

Fun Facts about Food

How much information can you remember, rephrase, share, and record? (12 items total)

A- Preliminary Activity: You have 10 minutes to read your sheet; try and remember as much information as possible. Give a title to each part. You will then have 10 minutes (5 minutes each) to report your findings to your pair without your sheet. Speak English only.

B- Activity: Report to the class. The person who speaks last (i.e. adds something that has not been said before and corresponds to the part that has been tackled with) wins a point for their team. If he/she adds something that has already been said or belongs to another part, the team loses a point.

C- HW: Once every item has been dealt with, you will need to record a coherent presentation of all these pieces of information together (i.e. find a link between all the ideas and organize them according to a line of analysis; you may add personal comments and ideas).

Vocab & Notes

(to take during the presentations [B])

Title: _____
1- Meals and snacks prepared at home are lower in calories per eating occasion, and lower in total fat, saturated fat, cholesterol, and salt per serving than foods prepared away from home.

Title: _____
2- As suggested by their names, not even hamburgers and French fries are American in origin. Chopped beef steaks were introduced to the United States from the German city of Hamburg in the late nineteenth century. The American term "French fried potatoes" first appeared in the 1860s, was probably coined to describe the method used in France for deep-frying potato pieces until crisp. Other foods considered typically American also have foreign origins, for example, hot dogs, apple pie, and ice cream.

Title: _____
3- Children younger than age two will eat anything and everything. Children between three and six years of age begin to reject culturally unacceptable food items. By age seven, children are completely repulsed by foods that their culture categorizes as repugnant.

Title: _____
4- The sprig of parsley added to a plate of food may have originated as a way to safeguard the meal from evil.

Title: _____
5- Among the most universal of food taboos is cannibalism, although anthropologists have discovered numerous examples of prehistoric human consumption in European and New World excavations.

Title: _____
6- Insects, such as termites and ants, provide 10 percent of the protein consumed worldwide.

Title: _____
7- Though the physiological response to disgust (e.g. nose wrinkling, retraction of the lips, gaping, gagging, and even nausea) seems instinctual, it is actually a feeling that does not develop in children until between the ages of four and seven years old. Which items are disgusting in a culture is learned from parents and peers.

Title: _____
8- The status of food can change over time. In the early years of the United States, lobster was so plentiful it piled up on beaches after storms, but colonists considered it fit only for Indians or starving settlers.

Title: _____
9- The percent of people dining inside restaurants is declining while drive-through takeout is increasing.

Title: _____
10- Another aspect of food as entertainment is competitive eating as televised sport. Elite eaters can make more than \$50,000 a year in winnings, with records such as 46 dozen oysters in 10 minutes, 8.4 pounds of baked beans in 2'47, and 11 pounds of cheesecake in 9 minutes.

Title: _____
11- The Japanese say that for every new food a person tries, life is extended seventy-five days.

Title: _____
12- One example of a multicultural culinary creation is the California roll, the addition of avocado to traditional Japanese crab sushi. It is called "American sushi" in Japan.