

# Introduction to Nutrition, Agriculture, and Gardening

## Background Information

The food that we eat supplies us with **nutrients** we need to grow and stay healthy. People in different countries eat different foods, but with the same goal of meeting their nutrient needs. When taking a closer look at agriculture in countries around the world, we find a wide variety of foods grown for consumption.

**Agriculture** is the science and art of using land to grow fruits and vegetables and raise livestock. The types of fruits and vegetables **cultivated** in each country depend on environmental factors like the **geography** and **climate** of the region. Many fruits and vegetables grow well in a **temperate** climate where the weather is mild and there are not extreme variations in temperature. In countries that have **arid** regions where there is not much rainfall it can be more difficult to grow fruits and vegetables without the artificial application of water through **irrigation**.

Agriculture can occur on large scales, like commercial and family farms that require a lot of land. However, the growing of crops can also take place on a smaller scale, using smaller plots of land like community gardens, school gardens, or home gardens.

In addition to the variation of fruits and vegetables between countries and **cultures**, there are also differences in the foods that are prepared. The uniqueness of different **cultural foods** is due to many influences. This includes things like the types of **native** plants and animals available for food, the religious practices of the people, and their exposure to other cultures. For example, during the **Age of Exploration** (15th – 17th Centuries) many cultural foods around the world were influenced by explorers. These explorers, like the Spanish, Dutch, and English, brought fruits, vegetables, and cultural foods from their native countries on their voyages and introduced them to the countries they visited.

## Concepts and Vocabulary

- **Age of Exploration:** a period of time from the early 15th Century through the 17th Century when European explorers traveled the world by sea in search of new trading partners, goods, and trade routes.
- **Arid:** a type of climate that is dry and does not receive much rainfall.
- **Agriculture:** science and art of using the land to raise crops and livestock.
- **Climate:** a description of the rainfall, temperature changes, and weather of a region.
- **Cultivate:** to prepare and use land for growing crops.
- **Culture:** the beliefs and practices of groups.
- **Cultural foods:** food that is prepared by a specific cultural group.
- **Geography:** the features of the land, including mountains, vegetation, and water sources.
- **Irrigation:** providing water to land that is used for agriculture.
- **Livestock:** animals raised in an agricultural setting that are used for food and other products like wool and leather.
- **Native:** something that is original to a specific place or region.
- **Nutrients:** substances our bodies need to grow and stay healthy.
- **Temperate:** a type of climate that does not have extreme variations in temperature.
- **Tropical:** a type of climate that is mostly warm temperatures with a lot of rainfall.

## Life Skills

Accepting Differences, Communication, Contribution to Group Effort, Cooperation, Decision Making, Learning to Learn, Planning and Organizing, Sharing, Teamwork, Wise Use of Resources, Working and Giving

## Subject Links

Language Arts, Nutrition

## Educational Standards Supported

Discovering Healthy Choices curriculum supports Next Generation Science Standards, Common Core State Standards, and California Nutrition Education Competencies. For specific details on standards and grade levels, please see page 9.

# 1.1

## Activity 1.1: Classroom Activity

### Getting Ready

- Make copies of the Nutrition and Agriculture Around the World handouts; one country for each group.
- Organize the class into small groups of 3 to 4 youth.
- Provide each group with one sheet of flip chart paper and markers to answer opening questions.

### Opening Questions/Prompts

Ask the youth to respond to each question/prompt below by recording them on the flip chart paper provided and sharing their ideas verbally.

- Explain what you know about where our food comes from.
- Explain what you know about how fruits and vegetables are grown.
- Explain what you know about the different foods grown and eaten by different cultures.

**Facilitator Tip:** Encourage youth from different cultural backgrounds to talk about what they know about their own culture.

### **Time Required**

60-75 minutes

### **Suggested Groupings**

Small groups of 3 to 4 youth

### **Materials Needed**

(\*Materials provided in curriculum)

- Flip chart paper
- Markers or writing utensils
- Craft supplies for art projects, which may include: poster paper, construction paper, scissors, tape, glue, etc.
- *\*Nutrition and Agriculture Around the World handouts: United States, Australia, Chile, France, China, Kenya, Mexico, India, and Iraq (Appendix 1A)*

## Procedure (Experiencing)

1. Provide each group with a Nutrition and Agriculture Around the World handout. Each group should have a different country.
2. Allow the youth time to read about the agricultural and food-related practices of the people in the country they were assigned.
3. Ask the youth to organize and prepare an art project about the things they learned about the country they were assigned.

**Facilitator Tip:** Youth may create any type of artwork: short story, poem, song, or a drawing, painting, diorama, collage, etc.

**Facilitator Tip:** To help the youth start this process, have them think about the following: common plants and animals, unique crops grown, climate, agricultural practices, cultural foods eaten, and other unique or interesting information.

## Sharing, Processing, and Generalizing

1. Have the youth share their art projects. Ask them to describe how the different elements of their art projects convey information about agriculture and food in the part of the world they investigated.
2. Follow the lines of thinking developed through youth' thoughts, observations, and questions as they share the differences and similarities of the agriculture and foods from the various countries. If necessary, ask more targeted questions.
  - Explain how you went about developing your art project to reflect the information you learned about the country you investigated.
  - Discuss the similarities and differences relative to agriculture in the countries represented in this activity.
  - Describe similarities and differences related to cultural foods discussed in this activity.

## Concept and Term Discovery/Introduction

Make sure that youth understand the importance of **agriculture** and **cultivation** of crops so we get the **nutrients** we need. Youth should also understand that there are **cultural** differences around the world that influence the foods eaten from country to country. Additionally, make sure that key vocabulary terms are either discovered by the youth or introduced to them: **nutrients, agriculture, cultivate, livestock, geography, climate, irrigation, temperate, arid, tropical, native, culture, and cultural foods.**

## Activity 1.2: Classroom Concept Application

### Getting Ready

1. Make copies of the Cultural Traditions Around the World (Appendix 1B), enough for each youth.

#### **Time Required**

30 to 60 minutes

Facilitator Tip: This can be done during classroom time, or as a homework assignment.

### Procedure (Experiencing)

1. Provide the youth with the Cultural Traditions Around the World handout.

2. Building upon the previous activity, ask the youth to further investigate the cultural traditions of the country they were assigned and the foods that are important to those traditions.

As they research the country, have them think about the holidays and festivals that are important in the country and their associated foods. Explore those foods, and explain why they are important to these traditions. For example, Thanksgiving is a cultural tradition in the United States, and we typically eat certain foods on that holiday. Ask the youth to record their findings on the Cultural Traditions and Food handout.

**Facilitator Tip:** The youth may research this in the library or on the internet. Some suggested websites for further research include:

<http://www.foodbycountry.com/>

<http://www.whats4eats.com>

#### **Materials Needed**

(\*Materials provided in curriculum)

- \*Cultural Traditions Around the World (Appendix 1B)

### Sharing, Processing, and Generalizing

1. Have the youth share their findings on the cultural traditions of each country. Follow the lines of thinking developed through general thoughts, observations and questions raised by the youth as they share and compare their thoughts and ideas regarding the differences and similarities of the cultural traditions and foods associated with them in different countries.

## Activity 1.3: Garden Concept Application

### Getting Ready

- Make copies of the *Growing Vegetables from Around the World* handout, enough for each group.
- Organize the class into small groups of 3 to 4 youth.

**Facilitator Tip:** These can be the same groups that were formed in Lesson 1, Activity 1. By doing so, the youth may continue developing teamwork skills with the same group members.

- Provide each group with a sheet of flip chart paper and markers to answer opening questions.

#### **Time Required**

15 to 20 minutes

#### **Suggested Groupings**

Small groups of 3 to 4 youth

#### **Materials Needed**

- Flip chart paper
- Markers or writing utensils
- \**Growing Vegetables from Around the World* (Appendix 1C)

### Opening Questions/Prompts

Ask the youth to respond to each question below by recording them on the flip chart paper provided and sharing their ideas verbally.

- Explain what you know about the different vegetables grown around the world.
- Explain what you know about the different vegetables grown in California.

### Procedure (Experiencing)

1. Provide the *Growing Vegetables from Around the World* handout to each group (Appendix 1B).
2. Ask the youth to identify and record the vegetables from the country they investigated, and then choose one vegetable they would like to grow.

**Facilitator Tip:** Some or all of the vegetables selected by the youth can be used to plant a cultural garden. The planting of these vegetables is included in Activity 2 of Lesson 2: Getting Physically Active.

### Sharing, Processing, and Generalizing

1. Have the youth share which plant they decided to grow. Follow the lines of thinking developed through general thoughts, observations and questions raised by the youth as they explain why they chose the plant they did.

## Activity 1.4: Home Concept Application

### Getting Ready

1. Make copies of the *Recipes Around the World* handout (Appendix 1D), one for each youth.

#### **Time Required**

10 to 20 minutes

#### **Materials Needed**

(\*Materials provided in curriculum)

- \**Recipes Around the World* (Appendix 1D)

### Procedure (Experiencing)

1. Provide a copy of the Recipes Around the World handout to each youth.
2. Have the youth find a recipe from the country they investigated and prepare it with their family. Ask them record their observations from their experience of making the dish and eating it on the Recipes Around the World handout.

### Sharing, Processing, and Generalizing

1. Have the youth share their experience. Follow the lines of thinking developed through general thoughts, observations and questions raised by the youth as they share and compare their thoughts and ideas regarding the observations they made while making the cultural dish.

## APPENDIX 1A: United States of America

The United States of America (U.S.) is located in North America. The U.S. has many different climate zones. In the northwest there is a lot of rain; the west is temperate, meaning there are not extreme temperature changes; and the southwest has deserts and is arid, meaning conditions are dry. The central U.S. has warm summers and moderately cold winters; the northeast gets a lot of snow in the winter and typically has moderate summer temperatures; and the southeast has a subtropical climate where it is humid and is not usually very cold in the winter.

The diverse climates allow for many different crops to be grown. Native Americans were mostly hunter-gatherers. Dietary staples include beans, squash, and corn. The Iroquois, a Native American tribe, called these three crops the “the three sisters” because they grow well together.

When Europeans settled in the U.S. they brought with them agricultural practices. Today, different regions of the U.S. are known for producing crops like corn, wheat, soybeans, tomatoes, potatoes, grapes, oranges, apples, lettuce, and beets. Livestock is also very important to U.S. agriculture. Main types of livestock raised in the U.S. include cattle for dairy products and beef, chickens for eggs and poultry, and pigs for pork.



U.S. agriculture used to rely on small, family-run farms, but today there are many large farms that grow and sell crops around the world. The use of new technology has made the U.S. one of the most efficient countries for producing crops and distributing them worldwide.

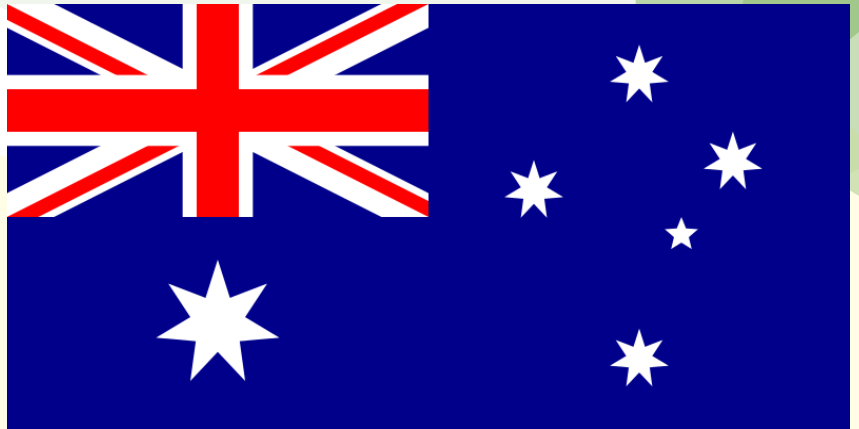
The State of California has a temperate climate and fertile land, and is perfect for growing a variety of crops. More than half of the nation's fruit, nuts, and vegetables are grown in California. Some of the major crops grown in California include: asparagus, artichokes, spinach, kale, lettuce, tomatoes, pumpkins, onions, grapes, kiwi, almonds, walnut, garlic, peaches, nectarines, melons, and cherries.

Because the U.S. is so large, there are many different regional foods. Some examples include: Northeast: clam chowder (a stew of clams, potatoes and cream); South: hushpuppies (fried cornmeal dough); Southwest: chili con carne (a stew of beans, meat, chiles and spices); West: sourdough bread (a sour-tasting white bread); Hawaii: poi (cooked taro root); Alaska: king crab.



## APPENDIX 1A: Australia

Australia is a continent that is bordered by the Indian Ocean to the west and the Pacific Ocean to the east. The country has many different climate regions, but most of it is desert and grasslands where there is little rainfall. There are tropical areas in the north that get a lot of rain. In the southwest and southeast the climate is temperate, meaning that there are not extreme changes in temperature. These temperate areas are ideal for agriculture.



The native people of Australia are called Aborigines. They were hunter-gatherers and ate foods that were native to Australia, including plants like yams, onions, and quandong (a fruit similar to a peach), and meats like bush tucker, kangaroo, wombat, emu, duck, lizards, and grubs.

In the late 1700s, the British arrived in Australia and brought agricultural practices and crops from around the world. The agriculture in Australia was also later influenced by settlers from Asia and Europe.

The most commonly grown crops in Australia are wheat, oats, rice, beans, peas, soybeans, potatoes, carrots, tomatoes, beets, peas, corn, cucumbers, and olives. Fruits grown include grapes, apples, oranges, strawberries, guavas, blackberries, and currants. Of these foods found in Australia, some also are grown in California, including: tomatoes, beets, peas, corns, cucumbers, olives, apples, and blackberries.

Sheep and cattle are important parts of Australian agriculture. Sheep are used mostly for wool, dairy products, and meat (lamb). Cattle are also used for dairy products and beef. Other livestock raised in Australia for meat are chicken, pork, goat, and game meats (emu, wombat, kangaroo). Australia also has a large fishing industry that relies on farmed fish. Fisheries in Australia raise seafood like tuna, abalone, prawns (similar to shrimp), and lobster.

Traditional dishes prepared by Australian people include: crab soup, grilled prawns, fried barramundi (a tropical fish), roast lamb with rosemary and mint, hamburgers topped with fried eggs and slices of beets, vegetables that have been stir-fried or boiled, and stewed fruit.



## APPENDIX 1A: Chile

Chile is located on the west coast of southern South America. It is a long narrow country that borders the Pacific Ocean, Peru, Bolivia, and Argentina. Geographical features of Chile include the Andes Mountains in the east, and the Atacama Desert in the north, which is the driest place on earth. There are many different climates in Chile. For this reason, the crops that are grown vary from region to region.

In the high deserts of Northern Chile, the climate is not suitable for growing many food crops, but there are flower growers and herders of llama and alpaca that are used mostly for their fur coats. In Southern Chile, where there are forests, the climate and land do not support agriculture. However, there are many pasturelands that support livestock like cattle and pigs.

Central Chile is a long valley with a temperate climate, which means that the temperatures do not reach extremes. This climate makes the central valley ideal for agriculture and, in many ways, is similar to the Central Valley of California. The crops grown in Chile include wheat, corn, rice, onions, oats, peaches, garlic, beans, apples, grapes, and pears.

Of the foods grown in Chile, several are also grown in California, including: onions, peaches, garlic, beans, olives, apples, grapes and pears.



Traditional foods grown by the native people of Chile were corn, potatoes, beans, tomatoes, squash (chayote, acorn squash and summer squash), and chiles. When Spanish explorers arrived in South America in the 1500s, they introduced the people of Chile to olives, rice, wheat, cattle for beef, and pigs for pork.

The major staples of the Chilean diet are beef, fish, beans, corn, squash, and potatoes. Traditional dishes prepared in Chile include: porotos ranados (beans, squash, and corn), chupe de mariscos (stew with mussels, scallops, abalone and oysters), cancho a la chilena (stew with pork, vegetables and chiles), empanadas (pastry stuffed with seafood or beef, olives, raisins and onions).

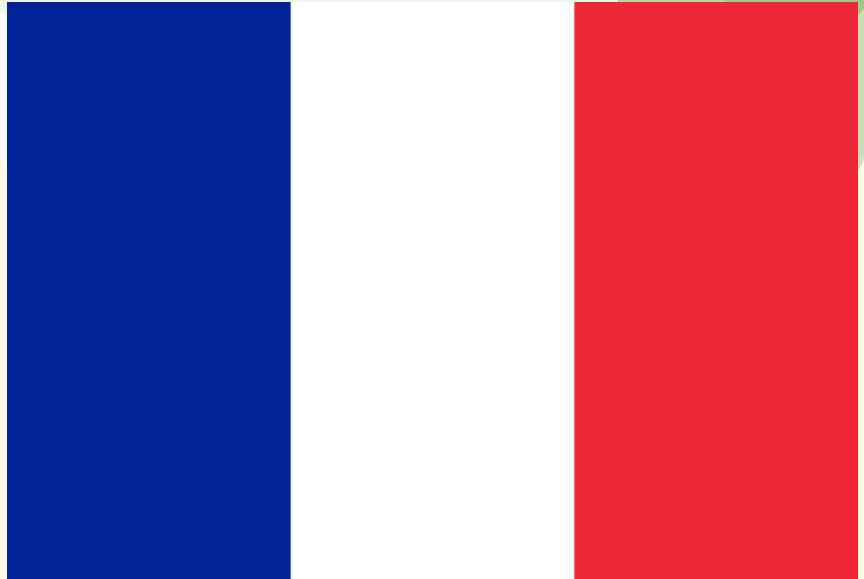


## APPENDIX 1A: France

France is in Western Europe and neighbored by Spain, Germany, Switzerland, Luxembourg, Belgium, and Italy. Monaco, an independent city state is located in the south of France. Geographically, France is made up of plains with mountainous areas in the southwest, east, and central regions. Most of France is temperate, which means that the weather is typically moderate and there are not long periods of extremely high or low temperatures. This climate makes many areas of France ideal for farming.

Foods that are grown in France include wheat, barley, white beans, lentils, split peas, potatoes, tomatoes, lettuce, cauliflower, green beans, leeks, spinach, onions, cucumbers, and radishes. Fruits include grapes and apples. Livestock raised for meat are cattle, chickens, pigs, lambs, ducks, and goats.

Across France, the types of soil and amounts of rainfall vary, so each region has its own unique agricultural products. The region called Normandy, located in the northwest, is known for apples and dairy cattle that produce cheese. Touraine, located in the west, is known for growing many different fruits and vegetables. Provence, a region in the southeast, produces Mediterranean crops like tomatoes, eggplant, garlic, and olives. France is well known for its food, and because of this, France is the largest exporter of foods in Europe.



Many of the foods grown in France are also grown in California, including: tomatoes, beans, lettuce, cauliflower, spinach, radishes, olives, garlic, grapes, and apples.

Bread is a major staple in France. The baguette (a long thin loaf of white bread made from wheat with a crisp crust) originally came from Paris, the capital city of France, but has spread to other parts of the country and throughout the world. Another staple food in France is dairy, often eaten as cheese and yogurt. A soft cheese called Camembert is considered the “national cheese” of France. Brie is another well-known cheese from France.

Other foods commonly eaten in France include salads with oil and vinegar, crepes (small thin pancakes), cassoulet (a casserole with beans, sausage, and pork, duck, or goose), onion soup, quiche (eggs and cream in a pie crust, often with other ingredients like bacon, onion, and cheese).



## APPENDIX 1A: China

China is a very large country in eastern Asia and there are many different regions that have different climates. Most of the land is either mountains or desert, and only about one-tenth of the country can be farmed. In eastern China, the land is one of the best places for farming because of the access to water through river systems. Much of the farming in China is still done using traditional methods, such as using large animals like water buffalo and oxen to help with plowing and harvesting crops.

Rice is a main food eaten by Chinese people. Other traditional foods grown in China include cabbage, bean sprouts, soybeans, green onions (scallions), ginger, green beans, and daikon radishes. Common fruits are apples, pears, and citrus fruits. Tea is an important drink in China. The plants that produce the tea leaves are grown all over China in farms that are built on the sides of mountains.

Several foods that are found in China are also grown in California. These crops include: cabbage, green onions, green beans, apples, pears and citrus fruits like oranges and mandarins.

The most common livestock in China are pigs for pork and chicken and ducks for poultry. Nomadic farmers also raise sheep, goats, and camels. These farmers constantly move across the countryside to feed their animals. Fishing is also a large aspect of China's food production, accounting for one-third of all the fish eaten around the world.



China is a major exporter of vegetable crops to other countries around the world. The main agricultural products they sell are rice, tea, wheat, potatoes, peanuts, barley, cotton, pork, and fish. In addition to agricultural crops, flower gardens are very important in Chinese culture. Chinese people consider these gardens very important for the health of the mind, body, and spirit.

People in China eat tofu, a protein-rich food that is made from soy beans. Because China is so large, there are many different types of traditional foods in different regions. In the Canton province, simple stir-fries and rice are commonly eaten, but in the Szechuan (Se-chuan) province, the dishes are known for being spicy and having a lot of chilies, garlic and leeks. An important idea in Chinese cooking is balance. It is important that the flavors, textures, and colors in every meal are well balanced.



## The flag of Kenya features three horizontal stripes of black, white, and red, with a green triangle at the bottom. In the center is a traditional Maasai shield with a red and white design, flanked by two crossed spears.

Other common foods include sukuma wiki (a stew of leftover meat and vegetables), irio (a dish of mashed beans, corn and potato or cassava), peanut soup, fish cooked with coconut milk, meat that has been roasted or grilled, and green bananas boiled in banana leaves.



## APPENDIX 1A: Mexico

Mexico is a country in North America located south of the United States. It is the eighth largest country in the world, but only a small part of the country is used for farming. The climate in most of Mexico is warm year-round, but there are some places in central Mexico where it snows. In northern Mexico the land is forests and grasslands, and in central Mexico there are mountain ranges. In the southern parts of the country the climate is tropical and there are jungles and a lot of rainfall. There are two very large deserts in Mexico where many types of cactus are found.



The native people of Mexico cultivated many different vegetables, but the major staples of their diet were corn, chilies, beans, and squash (for example, chayote, acorn squash, and summer squash). Corn grown in Mexico is primarily used for making tortillas. Cactus is also a food commonly eaten in Mexico. The stem parts of the cactus are called nopales and the cactus fruits are called prickly pears or tuna.

In the early 1500's, Spanish explorers like Hernán Cortés arrived in Mexico. The explorers brought with them many foods from Spain, including rice, wheat, olives, onion, garlic, cinnamon, and cattle, pigs, goats, and sheep.

In addition to the native staples of corn, beans and squash, other common vegetable crops grown in Mexico include potatoes, tomatoes, chocolate (made from cacao), avocados, chiles, jicama, onion, radishes, lettuce, and garlic. Fruits grown in Mexico include oranges, apples, strawberries, pomegranates, bananas, pineapple, papaya, coconuts, and mango. Today, Mexico exports many fruits and vegetables to countries around the world.

Many of the crops grown in Mexico are also grown in California, including: potatoes, tomatoes, avocados, chiles, onion, radishes, lettuce, garlic, oranges, pomegranates, and apples.



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MEXICO

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Mexican cooking is known for using many herbs and spices like chilies, chipotle, oregano, cilantro, epazote (an herb), cinnamon, and cocoa. Some examples of traditional foods include: tamales (a dough made from corn that is filled with meat and cooked in corn husks or banana leaves); pozole (a stew made with meat, corn, chiles, and beans);

## APPENDIX 1A: India

India is in South Asia and is bordered by Pakistan, China, Nepal, and Bangladesh. It has the second largest population with 1.2 billion people, and is the seventh largest country in the world.

This very large country has a variety of different regions and climates. In the northwest the Thar Desert is an arid region; this type of climate is dry and has little rainfall. In the north are the world's tallest mountains, the Himalayas where there is snow during the winter. The rest of the country has a mostly tropical climate, where it is warm most of the year and there is a lot of rainfall in the monsoon season from June to September. The Ganges Plain in central India is a fertile region where crops grow very well.

The major agricultural crops grown in India are rice, wheat, corn, potatoes, eggplant, cauliflower, kohlrabi, okra, tomatoes, green beans, carrots, spinach, cucumbers, radishes, chickpeas (garbanzo beans), lentils, coconut, cotton, and tea. Fruits grown in India include bananas, mangoes, coconut, oranges, lemons, limes, pineapple, tamarind, jackfruit, and guavas.

Many of the crops grown in India are also grown in California, including: potatoes, tomatoes, okra, radishes, spinach, cucumbers, and green beans.



Dishes from India are known for using many herbs and spices like ginger, saffron, mint, tamarind, coriander, cumin, turmeric, cardamom, nutmeg, cloves, and red pepper.

One of the oldest civilizations lived in the Indus Valley in India, dating back to at least 3000 BCE. Over several thousands of years, foods in the region have been influenced by many different types of people including Arabs, Turkish, Dutch, Portuguese, and British. Many people in India are vegetarians, who do not eat meat. Some examples of traditional foods include: curry (a spicy stew with chicken, seafood or vegetables), chutney (pickled fruits and vegetables used as a condiment), pakora (deep-fried vegetables), cachumbar (salad with cucumbers, onions, and tomatoes), dal (a puree of lentils), paneer (a soft cheese), naan (bread cooked in a tandoor, a special type of oven).



## APPENDIX 1A: Iraq

Iraq is in the Middle East and is bordered by Syria, Turkey, Iran, Kuwait, Saudi Arabia and Jordan. It has mostly plains but there is a central valley where there are two major rivers, the Tigris and Euphrates.

The climate of Iraq is mostly arid, where there is mostly warm weather and little rainfall. In this type of climate it is difficult to grow crops without an intervention like irrigation.

The major agricultural crops grown in Iraq are wheat, tomatoes, barley, rice, dates, and cotton, and the livestock that is raised include chickens, sheep, goats, and cattle.

Some of the agricultural crops grown in Iraq are also grown in California, including: tomatoes, rice, and cotton.

Iraq is where the civilizations of Mesopotamia lived thousands of years ago. The people from Mesopotamia relied on grains like wheat and barley. These grains are still an important part of the Iraqi diet. Many other cultures influenced what Iraqi people eat today, including foods that originated in Turkey and Persia.

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In Iraq, dairy is typically consumed in the form of yogurt or feta cheese. Commonly eaten fruits and vegetables include chickpeas (garbanzo beans), fava beans, lentils, tomatoes, potatoes, onions, eggplant, green pepper, olives, celery, green onions, parsley, pickles, dates, figs, grapes, lemons, limes, apricots and raisins. Herbs and spices used in Iraqi cooking are onions, garlic, chives, lemon juice, parsley, tarragon, marjoram, mint, dill, saffron, cinnamon, nutmeg, cloves, cardamom, turmeric, and coriander.

Some examples of traditional foods in Iraq are: harrisa (a meat stew with wheat), kashki (a porridge of meat, dried limes, cumin, and turmeric or tomato juice), tharid (a casserole with layers of meat and flatbread), uruq (meat cut small and mixed with bread dough, green onions, celery leaves and baked like bread).



## APPENDIX 1B: Cultural Traditions Around the World

Find out about cultural traditions, like holidays and festivals, in the country you were assigned to investigate, and then answer the questions below. Here are some internet resources where you can find information:

- <http://www.foodbycountry.com/>
- <http://www.whats4eats.com>

What is the name of the country you are investigating?

Describe cultural traditions in this country, and the important foods that are associated with these traditions.

APPENDIX 1C: Growing Vegetables from Around the World

	Cool Season Crop	Warm Season Crop
Australia	Beets, Carrots, Peas, Potatoes, Strawberries, Parsley	Black beans, Corn, Cucumbers, Soybeans, Tomatoes, Onions
Chile	Potatoes, Parsley, Cilantro	Black beans, Corn, Tomatoes, Winter squash, Summer squash
China	Broccoli, Cabbage, Leeks, Daikon radish	Eggplant, Garlic, Green beans, Soybeans, Taro root
France	Fennel, Mint, Parsley, Basil, Kohlrabi, Lettuce, Onion, Potatoes, Radish, Spinach, Swiss chard	Eggplant, Tomatoes
India	Carrots, Kohlrabi, Potatoes, Radishes, Mint, Cilantro	Black-eyed peas (cowpeas), Chickpeas (garbanzo beans), Cucumbers, Eggplant, Okra
Iraq	Green onions, Potatoes, Parsley	Chickpeas (garbanzo beans), Eggplant, Onions, Tomatoes
Kenya	Kale, Strawberries, Potatoes, Amaranth	Black-eyed peas (cowpeas), Eggplant, Okra, Onions, Sweet potatoes, Tomatoes
Mexico	Strawberries, Parsley, Lettuce, Potatoes, Cilantro	Corn, Chiles (Peppers), Onions, Tomatoes, Summer squash, Winter squash
USA	Strawberries, Mint, Parsley, Basil, Beets, Broccoli, Cabbage, Carrots, Kohlrabi, Leeks, Lettuce, Okra, Potatoes, Radishes, Spinach, Swiss chard, Cilantro, Mint, Parsley, Kale	Black beans, Black-eyed peas (cowpeas), Corn, Cucumbers, Eggplant, Garlic, Onions, Chiles (Pepper), Soybeans, Sweet potatoes, Taro Root, Tomatoes, Winter squash

## APPENDIX 1D: Recipes Around the World

Find a recipe from the country you were assigned to investigate, then answer the questions below. Here are some internet resources where you can find recipes from other countries:

- <http://www.foodbycountry.com/>
- <http://www.whats4eats.com>
- <http://www.epicurious.com/articlesguides/blogs/80dishes>
- <http://www.easy-kids-recipes.com/international-recipes.html>

What is the name of the country you are investigating?

What is the name of the recipe?

Explain what you observed about this food when you prepared and ate it.