

The Cultural Context of Food
Foods create a “Sense of Identity” and a “Sense of Comfort”

#1: What Nationalities or Cultural backgrounds are you? What foods are traditional in your family? Write below:

#2: Guess - Questions: Where are these foods originally from?

corn	banana
tomatoes	pineapple
potatoes	coconut
cranberries	cows
rice	buffalo
wild rice	water buffalo
apples	chickens
pears	pigs
yam	olives
sweet potatoes	cucumbers
watermelon	cabbage
dates	

-----Answers are on the back of this page -----

3. Answers to the questions on p.1:

corn - Mexico 7,000 years ago
tomatoes – Andes & Mexico but not as a food until Spanish brought to Europe in the 1500's
potatoes – Peru/Andes Mountains in S. Amer. 7,000 yrs. ago
cranberries – northern American & Canada – 12,000 years ago
rice – a swamp grass Hunan south China or Thailand 12,000 yrs. ago
wild rice – swamp grass Great Lakes USA & Canada – 12,000 years ago
apples – Central Asia Turkey & Kazakhstan, more than 7,000 varieties
pears – western China, North Africa, Southern Europe
yams – Africa or Asia
sweet potatoes – Peru 10,000 yrs. ago

watermelon – southern Africa, Kalahari desert
dates – Iraq or northern Africa, 9,000 yrs. ago
pineapple – Brazil & Paraguay, did not get to Hawaii until 1500's
banana – Indonesia & Australia, 10,000 yrs. ago
coconut – Malaysia & floated on Indian Ocean
cows – European cattle, African cattle, Southeast Asian water buffalo & N. Amer. bison buffalo - 10,000 yrs. ago,
chickens – China & India 8,000 yrs. ago
pigs – wild boar Europe & Asia
olives – North Africa, Egypt
cabbage (kale derived) – coastal France/Britain 4,000 yrs. ago
cucumbers – India 3,000 yrs. ago
