare** and **contrast** where you live and where these kids live, and the foods you and they eat.

Source: Harvard Project Zero Visible Thinking Routines



Name: Anchal Sahani

City, Country: Mumbai, India



Photo: Gregg Segal, from *Daily Bread*, published by Powerhouse Books, June 2019





Name: Beryl Oh Jynn

City, Country: Kuala Lumpur, Malaysia



Photo: Gregg Segal, from *Daily Bread*, published by Powerhouse Books, June 2019





Name: Daria Joy Cullen

City, State, Country: Pasadena, California, United States of America



Photo: Gregg Segal, from *Daily Bread*, published by Powerhouse Books, June 2019





Name: Frank Fadel Agbomenou

City, Country: Dakar, Senegal



Photo: Gregg Segal, from *Daily Bread*, published by Powerhouse Books, June 2019





Name: Kawakanih Yawalapiti

Region, Country: Upper Xingu region of Mato Grosso, Brazil



Photo: Gregg Segal, from *Daily Bread*, published by Powerhouse Books, June 2019





Name: Paolo Mendolaro

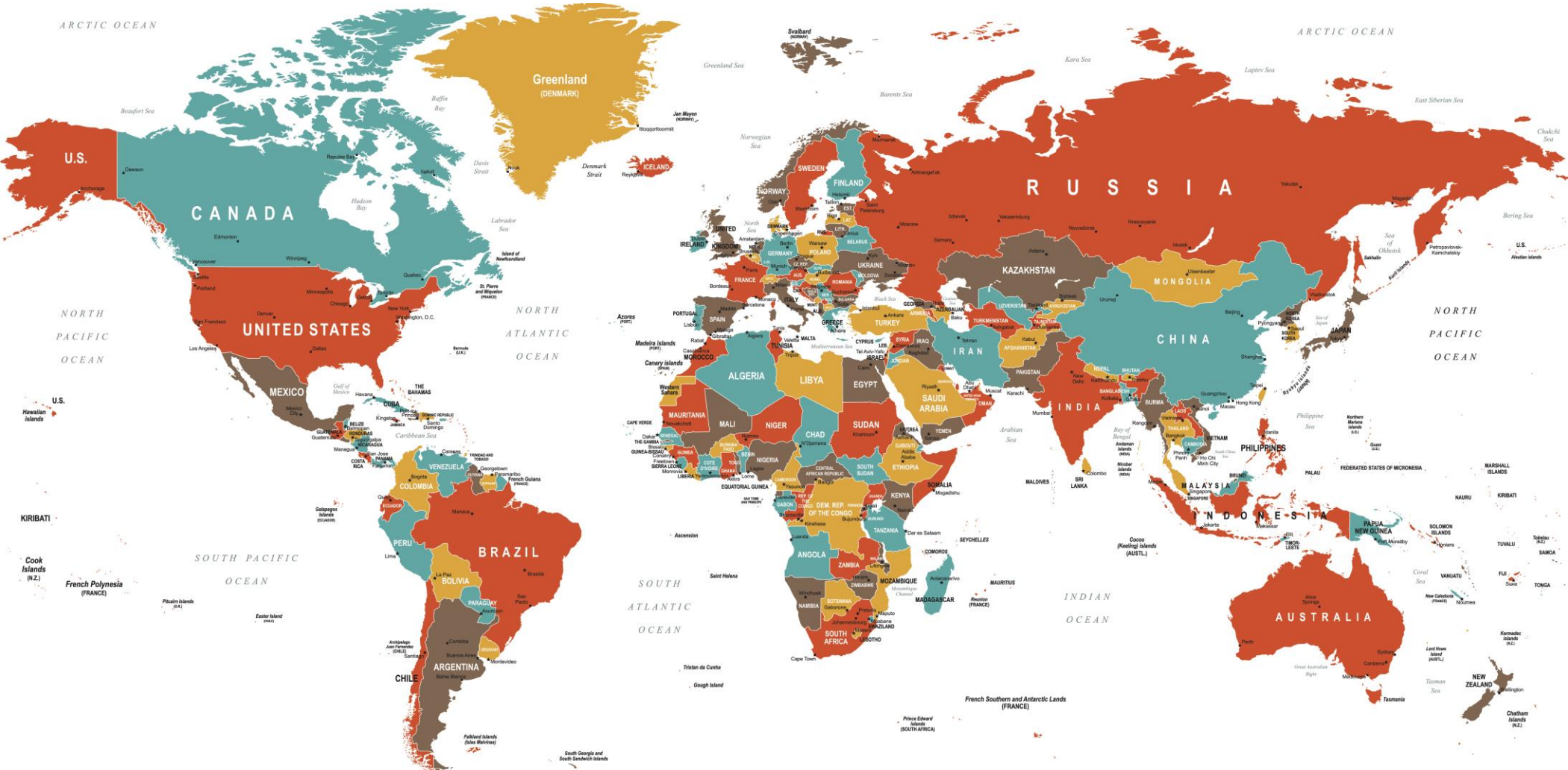
City, Region, Country: Belpaso, Sicily, Italy



Photo: Gregg Segal, from *Daily Bread*, published by Powerhouse Books, June 2019







Source: Getty Images/dikobraziy







**Task 1-4. Introducing Food–Food Stories**

**Your name**

**Name of the food item/dish you selected** (It could be an individual food item, such as an apple or radish, or a dish, such as hummus or chicken soup, that you have a personal connection with, or your favorite food, or a special food you eat for an occasion that has some meaning to you.)

**General description of what the food item or dish is** (This is for people who may not know or have heard of that food or dish before.)

**Short story about your personal connection/memory/significance in your life to this food item or dish**

**Recommended recipe** (If you chose a dish, can you provide a recipe you like to use.)







### Photos (optional)

- Include a photo of yourself with your story. If you have a picture with you and this food together, even better!
- If you have any photos that you personally took or found online of the food item or dish, you can include them.
- If your story includes other visual elements that surround the food that may help someone visualize your story better, particularly if it is something people may not know about or be familiar with, include them with your story.





# Task 1-4. Food Stories



**Name:** Inola

**Food Item:** Creole Filé Gumbo



Gumbo image: [iheartrecipes.com](http://iheartrecipes.com)



Inola is thinking about making some gumbo!



# Creole Filé Gumbo



## General description of the food item or dish

Gumbo is a stew with just about everything in! We start with a roux (flour and butter mixture) and add green onions, celery, bell peppers, garlic, chicken stock, shrimp, crab meat, chicken, and andouille sausage. We season it with creole seasonings that my family calls “swamp dust” and serve it piping hot with rice.

## Short story about this food item or dish

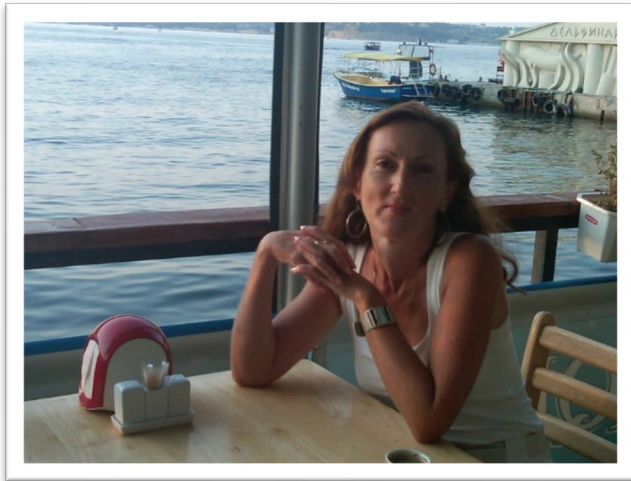
Gumbo brings back a lot of fond memories for me. Gumbo on New Year’s Day has been a tradition in my Louisiana family for over 100 years. Each year after Christmas, my mother would take a day to cook up a huge pot of her classic Creole Filé Gumbo. We made it our first meal of the new year, and believed that the quality of the gumbo was a sign of a good or bad year to come. That’s why we always pitched in to make every gumbo the best ever. New ingredients have been added to it over the generations. For instance, I’ve added sea scallops to my gumbo recipe. Next, I think I’ll try it with coconut rice.

Click here to see how gumbo is made:

<https://www.youtube.com/watch?v=eK4umRMJlrs>

Name: Irina

Food Item: Olivier Salad



Irina is thinking about eating some Olivier salad!





# Olivier Salad



## General description of the food item or dish

Olivier salad is one of the most favorite and tasty Russian salads. This salad is necessary for the Christmas and New Year celebrations, and generally for any other celebration. It is similar to American potato salad, but brought to a very upscale level.

## Short story about this food item or dish

The roots of this dish come from the beginning of the 17th century when Peter the Great was the emperor of the Russian Empire. He was known as a person who implemented many innovations and opened Russia for foreign travelers to exchange skills and knowledge. So the legend said that once a French tourist who was visiting Russia stayed at the house of some local villagers, but he did not have money to pay for the lodging. So he made a deal with the owner that at the end of the stay he would share his favorite recipe. Fortunately, he happened to be a very talented chef, and he gave them the recipe for this salad. Locals named the salad after him—Olivier. Because of the ingredients were very common on the local farms, like potato, carrot, and onion, this salad has become a very popular for many centuries, until the present time. So now Olivier salad is a king of the salads and is bringing joy and happiness to millions of people with its holiday spirit at family gatherings.

# Olivier Salad by Irina

## Ingredients

3 large potatoes  
3 large carrots  
3 eggs  
2 pickled cucumbers  
2 small fresh English cucumbers  
1 small onion  
½ pound bologna  
1 can green peas  
½ cup fresh dill and parsley (cut)  
¾ cup mayonnaise  
Salt and pepper to taste

## Method

- Boil the potato and carrots until done (20 to 25 minutes). Chill out for 30 minutes, then peel them.
- Boil the eggs for 5 minutes, chill out, then peel them.
- Cut all the ingredients into small cubes in one bowl.
- Add salt, pepper, dill, parsley, green peas (drained) and mayonnaise.
- Mix it well.
- Place it in a serving bowl and decorate with more dill and parsley.
- Bon appetit! 😊



**Name:** Katherine

**Food Item:** Green Chile Chicken Enchiladas



Photo: [foodfolksandfun.net](http://foodfolksandfun.net)



Katherine and her family enjoy a meal together!

# Green Chile Chicken Enchiladas

## General description of the food item or dish

This is a chicken, onion, cheese, and sauce mixture wrapped in a toasted corn tortilla. The rolled tortillas are then placed in a casserole dish, topped with more sauce and cheese, and baked until bubbly and brown. The sauce is made out of green chiles, a type of pepper. This is a vegetable that my home state is famous for.

## Short story about this food item or dish

My parents grew up in the Midwestern United States and did not have much spicy food growing up. But once they moved to New Mexico, this became a family staple. My mom makes it for Christmas Eve, for birthday celebrations, when I come home to visit, and to bring to friends who need a little support.

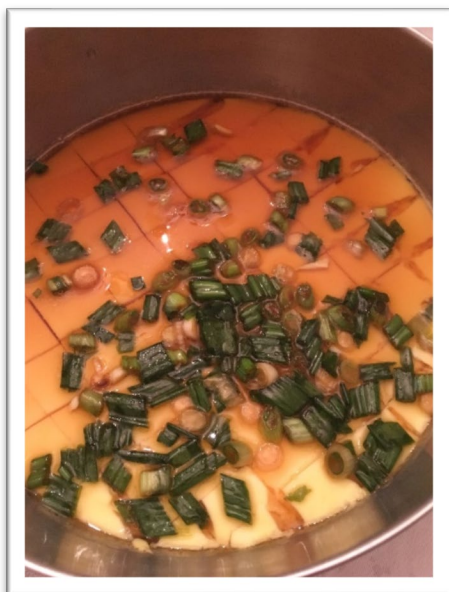


Click here for a recipe to learn how to make enchiladas:

<https://foodfolksandfun.net/green-chile-chicken-enchiladas/>

Name: Kathy

Food Item: Chinese Steamed Eggs



Close-up picture of steamed eggs



Kathy is getting ready to enjoy some Chinese steamed eggs!



# Chinese Steamed Eggs

## **General description of the food item or dish**

This is a sort of like a Chinese version of egg custard, and the flavor is savory rather than sweet (at least in the variety that I prefer). It is very easy to make, yet delicious!

## **Short story this food item or dish**

My dad makes the best Chinese steamed eggs in the world, because he is so exact with every step. For him, getting it “just right” even involves using eggshells to measure water. He prepares it only a handful of times each year, usually on birthdays and Chinese cultural holidays such as Lunar New Year and the Mid-Autumn Festival. As I got older, I learned how to make it his way, and hopefully one day I will achieve his level of mastery over the dish.

Click here for a recipe to learn how to make Chinese steamed eggs:

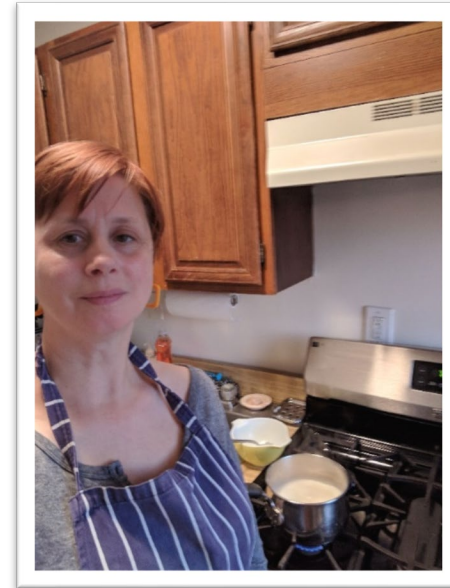
<https://redhousespice.com/chinese-steamed-eggs/>

**Name:** Katya

**Food Item:** Winnie the Pooh's Macaroni Cheese



Katya's macaroni cheese with bacon and tomatoes



Katya is making some macaroni cheese!

# Winnie the Pooh's Macaroni Cheese

## General description of the food item or dish

Pasta with a cheese sauce

## Short story about this food item or dish

Bringing up a large family of boisterous children on an elementary school teacher's salary was a challenge for my parents. Food had to be cheap, filling, easy to make, and eaten by everyone! Macaroni cheese ticked all of these boxes and was the dish I probably ate most often when growing up. We almost certainly had it for tea on Saturdays after my dad had taken us swimming at Halesowen Leisure Center.

My mum would first make a white sauce using the roux (pronounced "roo") method. She melted butter, mixed in flour, and then slowly added milk to make a thick sauce. When I tried to make this dish as a student, I realized that this was not as simple as it looked. After seeing me remove lumps with a sieve for the umpteenth time., my flat mate suggested I use her Winnie the Pooh cookbook that she had had since she was a child. Winnie the Pooh suggests mixing the flour with the milk first and then pouring the mixture onto the melted butter. This put an end to lumpy sauces and is still the method I use today.

In our house, the cheese was always a sharp Cheddar and there was plenty of it. My mum also liked to put tomato on top and, if she could afford it, rashers of bacon. She liked to grill the top of the macaroni cheese until it blackened.

On a cold, rainy winter day, there is nothing better than a large plate of cheesy macaroni cheese with crispy bacon!



# Winnie the Pooh's Macaroni Cheese by Katya

Serves 6 people, or 4 children with large appetites

## **Ingredients**

1 ounce (2 tablespoons) butter (you can also use margarine or oil)

2 tablespoons plain flour or corn flour (cornstarch)

½ British pint (about 300 mL) milk

1 packet or box of macaroni, about. 16 ounces

½ teaspoon salt

½ pound Cheddar cheese (Add more if you like it cheesy.

Trust me, it isn't possible to use too much cheese!)

6 rashers of smoked bacon

## **Method**

- Grate the cheese.
- Put the grill on to heat up.
- Add the flour to the milk. Mix with a fork until it has dissolved.
- Put a large pan of water on to boil. Add the salt. When the water is boiling, add the whole packet of macaroni.

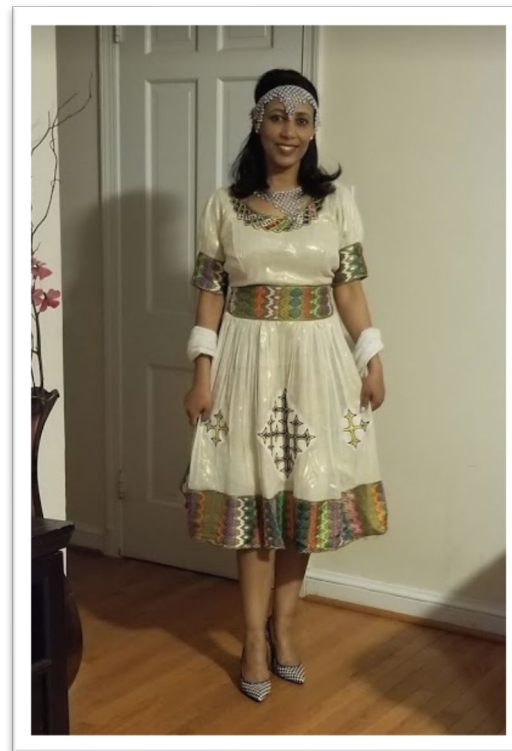
- Set the timer for the length of time indicated on the packet.
- Melt the butter over a low heat. Take care that it doesn't burn. When it has just melted, pour the milk and flour mixture onto it. Continue to heat gently while stirring until the sauce thickens.
- Add most of the cheese to the white sauce. Keep about a tablespoon to sprinkle on top of the macaroni cheese. Continue heating the sauce until all the cheese has dissolved and the sauce is smooth.
- At this point, the macaroni should be ready. Drain it thoroughly and tip it into a medium-size baking dish. Pour on the cheese sauce and stir. Sprinkle the remaining grated cheese on top.
- Slice the tomato and put the slices on top of the macaroni cheese.
- Put both the bacon and the dish under the grill. When the bacon is cooked and the macaroni cheese is crispy on top, remove both from the grill. Add the bacon to the top of the macaroni cheese and serve.

Name: Martha

Food Item: Doro Wot



Image: <http://4.bp.blogspot.com/-FAbTpAIQnHw/Uicfdnke51I/AAAAAAAAACg/EoUifvBOT5Y/s1600/ethopian1.png>



Martha is getting ready to eat some doro wot!

# Doro Wot



## General description of the food item or dish

Doro wot is the most popular traditional food in Ethiopia. It is a deliciously sharp, aromatic, and spicy onion-based chicken stew served on top of injera, a large sourdough flatbread made out of teff flour, along with other traditional stews and vegetables.

## Short story this food item or dish

For me doro wot has a special significance in my life because it is the centerpiece dish our family serves when we gather for holidays and special occasions.

Click here to see how doro wot is made:

<https://www.cookingchanneltv.com/recipes/doro-wot-ethiopian-national-chicken-dish-2105964#reviewsTop>



**Name:** Sarah

**Food Item:** Chicken Spiedies



Grilling some spiedies



Sarah is thinking about eating some spiedies!

# Chicken Spiedies

## **General description of the food item or dish**

Chunks of chicken marinated in oil, vinegar, and Italian spices, and grilled

## **Short story about this food item or dish**

If my family got together for a barbecue, we often had chicken spiedies. They were either transported by my grandparents from Endicott, New York, USA, or we made them ourselves by marinating them for three days. When I was young my friends had never heard of spiedies. When I was older all my friends loved spiedies from eating them at my house. No matter how many pounds of spiedies you make, it is never enough.

Click here for a recipe to learn how to make spiedies:

<https://www.geniuskitchen.com/recipe/lupos-chicken-spiedies-219681>