

Virtual Discovery Kit.

Be curious. | GRAND
RAPIDS
PUBLIC
MUSEUM

Foodways.



grpm.org

Explore the artifacts in the GRPM digital Collections at <https://grpmcollections.org/Detail/occurrences/345> then have fun with these activities.

Foodways

Foodways can be defined as all the traditional “activities, attitudes, beliefs and behaviors” related to food and people’s relationships with food in their lives¹. Foodways are a piece of our cultural identity and they share a great deal about who we are and where we live in the world. Examples include:

- Diet and eating habits
- Customs of food production such as raising livestock or growing agricultural crops
- Recipes and techniques of food preparation, preservation and presentation
- Gatherings of community members, friends and families to share meals
- The buying and selling of food
- Uses of food products other than for eating
- Food folklore and stories

Below are several global examples that show how foodways can teach us about a culture’s unique traditions, history and heritage.



Gingerbread, Croatia³ - Recipes and decoration styles for gingerbread desserts have been passed from generation to generation since the Middle Ages in the European nation of Croatia. Red gingerbread hearts, known as “licitars,” are often decorated with everything from pictures and mirrors to personalized messages. These are gifted at birthdays, weddings, and holidays and have become a symbol of the country’s cultural identity.



Ceremonial Keşkek, Turkey⁴ - This stew, made with meat or chicken, is often served during religious holidays and wedding celebrations. The meal is prepared by groups of people in a community ceremony. Participants play music while grains are poured into a cauldron and pounded with wooden hammers. Meat and spices are then added, stirred, and simmered over a fire throughout the celebration.



Lavash, Armenia⁵ - Women in Armenia mix wheat, flour and water into a dough that is kneaded, rolled, and stretched around a special cushion. The bread is baked in a cone-shaped clay oven, called a “tonir,” for a short time. This traditional flatbread plays an important role in female social life and weddings. Sheets of lavash are draped around the bride and groom’s shoulders to signal future prosperity.

What traditions do you share with your family involving food? Draw or describe them below.

¹https://www.canr.msu.edu/news/foodways_when_food_meets_culture_and_history

²<https://www.farandwide.com/s/culinary-traditions-unesco-9ab25cf111474988>

³<https://wander-lush.org/food-culture-unesco/>

⁴<https://ich.unesco.org/en/RL/ceremonial-keskek-tradition-00388>

⁵<https://wander-lush.org/food-culture-unesco/>

Where Do Our Favorite Foods Come From?

The United States has long been home to people from many ethnic and cultural backgrounds, and the food we eat reflects that diversity.

Test your food history: Fill in the table below with your guesses of which country each food originated in!

Answer Bank:

• Taiwan	• England	• Turkey	• China	• Greece
• Germany	• Belgium	• Italy	• Canada	• Austria

Food	Country of Origin ⁶⁷⁸⁹
Apple Pie	
Cheesecake	
Croissants and Danishes	
French Fries	
General Tso's Chicken	
Hot Dog	
Pasta	
Peanut Butter	
Pizza (Modern versions)	
Swedish Meatballs	

What do you think?

After you've made your guesses, check the answer key on the last page! How did you do?

- Are you surprised by the origin of any of these foods? Which ones?

- What's another favorite food of yours that did not make this list? Research to find the country it originated in.

⁶<https://recipes.timesofindia.com/us/articles/food-facts/know-the-origin-of-these-12-popular-dishes-worldwide/photostory/63255531.cms?picid=63255536>

⁷<https://www.tasteofhome.com/collection/dishes-with-unexpected-origins/>

⁸<https://www.history.com/news/break-out-the-buns-the-history-of-the-hot-dog>

National Dishes Across the Globe

The culinary and cultural identity of a country is formed, in part, by the meals their people make! The table below outlines the top dishes of several countries.

What do you think?

- Which of these meals does your family eat?

- What national dish would you most like to try? Why?

Peru - Ceviche



Nigeria - Jollof Rice



Mexico - Taco



Thailand - Pad Thai



United Kingdom - Fish & Chips



Israel - Falafel



Australia - Meat Pie



South Africa - Bobotie



Canada - Poutine



Note: Some countries have more than one national dish. Only plates listed on Tastessence are included here.

The Tastes of the United States

According to the Food Network’s, “The United Plates of America,” these are the meals that most-define the local flavor of all 50 states.

Northeastern States:

Connecticut	White Clam Pizza
Delaware	Fries with Vinegar
Maine	Lobster Roll
Maryland	Steamed Crabs
Massachusetts	Clam Chowder
New Hampshire	Poutine
New Jersey	Disco Fries
New York	Buffalo Wings
Pennsylvania	Philly Cheesesteak
Rhode Island	Coffee Milk
Vermont	Apple Pie (with Cheddar)

Midwestern States:

Illinois	Deep-Dish Pizza
Indiana	Breaded Pork Tenderloin Sandwich
Iowa	Sweet Corn
Kansas	Barbecue Ribs
Michigan	Pasty
Minnesota	Hot Dish
Missouri	Toasted Ravioli
Nebraska	Tin Roof Sundae
North Dakota	Cheese Buttons
Ohio	Cincinnati Chili
South Dakota	Lefse
Wisconsin	Fried Cheese Curds

Southern States:

Alabama	Chicken & White Barbeque Sauce
Arkansas	Fried Pickles
Florida	Key Lime Pie
Georgia	Boiled Peanuts
Kentucky	Hot Brown
Louisiana	Beignets
Mississippi	Biscuits
North Carolina	Lexington-Style Barbeque
Oklahoma	Steak
South Carolina	She-Crab Soup
Tennessee	Nashville Hot Chicken Sandwich
Texas	Brisket
Virginia	Peanut Soup
Washington	Seafood Chowder
West Virginia	Pepperoni Rolls

Western States:

Alaska	King Crab
Arizona	Chimichangas
California	Avocado Toast
Colorado	Lamb Chops
Hawaii	Shave Ice
Idaho	Jim Spud Baked Potato
Montana	Huckleberry Ice Cream
Nevada	3 a.m. Steak & Eggs
New Mexico	Frito Pie
Oregon	Marionberry Pie
Utah	Fry Sauce
Wyoming	Fry Bread

What do you think?

- How many of these dishes have you tried before?

- Find at least one meal that you have never heard of. Search online to learn about it!

- Do you agree with the meal that represents your state? Why or why not? What would you pick instead?

- Critical Thinking Challenge: What differences do you notice between the four regions? What region do you think is the most different from where you live?



References and Photos:

- Photo Credit: <https://www.foodnetwork.com/restaurants/packages/best-food-in-america/photos/most-iconic-food-united-states>

Museum Artifact Study

Artifacts are all around us; they are the objects humans make and use. They frame our understanding of our world and the people in it. Everyday objects hold many stories and pieces of information that we can uncover! Take a shoe for instance. It can become the spark for a study of fashion or advertising; it can generate comparisons of human and animal feet; it could even spark questions about gender, sports and culture.¹⁰

'Reading' an Object

Museums tell the story of the past through objects or artifacts made by or used by people in those times. Learning to 'read' an artifact is a skill to be acquired through practice, just like reading a book. Artifact observation helps teach us how to really look at an object and make inferences. Some questions you can ask of any artifact are:

What is it?

- Describe or draw the object.
- What does it look like, feel like, sound like?
- How big is it?
- What materials is it made from?

What Was it Used For?

- What can you infer based on your observations?

Who Made the Object?

- Who used it? Owned it?

How Has it Changed Over Time?

- Do we use the same or similar object today? If yes, explain.
- If we no longer use the object, what has taken its place?

What is the Object's Social Significance?

- Why was it chosen for this collection?
- What story does it tell us? What can we learn from it?

Where Was This Object Created?

- Where was it used?
- What can we learn about this object based on where it came from?

When Was This Object Created/Used?

- What does this tell us about the time period in which the object was created?
- What can we learn about the world through this piece? How has the world changed?

Practice your artifact observations with the Artifact Observations guide!

You can make a detailed observation of each item in the [Foodways Discovery Kit Collection](#).



[Identifier: 2018.25.125](#)



[Identifier: E2014.1.493](#)



[Identifier: 124629](#)



[Identifier: 2018.25.126](#)

¹⁰ A Teacher's Guide to Learning from Objects, Gail Durbin, Susan Morris, Sue Wilkinson, 1990, English Heritage.

Artifact Observations

Object Name:_____ Accession Number: _____

Describe and/or sketch your detailed observations of the object.

Consider its texture, appearance, shape, and size. Record labels, patterns, markings, and anything else you think is interesting.

Record Measurements:

Don't forget the units!

Length: _____

Width:_____

Height: _____

Record Materials.

What is the object made from?

1. _____

2. _____

3. _____

4. _____

5. _____

Other thoughts and wonderings.

What did you learn about this object?

What are you curious about?

Global Grocery Shopping

Photographer Peter Menzel and writer Faith D'Aluisio crossed the globe to capture pictures of what an average family from 24 different countries eats in a week. Their book, *Hungry Planet: What the World Eats*, offers information about how families' diets, the cost of food and availability of food varies around the world¹¹.

Take a look into the grocery shopping habits of families from from six different continents:



The Brown family of River View.
Country: Australia
\$376.45 spent on food each week



The Melanson family of Iqaluit,
Nunavut Territory.
Country: Canada
\$345 spent on food each week



The Aboubakar family of Breidjing Camp.
Country: Chad
\$1.23 spent on food each week



The Sturm Family of Hamburg.
Country: Germany
\$325.81 spent on food each week



The Ayme family of Tingo.
Country: Ecuador
\$31.55 spent on food each week



The Ukita Family of Kodaira City.
Country: Japan
\$317.25 spent on food each week

What Do You Think?

- Which photograph looks most like your family's kitchen? Describe why.

- Which photograph do you think is most different from your family's kitchen? Describe why.

- Compare the amount of food each family has. What do you notice about the availability and cost of food in different areas of the world?

References:

- <https://www.learningtogive.org/units/global-health-hunger-and-food-around-globe-9-12/what-do-people-around-world-eat>
- Photos from <https://time.com/8515/hungry-planet-what-the-world-eats/>

¹¹ Menzel, P. and F. D'Aluisio. *Hungry Planet: What the World Eats*. Napa, C.A.: Material World Books, 2007.

Design Your Own Dinnerware

In many cultures, the plates, bowls, cups, and silverware on the table are as important as the food being served on them. Many of the earliest surviving artifacts from ancient cultures are dinnerware, and most are decorated. In fact, Chinese craftspeople painted red and black designs on their pots more than 7,500 years ago. Sometimes the artwork is connected to tradition; other times, creating the artwork itself is the tradition.



[Incan Clay Bottle](#)



[Woodland Quilled Coasters](#)



[Mexican Ceramic Tea and Bean Pots](#)



[Japanese Dragon Design Plate](#)

Using these pieces as inspiration, design your own plates, cups or other dinnerware!

A large, empty rectangular area with a dotted border, intended for students to draw their own dinnerware designs.

Resources:

- <https://www.sofaexpo.com/dinnerware-museum-2019>

Be curious.

Celebrate Your Family Recipes and Traditions

In a family, food becomes a part of who we are and where we come from. In fact, the dishes passed from generation to generation help us connect with our older relatives and honor the culture and traditions of our predecessors. Family recipes and meals can bring people together across distance and time, as each tradition invites memories and stories to the table.

Family recipes often become part of holiday celebrations or other life milestones such as birthday parties or weddings. The meals on our tables do a lot more than just fill our stomachs; they come to represent togetherness and tradition.

Discover the stories behind your family's recipes. Write down the recipe for your favorite family meal on the card below.

- You may need to reach out to family members for help.
- Take it even further and create an entire family cookbook to record and save the memories and traditions for future generations!

A Family Favorite Recipe

Name of Favorite Family Recipe:

Ingredients:

Directions:

Where did the recipe come from?

Why is this recipe important to you?

Is this recipe part of any family traditions or holiday celebrations?

We'd love to hear about your family's recipes and traditions! You can share yours with the GRPM by sending it to info@grpm.org.

⁴ https://www.canr.msu.edu/news/foodways_when_food_meets_culture_and_history

What Do You Think?

- Fill in the place setting below with drawings or descriptions of your favorite meal!



- What types of food represent your family's ethnicity or cultural traditions?

- What do you think is the coolest artifact in this kit? Why?

- What is the most interesting thing you learned in this discovery kit?

- What is one question you still have?

Learn more!

- **International Recipes**

[World Cuisine Recipes - Allrecipes](#)

[53 Kid-Friendly Recipes From Around the World - Epicurious](#)

[Fast and Easy Ethnic Recipes - Food & Wine](#)

[80 Authentic Recipes from Around the World - Taste of Home](#)

- Visit [National Geographic's Food Education](#) collection to teach about food and food issues.
- Use the [PBS Kids World Cultures Collection](#) to discover food, folktales, and other aspects of cultural heritage from countries all over the globe.
- Find kid-friendly cooking demos and recipes at [PBS Learning Media's Full-Time Kid Snack Collection](#)
- Learn about the food groups of a balanced diet and explore tips for healthy nutrition with the [USDA Choose my Place Resource](#)
- PBS Learning Media has put together [videos](#) and [lessons](#) on nutrition for kids
- Some foods are enjoyed all over Earth but have different names depending on where they're eaten. Read about a few fun examples in Insider's article ["15 Foods that are Called Different Things Around the World"](#)

Page 3 Answer Key:

Food	Country of Origin ⁶⁷⁸⁹
Apple Pie	England
Cheesecake	Greece
Croissants and Danishes	Austria
French Fries	Belgium
General Tso's Chicken	Taiwan
Hot Dog	Germany
Pasta	China
Peanut Butter	Canada
Pizza (Modern versions)	Italy
Swedish Meatballs	Turkey