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]
- stone ground crackers
- sharp cheddar cheese
- birch [root] beer
- Smarties [similar to M & Ms]

- paté
- Macintosh apples
- Clearly Canadian flavored water
- Nanimo bars—homemade
- any other item which can be found
Information Resources for Teacher and Students:

- Acadian recipes [http://www3.ns.sympatico.ca/j.josse/AcadianRecipes.htm](http://www3.ns.sympatico.ca/j.josse/AcadianRecipes.htm)
- 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)
- Farming information: [www.grainscanada.gc.ca](http://www.grainscanada.gc.ca)
- French Canadian Recipes [http://www.afgs.org/recipes.html](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/](http://www.metisresourcecentre.mb.ca/rubaboo/)
- 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
- blue camas lily bulbs
- butternuts [esp. Viking delight]
- cape gooseberries
- geoduck [large clams]
- balsam fir
- labrador tea
- pop corn seedlings
- saskatoon berries
- sea cucumber
- splake
- char
- butter tarts
- nanimo bars
- poutine, perogies, pasta
- beaver, moose, buffalo, rabbit
- Canadian sweet pea meal bacon

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

1st 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 & dumplins
thresher had to be feed

British Columbia
ecclectic 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
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<th>Arctic</th>
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<table>
<thead>
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<th>Non Regional</th>
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<tbody>
<tr>
<td>apple pie</td>
<td>cheese—cheddar</td>
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<tr>
<td>donuts—Tim Horton</td>
<td>beef, lobster</td>
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<tr>
<td>cinnamon buns</td>
<td>comfort foods</td>
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