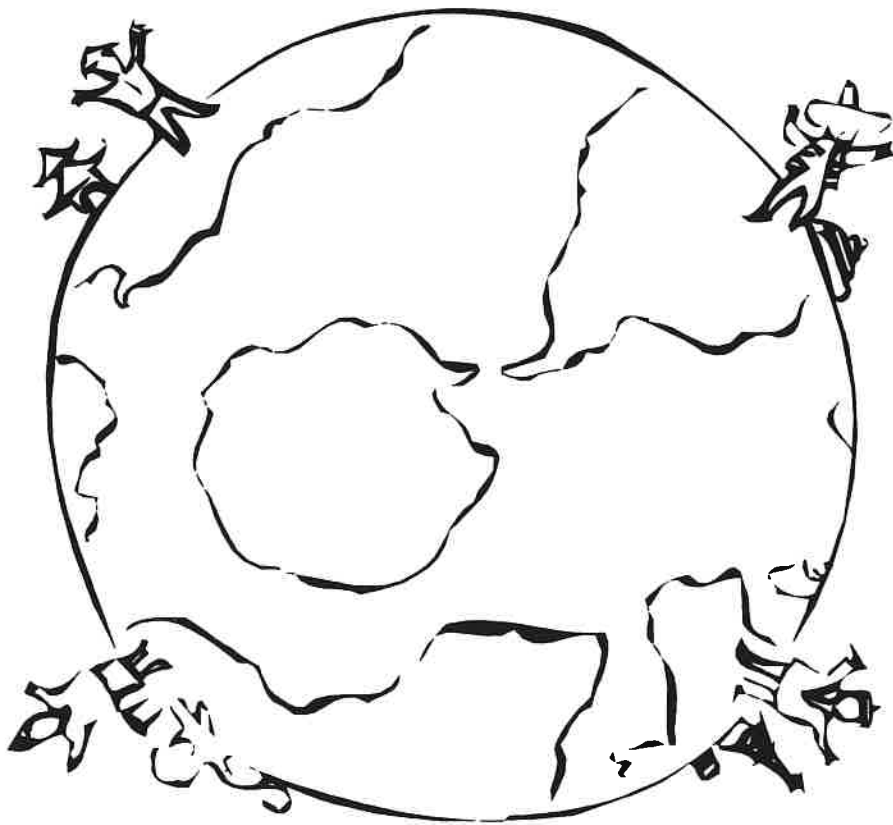

4-H PASSPORT TO FOREIGN COOKERY

MJ1035

Member's Manual & Record



Name of country selected: _____

Name: _____ Age as of January 1, ____ ____

Address: _____

City: _____ Zip code: _____

County: _____ Club: _____

Leader's signature: _____
(upon completion of record book.)

Parent's or guardian's signature: _____



**Colorado
State**
University
Cooperative
Extension

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PASSPORT TO FOREIGN COOKERY

Almost everyone is jaunting abroad nowadays. But for those who must linger by the hearth, a travel experience can be produced in your own home.

Foreign dishes and complementary table decorations can create a magical atmosphere of any enchanting land or country.

The most direct way to understand the culture and customs of other countries is to cook and serve food as they do. Each country has its basic food pattern, but, when you plan a foreign meal, keep in mind the five major food groups and the recommended daily allowance for each nutrient in order to have a well-balanced meal.

When serving a foreign meal, everything should be harmonious. To be a great success, the decorations, table settings and food must blend smoothly, so consider both authenticity and simplicity.

May your project, *Passport to Foreign Cookery*, be a challenge as you take off on a table travel tour.

Good luck to each outstanding chef de cuisine, and bon appétit from Asia to South America.

Sincerely,
Betty Bay
Former Colorado State University
Cooperative Extension Assistant Professor of Nutrition

Things you will do this year

- Select a foreign country or some ethnic group within the United States, for example, Native-American to study.
- Assemble information about your selected country. Include:
 - food habits
 - customs
 - nutritional aspects of diet
 - religion
 - geography and maps
 - menus and recipes
- In your own words, write a report about this country, using the information you have collected. (See page 3 for more details on exhibit requirements.)
- Assemble and keep all materials about your country in a notebook.
- Plan, prepare and serve a minimum of three foreign meals. At least one meal should be typical of the country you selected in this project.
- Report on page 4 which one of the three meals you liked best.
- Following the guidelines on the inside back cover of this manual, write a paragraph or a short story describing your reactions to this project.

Sources of information

- Explain to your leader which country you want to select for your project. Then gather information about the country you wish to study.
- The public library should have materials on foreign countries and cookbooks. Most libraries offer interlibrary loan services that allow users in one library to borrow materials from another library. This service is generally provided free or with a minimal fee. An example of an excellent book as a resource is *Food and Culture in America*, by Pamela Goyan Kittler and Kathryn Sucher, ISBN 0-442-28322-9, Van Nostrand Reinhold, New York, 1989.
- The internet offers a vast array of sites for information on foreign countries and foreign cookery. Use a search engine such as Excite, Yahoo or Lycos to locate Web sites about foreign countries or foreign cookery. Some search queries to use are *travel, countries, regions, food, cooking, home and family, food and drink, etc.*

Several good Web sites are:

- www.nal.usda.gov:80/fnic/etext/000023.html
The Food and Nutrition Information Center (FNIC) provides foreign food guide pyramids and related resource lists and databases, as well as many other food and nutrition related links
- www.oldwayspt.org/html/pyramid.htm
The Oldways Ethnic Food Pyramids Web site provides individual pyramid eating guides tailored to specific cultures, traditions and ethnic groups.

— www.ibmpcug.co.uk/~owls/edibilia.html

This Web site lists a vast array of foreign recipes all over the globe from Australia to the Middle East.

— www.culinary.com

This site shows hundreds of culinary related links for you to browse through.

— www.NeoSoft.com/recipes/

This Web site lists a large recipe archive that includes many foreign dishes.

- Most foreign countries have an ambassador in Washington, D. C. You might contact him for other materials.
- Someone in your community might have traveled in the foreign country you selected. An American Field Service student or an International 4-H Youth Exchange (IFYE) participant might be of help, if they happened to have been in the country you are studying.
- Check with your local university or community college to see if they have any international programs that offer opportunities to participate in international experiences on campus.
- Visit international food markets, ethnic grocery stores and cultural centers like Denver's Sakura Square.
- Check with your local cooking store to see if they offer any foreign or ethnic cooking classes.
- Tour a culinary institute in your area or a city you visit. To find out if a city has a culinary institute, check the internet or phone directory under *Cooking Instruction*.

Exhibit

Note: Check with your Colorado State University Cooperative Extension agent for current revisions.

- *A food product* with recipe that is representative of the country or ethnic group chosen. Product must be safe to hold at room temperature during judging and display.
- *Completed records* including a short story with:
 - reasons why this meal was selected,
 - goals,
 - nutritive value of diet and
 - accomplishments of your project on page 5.
- *Notebook* containing report on country or ethnic group including:
 - Research and pictures relating to food habits, customs and food sources such as crops, fishing, etc. (maximum of ten pages). Include discussion of food shopping habits, percent of income spent for food, how the different regions in the country affects diet, etc.
 - Information about the country such as climate, geography, political structure, religion, dress, etc. (three page maximum).
 - Menus and recipes showing nutritional balance of a traditional meal (maximum five pages). Identify if the country or ethnic group uses a food guide pyramid or other guides to making daily food choices; compare this to the U.S. Department of Agriculture's food guide pyramid.

Report on meal prepared

Please copy the most interesting meal menu prepared by you for this project. Tell, in 50 words or less, why this meal was the most interesting.

Short story

Write your short story discussing your goals, accomplishments and reactions to this project. Include answers to questions such as:

- Why did you select the particular country or ethnic group for your project?
- What were your goals for the project?
- How did you accomplish your goals?
- What did you learn about the nutritional value of typical diet patterns of the country or ethnic group?
- Did the project help broaden your understanding of another country or ethnic group? How?

A picture of me serving a foreign meal (optional):

Guidelines for evaluation of notebooks

- Content. Include all of the required materials listed under exhibit criteria (page 3).
- Arrangement. Show organization of materials.
- Subject. Show knowledge and understanding of selected country or culture.
- Appearance. Easy to read, neat, correct grammar and spelling.
- Result. Show growth and understanding as a result of this project (evaluation of story describing reactions, page 5).



4-H PLEDGE

I pledge my head to clearer thinking,
my heart to greater loyalty,
my hands to larger service,
and my health to better living,
for my club, my community, my country and my world.