

Where Do Your Favorite Foods Come From?

For this worksheet

1. Read the introduction aloud to your students
2. Cut out the flashcards so that each flashcard contains the name and picture of a food on one side, and the explanation of the origin on the other side.
3. Pass out the cards to some of the students.
4. Call on each student one at a time to tell the rest of their classmates what food is on their cards.
5. Have the students try to guess where the food is from
6. Finally, have the student with the card read the correct solution from the back of the card to their classmates

*bonus: Print a map of the world and have the students place the food on its country of origin.

7. When the activity is over, discuss it with the students. Ask:
 - Which foods were you most surprised to learn about?
 - How might foods from one part of the world become popular in another part of the world?

Information in this activity comes from:

<https://www.traveltrivia.com/where-20-favorite-foods-come-from/Xqsz20j7WwAHakgg>
<https://www.thespruceeats.com/ketchup-catsup-history-1807618>

Introduction: Think about your favorite food. Have you ever wondered who first had the idea of making this food? Did you know that some of the most popular foods around the world were discovered by accident? And did you know that many foods that are very popular in America originally came from other countries and only became popular in America later on? In this activity we will learn about some popular foods: where they came from and how they were discovered.

French Fries



Don't be fooled by the name! French fries actually come from Belgium! Villagers living in the Meuse River relied on fish caught in the river as their main source of food. In the winter, when the lake would freeze over, they could not go fishing anymore! Instead, the villagers would slice potatoes into the shape of fish, fry them, and eat them all through the winter!

Pizza



For thousands of years people were eating flatbread--- "pizzas" topped with herbs and spices. But what we call pizza today--with cheese and tomato sauce--originated around 300 years ago in Naples, Italy. At first, there were only very simple toppings like garlic or salt!

Chocolate Chip Cookie



This one does come from America, but the story of how it came to be is a good one! It all started in 1930 with Ruth Wakefield, a dietitian and food lecturer living in Whitman, Massachusetts. She and her husband owned an inn called the Toll House Inn. One day Ruth decided to add some chocolate to her cookie recipe: she chopped up a chocolate bar, expecting the chunks to melt in. Instead, they kept their shape, and created the world's first Toll House chocolate chip cookie!

Cheesecake



Although people often talk about “New York cheesecake” this delicious dessert actually originated in Ancient Greece! The first mention of cheesecake is in a book on how to make cheesecake written by the Ancient Greek doctor Aegimus. Some people even think it was served to the athletes at the first ever Olympic games in Greece!

Caesar Salad



Because of its name, some people think that this salad was invented by Julius Caesar! It was actually first invented in a restaurant in Tijuana, Mexico in 1924. It was a busy day, and with supplies running short the owner, Cardini Caesar, combined whatever ingredients he had left: lettuce, garlic, croutons, eggs, olive oil, parmesan cheese, and Worcestershire sauce, and voila: the first caesar salad!

Nachos



Nachos come from Mexico--and they were created in 1943 by a lucky mistake! A waiter named Ignacio Anaya was serving his customers at a restaurant in Piedras Negras, Mexico, but the cook was nowhere to be found, so Ignacio decided to try to prepare something on his own. He fried tortilla chips and sprinkled them with shredded cheese and sliced jalapeños. He named his dish “Nacho’s Especiales,” since his nickname was “Nacho.”

Ketchup



This popular condiment has quite a long history, including many countries! The word “ketchup” comes from the Chinese word “*ke-tsiap*” which means pickled fish sauce. *Ke-tsiap* originated in Vietnam as a popular fish sauce, and then made its way to southeastern China, Malaysia and then Indonesia where it became *ketjap*. In the 1600’s, English sailors who came to Indonesia to trade discovered this delicious sauce and brought it back to England, where the cooks tried to replicate it. The British used ingredients like anchovies, oysters, mushrooms and walnuts--still not tomatoes! Finally, when the English sailed to America they brought ketchup along with them. It was in America that tomatoes were first added to the recipe and ketchup began to resemble the condiment we know and love!