

# Cuisine of Canada: Eating Your Way Across Canada

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## **Description:**

Students will learn Canadian geography and history while studying about the unique and interesting cuisine of Canada.

## **Grade Level:**

Any grade that loves to eat.

## **Subjects:**

Economics, History, Geography, Culture, Foods, Multiculturalism

## **Duration:**

One to two days depending on length and type of class period.

## **Goals:**

Students will gain an understanding of Canadian geography, history, multiculturalism, economics, and culture through the foods and beverages of Canada.

## **Anticipatory Set:**

- Have students brainstorm their favorite foods.
- Then have students brainstorm the most likely favorite foods in Canada.

## **Objectives:**

- understand the impact of regional geography on the foods eaten
- understand the impact of ethnicity on the foods we eat
- understand the impact of weather and climate on cuisine
- relate to the importance of history on the foods we eat

## **Background Information/Lesson Content:**

See the Pages 3-5 for the lecture notes to this lesson plan. They provide initial background for the teacher and then teacher-lead class discussion. All students appreciate and relate to the material!

## **Materials:**

Outline map of Canada which can be used for note taking—a different way to record notes  
While discussing foods of Canada, have examples/samples such as:

- |                                |                                     |
|--------------------------------|-------------------------------------|
| ➤ habitant soup [split pea]    | ➤ paté                              |
| ➤ stone ground crackers        | ➤ Macintosh apples                  |
| ➤ sharp cheddar cheese         | ➤ Clearly Canadian flavored water   |
| ➤ birch [root] beer            | ➤ Nanimo bars—homemade              |
| ➤ Smarties [similar to M & Ms] | ➤ any other item which can be found |

### **Information Resources for Teacher and Students:**

- Atlas of Canada and the World. Chicago: Nystrom, 2003.
- Acadian recipes <http://www3.ns.sympatico.ca/j.josse/AcarianRecipes.htm>
- Alper, Don. Canada: Northern Neighbor [second edition] Bellingham: Western Washington University
- Canadian Atlas website: [www.atlas.gc.ca](http://www.atlas.gc.ca)
- Canadian e-Book website: [http://142.206.72.67/r000\\_e.htm](http://142.206.72.67/r000_e.htm) [excellent and invaluable source]
- Canadian Encyclopedia website: [www.thecanadianencyclopedia.com](http://www.thecanadianencyclopedia.com)
- Canadian Living Magazine recipes <http://www.canadianliving.com/food/>
- Farming information: [www.grainscanada.gc.ca](http://www.grainscanada.gc.ca)
- French Canadian Recipes <http://www.afgs.org/recipes.html>
- General Canadian information: [http://canada.gc.ca/canadiana/cdaind\\_e.html](http://canada.gc.ca/canadiana/cdaind_e.html)
- Metis recipes <http://www.metisresourcecentre.mb.ca/rubaboo/>
- Search for recipes <http://www.recipesource.com/ethnic/americas/canadian/>
- Statistics Canada website: [www.statcan.ca](http://www.statcan.ca) [then go to Canadian Statistics link; labor, employment, and unemployment or employment by occupation] There are many links that can be used by students.

### **Assessment:**

- A routine test and/or quiz--boring
- Assign groups of students to plan a typical menu for one of the following for evaluation:
  - Acadian family
  - Canadian Thanksgiving [celebrated in October]
  - Quebec wedding
  - Ontario Canada Day Celebration [July 1]
  - Native meal for the Plains—Blackfoot—in 1880
  - Arctic meal in summer
  - New Years celebration in Vancouver
  - Newfoundland family in 1920
  - Mennonite family in Manitoba in summer of 1900
  - Jamaican family reunion in Toronto

# Cuisine of Canada—Lecture Notes

Define cuisine a style or quality of cooking; cookery

Canadian cuisine due to:

- region
- weather, climate
- availability of new and unknown plants
- 400 years of history w/ Europeans
- different ethnic groups impacted cuisine from Native to Jamaican
- never really melting pot

Unique features, foods, etc.

alder cones	sea cucumber
blue camas lily bulbs	splake
butternuts [esp. Viking delight]	char
cape gooseberries	butter tarts
geoduck [large clams]	nanimos bars
balsam fir	poutine, perogies, pasta
labrador tea	beaver, moose, buffalo, rabbit
pop corn seedlings	Canadian sweet pea meal bacon
saskatoon berries	

Official state menu

salmon  
fiddle heads  
wild rice  
maple moose

Canadian beverages

water  
beer [ice beer]  
wine [ice wine]  
liquor—Canadian Club from Windsor

Native foods

regional  
fish, caribou, moose, rabbit, game  
fruit—birch syrup  
flint corn, beans, squash—3 sisters  
pumpkins  
roots, bark, fungi  
no milk—drank water & berry juice  
no alcohol  
1<sup>st</sup> food processing  
BC—eulachon boiled/saved in oil  
in fish bladder  
pemmican  
boiled bones  
bannock—soda biscuit type food

## Eating our way across Canada

### **Atlantic Canada** (down-home cooking)

oat cakes—Cape Breton  
rappie pie—NB  
cod au gratin—Nfld  
fish and brewis—boiled fish soup w/ biscuits  
mussels—PEI  
squid  
potatoes—PEI  
blue berries—NS  
fiddlehead ferns  
chowders  
peaches and cream corn  
lobster eating—contests—serious sport

### **Quebec**

mais sucre—sweet corn  
French—breads soaked in liquids (French toast/actually had hot-dog type food/pastries)  
Lac St. Jean—blueberries  
pea soup—voyageurs  
tourtière—pigeon pie—now pork pie  
terrines—soups such as pumpkin  
paté—pork liver, lard, pork, garlic, onions, season  
    cretons—coarse pork pate—w/ bone marrow  
tête fromage—head cheese  
ragout du pattes et de boulettes  
    (stewed pigs feet w/ meatballs in thick brown gravy)  
maple sugar pies

### **Ontario**

diverse  
McIntosh apples in 1811  
Mennonite food  
Irish—potato famine  
    potatoes in many dishes  
women tended gardens  
blood pudding, jellied pork hocks  
dandelion greens

### **Prairies**

immigrant smorgasbord  
bread basket of Canada and cakes of all types  
    Robin Hood flour co.  
    sour dough starters  
    bannock  
stews, pot roasts, chicken & dumplings  
threshers had to be feed

### **British Columbia**

eclectic lotus land style of Bon Appetit, Gourmet  
Okanagan peaches, other fruits  
Vancouver Island salad  
    cabbage, apple, carrot, celery, sugar,  
    cream, decorated w/ bananas, cream  
    cheese, nut stuffed celery, whipped  
    cream and cherry on top  
never depended on local ag. until recently  
salmon, fish cakes, fresh fruit

**Arctic**

char

**Non Regional**

apple pie  
donuts—Tim Horton  
cinnamon buns

cheese—cheddar  
beef, lobster  
comfort foods