



Volume 1, Issue 2

“Edible History”
by Ingrid Betancourt

Summary

“Edible History: How Latin American Food Changed the World” describes the Columbian Exchange, a period of cultural and biological exchanges between the “New” and “Old” Worlds. Exchanges of plants and animals, diseases, and technology transformed Native American and European ways of life. Beginning after Columbus’ “discovery,” in 1492, the exchange lasted through the years of European Exploration & Conquest of the Americas. The Columbian exchange impacted the social and cultural makeup of both sides of the Atlantic.



Did You Know?

- ✓ New Jersey is home to people from every country in Latin America.
- ✓ Even though it is a fruit, the tomato has been named the official state vegetable of New Jersey.
- ✓ The average American child will eat 1,500 peanut butter and jelly sandwiches before graduating from high school.

Columbus: Love him or hate him...

According to Journalist Charles Mann, “No other person, changed the face of the Earth as radically as Columbus did. Columbus’ crossing of the Atlantic,” Mann says, “marked the start of a new age, not only for the Americas, but also for Europe, Asia, and Africa. Columbus ushered in the dawn of the era of global trade. Oceans no longer represented barriers to people, goods, animals, plants, and microbes.

A Blended History

Cultural diffusion is the process of one culture influencing another, much like what occurred during the Columbian Exchange. It is a basic process of culture that has existed since prehistoric times. Cultures influence or copy each other. These copies are never perfect, which can result in creating something new. Although chocolate is often associated with European culture, the roots of chocolate are firmly planted in the Americas. As the Europeans became more familiar with chocolate, they removed the Native American ingredient chili pepper, and added flavors such as anise, cinnamon, nutmeg, and orange peel, and replaced the honey with cane sugar, creating the chocolate flavor we know and love today. This interaction between cultures not only gave us chocolate, but it was essential to art, ideas, and the progress of humanity.



Yes, Chef!

Can you name a few dishes that include ingredients that originated in the Americas?

FOR TEACHERS

THE COLUMBIAN EXCHANGE FOOD TIMELINE

My Newark Story has created a Columbian Exchange Lesson Plan to accompany the *Edible History* traveling exhibit (Grades 3-5) with upper grade level extensions.



LESSON PLAN SAMPLE

Summary:

Students will build an interactive timeline of foods during the Columbian Exchange listing key events and dates collected during a cyber-scavenger hunt.

Objectives:

Students will:

Use prior knowledge gained from *My Newark Story's* Edible History Exhibit to extend their depth of inquiry.

Collect and organize historical information.

Create a timeline representing historical facts and events

Learn how to import internet images and cite sources.

Essential Questions:

Why is chronology important in the study of history?

What Else?

The lesson includes activities, and internet resources.

OTHER LESSON PLANS?

My Newark Story has created various lesson plans, games, and other learning activities during the 2017 school year. All are available on our website: <http://npl.org/mynewarkstory/>



Customized Lessons and Events

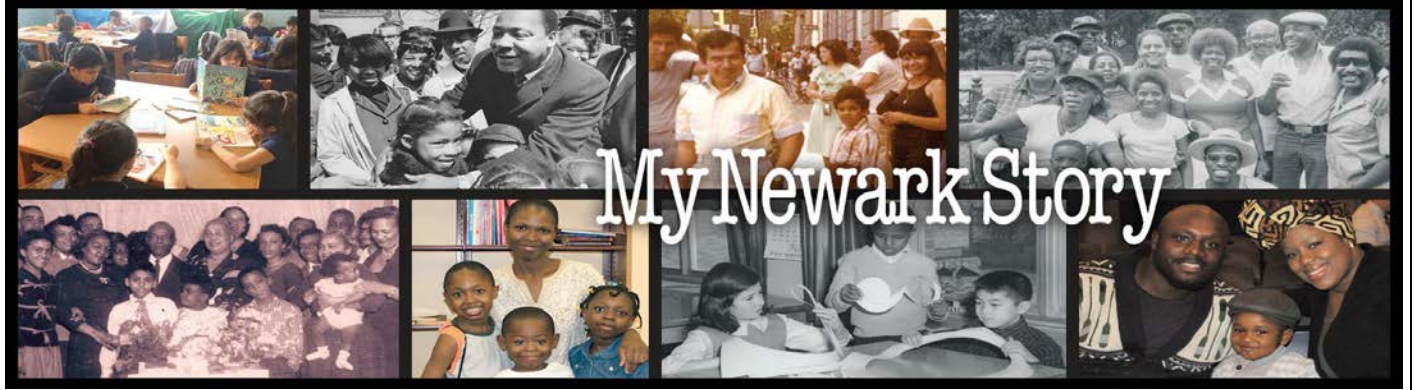
If you would like *My Newark Story* to create a lesson, game, or other learning activity that relates to the NPL's digital archive collections from the Charles F. Cummings New Jersey Information Center and the New Jersey Hispanic Research and Information Center or Newark history in general that you would like us to create for your class, please email Karl Schwartz kschwartz@npl.org.

* All lessons are created by NJ certified K-12 Language Arts and Social Studies teachers.

WANT TO PLAN A SPECIAL EVENT?

My Newark Story has created numerous Community History Days at our branch libraries and a series of summer lessons that can be adapted to your classroom. Please contact *My Newark Story* for more information or to book a Community History Event for your class or school.





COLUMBIAN EXCHANGE QUESTIONS

DIRECTIONS: USE THE PANELS TO ANSWER THE FOLLOWING QUESTIONS.

1. What was the New World's major contribution to the Old World ?
2. Looking at the pie chart on panel one, what are the three largest Latin American population groups represented in the US?
3. What were some of the benefits of the Columbian Exchange? Detriments? Explain why.



QUESTIONS AND ANSWERS

Q: What is the Columbian Exchange?

A: It is a period of cultural and biological exchanges between the "New" and "Old" Worlds.

Q: Can you define cultural diffusion?

A: Cultural diffusion is the process of one culture influencing another, much like what occurred during the Columbian Exchange.

Q: Where is Latin America?

A: Latin America is the entire continent of South America in addition to Mexico, Central America, and the islands of the Caribbean.

NEW WORLD FOODS

QUESTIONS

DIRECTIONS: USE THE PANELS TO ANSWER THE FOLLOWING QUESTIONS.

1. How did Native American people enjoy cacao? Did they drink it? Eat it? What did the Native people add to cacao for flavor?
2. How did the potato revolutionize the way the world eats?
3. How many varieties of corn are there? Can you name them?
4. Where in Latin America did quinoa originate?

*What Latin American food would you like to try?
Do think you will like it? Why?*



QUESTIONS AND ANSWERS

Q: Name three foods native to the Americas.

A: Some include: Avocados, Beans (kidney, navy, lima), Bell peppers, Cacao (for chocolate), Cashews, Chili peppers, Corn, Manioc (cassava, tapioca, yucca), Papayas, Peanuts, Pecans, Pineapples, Potatoes, Pumpkins, Quinoa, Sashes, Sweet potatoes, Tomatoes, Turkey, and Vanilla beans.

Q: Can you name three Latin Dishes that contain, "New World" foods?

A: Causa rellena, Papa a la huancaína, Tamales, Tacos, and Sorullitos de maíz.

