



NORTH DAKOTA

Food and Culture

A TASTE OF WORLD CUISINE

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Lesson Plan

Target Group

Adults and older youth

Activity Time

45 to 60 minutes

Objective

Participants will know some basic information about the cultures in North Dakota, especially related to food.

Preparation and Supplies

- Obtain copies of handout for each participant
- Participant post-survey
- Optional supplies: one potato for each participant and a globe or world map
- Optional activity: Play North Dakota Food and Culture Bingo.
- Optional activity: Prepare a recipe from the Food and Culture handout for taste testing.

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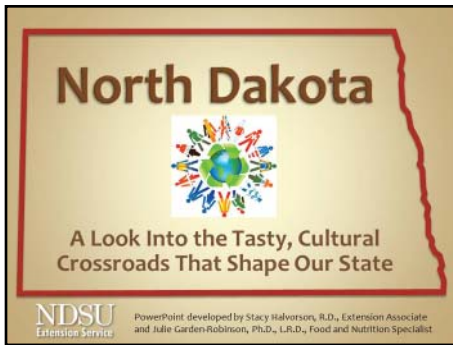
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For more information on this and other topics, see www.ag.ndsu.edu/food.

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Slide 1 (Introduction)

North Dakota - A Look Into the Tasty, Cultural Crossroads That Shape Our State

Introduce yourself and welcome participants. Have participants introduce themselves.

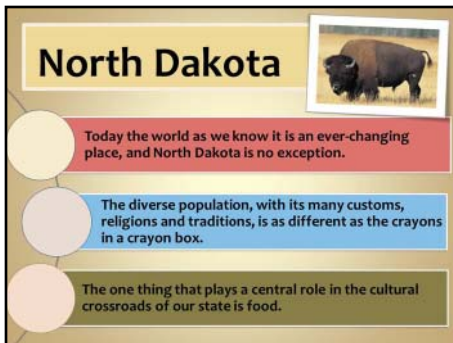
This presentation will give you a glimpse into the many cultures that are here in North Dakota and how they shape our state.

Let's begin with an activity.

Potato activity: Provide a potato for each class participant. Ask each participant to describe his or her potato, focusing on what makes the potato unique.

Relate how the potato is like each one of us. Everyone is unique and different.

For an extra challenge, put all of the potatoes in a bag and have participants try to find their potato.



Slide 2

North Dakota

Have class participants share their cultural background.



Slide 3

Food: The Starting Point

Engage the class participants in conversation about some of their favorite foods related to their culture.

- Family recipe?
- Origin?



Slide 4

All-American Favorites

The next few slides will test your knowledge of the origin of all-American favorites.

Watermelon?

Africa
Asia
India
South America

Ice cream?

U.S.
China
Russia
Norway

All-American Favorites

Hamburger	Hot dog
Mexico	Turkey
U.S.	Greece
Germany	Indonesia
India	Peru

Slide 5

All-American Favorites

Hamburger?

Mexico
U.S.
Germany
India

Hot dog?

Turkey
Greece
Indonesia
Peru

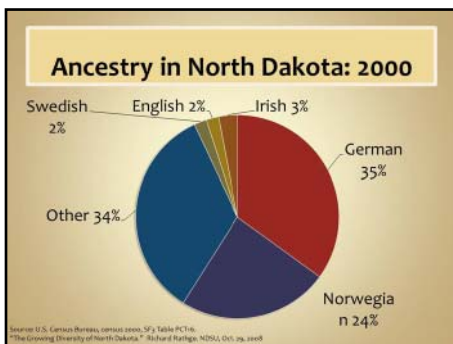
North Dakota: A State of Many Cultures

Native American	Scandinavian	Germans from Russia	Hispanic
Bosnian	Kurdish	Liberian	Somali
	Sudanese	Vietnamese	

Slide 6

North Dakota: A State of Many Cultures

Note to class that not all cultures are listed.



Slide 7

Ancestry in North Dakota: 2000

Ask class participants where they fit on this pie chart.

Now we will discuss a few of the cultures of North Dakota, looking at food in daily life, at special occasions and some traditional foods.


A Glance Into the Food Culture of Native Americans

Food in Daily Life

- Food practices vary from tribe to tribe but meat generally is predominant.
- Long ago, the diet consisted of buffalo, rabbits, deer, nuts, berries, corn and other crops.
- Today they eat much of the same modern food we do.

Food at Special Occasions

- Most celebrations are centered around crops and their harvest.



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A Glance Into the Food Culture of Native Americans

If using the optional globe or world map, begin by pointing out the relative location of the Midwest. Point out North Dakota.

A Glance Into the Food Culture of Native Americans

Traditional Food

- Corn cakes
- Wojapi
- Fry bread



A Glance Into the Food Culture of Native Americans

North Dakota's Tribes


- Spirit Lake Sioux
- Standing Rock Sioux
- Three Affiliated Tribes (Hidatsa, Mandan, Arikara)
- Turtle Mountain Chippewa



A Glance Into the Food Culture of Scandinavia
(Denmark, Finland, Iceland, Norway and Sweden)

Food in Daily Life


- Mutton, cheese, cabbage, apples, onions, berries and nuts are common in everyday life.
- Seafood is plentiful.
- Food preparations are shaped by traditions dating back to the Vikings.



A Glance Into the Food Culture of Scandinavia
(Denmark, Finland, Iceland, Norway and Sweden)

Food at Special Occasions

- Midsummer's Day Celebration:
 - Traditional meal: Herring and cured salmon served with boiled potatoes
- Jul or Yule "The Feast of Feasts":
 - Celebrated with a large dinner
- Christmas:
 - Dinners usually feature ham or pork



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A Glance Into the Food Culture of Native Americans

Traditional foods:

- Corn cakes: made with dried corn or corn meal mixed with water and shaped in small, round cakes
- Wojapi (woh-zjah-pee), ('woh-zhä-pē): Pudding usually made with fresh berries, such as blueberries or raspberries
- Fry bread: thin round of dough puffed like a doughnut and fried in oil

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A Glance Into the Food Culture of Native Americans

Slide 11

A Glance Into the Food Culture of Scandinavia

If using the optional globe or world map, begin by pointing out the relative location of Iceland, Denmark, Norway, Sweden and Finland.

Salmon, trout, herring, cod, shrimp and lobster are just some of the types of seafood available in Scandinavian countries.

Vikings smoked, cured and salted meats to preserve them for the dead of winter.

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A Glance Into the Food Culture of Scandinavia

Most holidays are celebrated with a large family meal.

A Glance Into the Food Culture of Scandinavia
(Denmark, Finland, Iceland, Norway and Sweden)

Traditional Foods

- Lutefisk
- Rømmegrøt
- Lefse
- Krumkake



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A Glance Into the Food Culture of Scandinavia

Traditional foods:

- Lutefisk (lute·fisk), (lüt-,fisk): dried whitefish, usually cod, soaked in lye
- Lefse (lef·se), (lěf-še): traditional soft Norwegian flatbread made with potatoes, milk and cream
- Rømmegrøt (rom·me·grøt), (ruh-méh-grüht): sweet cream porridge, a traditional Norwegian dessert
- Krumkake (krum·kake), (krüm'kāk'): light and crisp cookie in the shape of a cone

A Glance Into the Food Culture of Germans from Russia

Food in Daily Life

- Meat is a major part of the diet and is in most dishes
- Known for sweet dough breads and desserts
- Typical meal consists of some sort of meat, potatoes and vegetable

Food at Special Occasions

- Christmas is celebrated with a large family meal and extravagant desserts, pastries and cookies.



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A Glance Into the Food Culture of Germans From Russia

If using the optional globe or world map, begin by pointing out the relative location of Germany and Russia.

A Glance Into the Food Culture of Germans from Russia

Traditional Foods

- Kuchen
- Pfeffernisse
- Knoephla soup
- Fleischkuekle

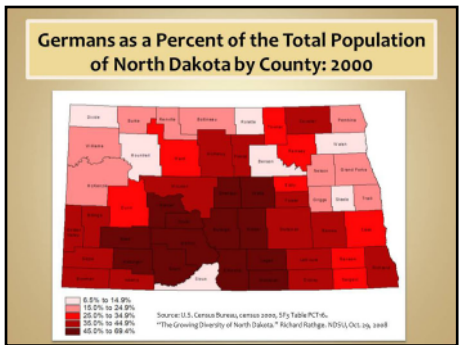


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A Glance Into the Food Culture of Germans From Russia

Traditional foods:

- Kuchen (ku·chen), ('kü-kən): dessert with a dough crust and a custard filling; may have some sort of fruit or cheese mixed in
- Pfeffernisse (pfef·fer·nuss), (fe-fe (r)-nüs): "peppernuts," traditional German cookie at Christmas made with nuts such as walnuts, almonds or hazelnuts and spices such as cinnamon, ginger, pepper, anise seed, cloves and garlic; the cookie usually is rolled in powdered sugar
- Knoephla soup (kneoph·la soup), ('néf-la soup): thick soup made with chicken, potatoes and kneophla (dumplings); vegetables such as carrots and celery are also in the soup
- Fleischkuekle (fleisch·kue·kle), (flié-'sh-kū-kle'): sweet pastry stuffed with meat



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Germans as a Percent of the Total Population of North Dakota by County: 2000

Point out that most of the settlement is in south-central North Dakota.

A Glance Into the Food Culture of Mexico

Food in Daily Life

- Mexican cuisine often is described as hot and spicy, but this is not true for all dishes.
- Corn is the most popular ingredient and is used in some form in most recipes.
- Other traditional ingredients include chili peppers, beans, chocolate, squash and tomatoes.
- Mealtime is a leisurely family experience and commonly lasts for several hours.

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A Glance Into the Food Culture of Mexico

If using the optional globe or world map, begin by pointing out Mexico.

The origin of chocolate usually is credited to Mexico.

Spanish conquest in the 1500s brought many other influential ingredients such as rice, wheat, wine and cinnamon. They also raised cattle, which led to beef, butter and cheese.

A Glance Into the Food Culture of Mexico

Food on Special Occasions

- Cinco de Mayo:
 - Tamales traditionally are made for festivals and parades.
- Dia de los muertos: "Day of the Dead"
 - Celebrated with candy and other foods shaped to look like skulls.
 - Pan de muerto, "bread of the dead" is made especially for the holiday.

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A Glance Into the Food Culture of Mexico

Tamales are so labor intensive they usually are made only for special occasions. The women get together the day before and make several large batches.

Pan de muerto is placed on the altar to offer nourishment for the departed spirits.

A Glance Into the Food Culture of Mexico

Traditional Foods

- Tamales
- Enchiladas
- Tortillas

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A Glance Into the Food Culture of Mexico

Traditional foods:

- Tamale (ta·ma·le), (tə·mä·lē): steamed meat- and masa-filled corn husk
- Enchilada (en·chi·la·da), (en·chə·'lä·də): meat filling rolled in a wheat or corn tortilla topped with a chili sauce or salsa
- Tortilla (tor·ti·lla), (tör·tē·yə): thin, unleavened pancake made from cornmeal or wheat flour

A Glance Into the Food Culture of Bosnia

Food in Daily Life

- Influenced by both Turkish and Eastern European cuisine
- Grilled meat- and cabbage-based dishes most popular
- Little alcohol is consumed since the emergence of the Muslim population




A Glance Into the Food Culture of Bosnia

Food at Special Occasions

- Bosnian Muslims:
 - Celebrate Ramadan with a large meal and Turkish-style meats and sweets
- Bosnian Catholics and Orthodox Jews:
 - Celebrate Easter with special breads and elaborately decorated eggs
- Bosnian Christians:
 - Celebrate Christmas with a large family gathering



A Glance Into the Food Culture of Bosnia

Traditional Food

- Grah



A Glance Into the Food Culture of the Kurdish

Food in Daily Life

- Lamb very popular but meat not served often
- Meat and vegetable pies prominent
- Bulgur wheat was predominant staple but is being replaced by rice
- Fresh or dried fruit often used in stews




A Glance Into the Food Culture of the Kurdish

Food at Special Occasions

- Nowrûz (New Year):
 - Celebration marking the arrival of spring, usually with a large festival

Traditional Foods

- Pokhin
- Tapsi



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A Glance Into the Food Culture of Bosnia

If using the optional globe or world map, begin by pointing out the relative location of Bosnia-Herzegovina.

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A Glance Into the Food Culture of Bosnia

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A Glance Into the Food Culture of Bosnia

Traditional foods:

- Grah (grah), (gräh): mixture of sausage, beans and other vegetables

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A Glance Into the Food Culture of the Kurdish

If using the optional globe or world map, begin by pointing out the relative location of Kurdistan, which spans portions of Syria, Iraq, Iran, Armenia and Turkey.

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A Glance Into the Food Culture of the Kurdish


Traditional foods:

- Pohkin (poh-kin), (pō-kin): sweet pastry made for the Kurdish New Year; it is marked with a hoof print to signify the passing of winter and the arrival of spring
- Tapsi (tap-si), (täp-sē): aubergines (eggplants), peppers, courgettes (zucchini) and potatoes in a spicy tomato sauce

A Glance Into the Food Culture of Liberia

Food in Daily Life

- Rice plays role of primary food staple and is the basis for most dishes
- Mangos, bananas, coconuts, citrus fruits, plantains and cassava also predominant in the diet



A Glance Into the Food Culture of Liberia



Food at Special Occasions

- Rice used ceremonially when making offerings to ancestors or the recently deceased

Traditional Foods

- Jollof Rice



A Glance Into the Food Culture of Somalia



Food in Daily Life

- Country Living:
 - Milk from camels, goats and cows a major staple in the diet
 - Liver from goats and sheep also popular, but meat only served a few times a month
 - Durra, honey, dates, rice and tea also mainstays of the diet
 - People usually eat food with their hands

A Glance Into the Food Culture of Somalia



Food in Daily Life

- Cities:
 - Restaurants are popular, offering Arabic, Chinese, European and American cuisine
 - At home, custom is for men to eat first and women to eat later with the children
 - Most use silverware to eat

Food at Special Occasions

- Customary to make special breads for guests and to slaughter an animal

A Glance Into the Food Culture of Somalia

Traditional Foods

- Fool



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A Glance Into the Food Culture of Liberia

If using the optional globe or world map, begin by pointing out the relative location of Liberia, Africa.

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A Glance Into the Food Culture of Liberia

Traditional foods:

- Jollof rice (joll-off rice), (jöll-öff - 'rīs): made with meats such as chicken, bacon, shrimp and smoked pork in a spicy tomato sauce atop white rice

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A Glance Into the Food Culture of Somalia

If using the optional globe or world map, begin by pointing out the relative location of Somalia, Africa.

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A Glance Into the Food Culture of Somalia

As you can see, modernization is a major difference between country and city life.

At weddings, the tradition is for the bride and groom to cut slices of raw meat and hand them to guests.

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A Glance Into the Food Culture of Somalia

Traditional foods:

- Fool (fool), ('fül): sweet custard dessert served with fruit

A Glance Into the Food Culture of Sudan

Food in Daily Life

- The day usually begins with tea
- Millet is the staple grain
- Vegetables prominent, usually used in stews and soups
- Meat is expensive and not often used



A Glance Into the Food Culture of Sudan

Food at Special Occasions


- Eid al-Adha – “Feast of Great Sacrifice”: a sheep is sacrificed and given to the poor
- Eid al-Fitr- “Breaking of the Ramadan Fast”: family is invited over for a large meal



A Glance Into the Food Culture of Sudan

Traditional Food

- Kisra



A Glance Into the Food Culture of Vietnam

Food in Daily Life

- Vegetables used in most dishes
- Diet is rice-based
- Noodles and noodle soups also prominent in daily life
- Soy and fish sauce most commonly used condiments
- Food is eaten with chopsticks



A Glance Into the Food Culture of Vietnam

Food at Special Occasions

- Tet Nguyen Dan: New Year
- Celebration of the arrival of spring held during several days, generally when family reunions are held

Traditional Foods

- Spring rolls



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A Glance Into the Food Culture of Sudan

If using the optional globe or world map, begin by pointing out the relative location of Sudan, Africa.

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A Glance Into the Food Culture of Sudan

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A Glance Into the Food Culture of Sudan

Traditional foods

- Kisra (kis-ra), (kis-‘rä): flat bread made from sorghum flour

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A Glance Into the Food Culture of Vietnam

If using the optional globe or world map, begin by pointing out the relative location of Vietnam/South Pacific.

The Vietnamese are best known for their Pho noodles, which are made from rice.

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A Glance Into the Food Culture of Vietnam

Traditional foods:

- Spring rolls: made of meat, rice, noodles and vegetables rolled in a seaweed or rice wrapper

Some dishes served during Tet are vegetarian. Eating vegetarian on Tet is considered good luck for the coming year.

Questions?



Want to Learn More?

- Germans From Russia Heritage Collection
 - * <http://library.ndsu.edu/grhc>
- North Dakota State Data Center
 - * www.ndsu.nodak.edu/sdc/data.htm
- Food in Every Country
 - * www.foodbycountry.com
- Global Gourmet
 - * www.globalgourmet.com

References

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- *Global Gourmet*. Retrieved April 14, 2010, from <http://www.globalgourmet.com>
- *Merriam-Webster Online Dictionary*. 2008. Merriam-Webster Online. Retrieved July 19, 2010, from <http://www.merriam-webster.com/dictionary>
- *North Dakota State Data Center*. Retrieved March 21, 2010, from <http://www.ndsu.nodak.edu/sdc/data.htm>

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Questions

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Want to Learn More?

Germans From Russia Heritage Collection

- A collection of articles, pictures, recipes and historical information about Germans from Russia
<http://library.ndsu.edu/grhc>

North Dakota State Data Center

- Data information on North Dakota's demographics, including population, race, ethnicity and health
www.ndsu.nodak.edu/sdc/data.htm

Food in Every Country

- Provides links to articles about food and culture for countries across the globe
www.foodbycountry.com

Global Gourmet

- Provides food and culture information for various countries around the world
www.globalgourmet.com

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References

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