

Latin American Heritage Crops

Lesson Plan for Latin American Humanities



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Florida Heritage Food Project

Santa Fe College

Gainesville, Florida

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Lesson Plan Outline

Instructors Notes

Florida is the third state with the highest Hispanic population with almost 6 million Latino residents. The geographical closeness to Latin America makes into a gateway for Latin people and its culture. The linkage between Florida and the Hispanic culture since colonial times as Spain established Catholic missions from 1513. The Spanish influence starts with the state' name as Ponce de Leon in 1512 named "La Florida" to this territory due to flowerful landscape. Currently, most Hispanics are immigrants of Cuba, Colombia, Mexico, Venezuela and Dominican Republic. The immigrants bring their culture to Florida, and one way to keep connecting to one's culture and heritage is through food. The sunshine state provides a fruitful environment for the growth and development of many Latin American crops. This lesson aims to inform on the Latin American crops that grow in Florida and highlight their cultural and nutritional values as their cultivating and cooking strategies.

Resources for Educators

Books

Aguila Rocío del and Vanesa Miseres. *Food Studies in Latin American Literature : Perspectives on the Gastronarrative*. University of Arkansas Press 2021.

Ortiz Cuadra Cruz M and Russ Davidson. *Eating Puerto Rico : A History of Food Culture and Identity*. University of North Carolina Press 2013.

Pilcher Jeffrey M. *¡Que Vivan Los Tamales! : Food and the Making of Mexican Identity*. 6th print ed. University of New Mexico Press 2008.

Pilcher Jeffrey M. *Planet Taco : A Global History of Mexican Food*. Oxford University Press 2017.

Sherwood Stephen G et al. *Food Agriculture and Social Change : The Everyday Vitality of Latin America*. Routledge an Imprint of the Taylor & Francis Group 2017.

Websites & Databases

University of Arizona. Latin American Studies Resources. Food of Latin America

<https://las.arizona.edu/region/south-america>

Google Arts & Culture. The Hidden Story of Mexican Food

<https://g.co/arts/Q7VbeMQDRgfvRWUt7>

Google Arts & Culture. Route of Mexican gastronomy

<https://artsandculture.google.com/story/cAVx0snW4Qy13Q?hl=en>

Oxford Bibliography on Latin American Food History

<https://www.oxfordbibliographies.com/view/document/obo-9780199766581/obo-9780199766581-0057.xml>

University of Texas – Latin American Digital Resources on Food, Recipes and Nutrition
<http://lanic.utexas.edu/la/region/food/>

UF Center for Latin American Studies – Latin American Food Lesson Plans

<https://www.latam.ufl.edu/outreach/teacher-resources/traveling-suitcases/latin-american-food/>

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Lesson Overview

Food is an avenue of knowledge to someone's culture. Immigrants keep their culture alive elsewhere in the world through food. In this lesson, students will learn about the Latin American crops that grow in Florida and how to cultivate, cook and use them properly.

Lesson Outcomes

- Identify and name Latin American crops that grow in Florida
- Describe the uses in terms of planting, cooking and medical, if any, of the Heritage Latin American crops
- Articulate the cultural significance of the Heritage Latin American crop
- Investigate the cultivation methods of the Heritage crop
- Synthesize all the research findings on the Heritage crop on a conference poster

Lesson / Instruction

Welcome to the Latin American Heritage Foods project! In this project, we will explore the cultural and nutritional significance of Latin American crops that grow right here in Florida. These crops have been passed down through generations and are an important part of our cultural heritage.

By learning about these crops and how to grow and cook them, we can connect with our heritage and gain a deeper understanding of the cultural and historical roots of Latin American cuisine. Additionally, we can discover the nutritional value of these crops and incorporate them into our diets to promote healthy eating habits.

Moreover, by exploring these crops, we can become better global citizens and engage in food diplomacy. Food is a universal language that can connect people across cultures and promote understanding and acceptance. By learning about Latin American crops, we can better appreciate the diversity of our world and celebrate our shared humanity.

Finally, by promoting the use of these crops, we can also support our local farmers and help them thrive. By becoming more informed about the crops that grow well in our region, we can support sustainable agriculture and local food systems.

So, join us on this journey of discovery and exploration as we learn about the cultural and nutritional significance of Latin American Heritage Foods in Florida.

Assignment Description

The project for the Latin American Crops lesson is to create a conference poster that showcases one of the crops, such as tomatillo, potato, cassava, nopal, chaya, chayote, or sweet potatoes. Your poster should include the following information:

- The name of the crop in Spanish, and its cultural, historical, and social significance in Latin American cuisine and culture.
- Nutritional information about the crop, such as its vitamin and mineral content, and how it contributes to a healthy diet.
- Growing methods for the crop, including climate and soil conditions, planting and harvesting techniques, and any special care requirements.
- An easy, traditional recipe that highlights the unique flavors of the crop, along with step-by-step instructions and a photo.

Your poster should be visually appealing and well-organized, with clear headings and subheadings for each section. You can use images, graphs, and other visual aids to help convey your message.

By completing this project, you will gain a deeper understanding and appreciation for the cultural and nutritional significance of Latin American crops, as well as their importance in the local agricultural system. Good luck!

Project Development Activities

Scaffold activities leading to final poster submission. For example;

1. Heritage Food – Cultural Ambassador Overview

Heritage Food - Cultural Ambassador Assignment

Heritage Food - Cultural Ambassador

Rationale of assignment

Food plays a central role in everyone's life from a nutritional stance, and from a cultural perspective, it is integral for every culture. The *food* we eat is intricately intertwined with one's *culture*. In this sense, learning about food from different cultures serves as a vehicle to gain insight into that culture. In this class, we will learn about some Latin American crops that grow in the USA. The ultimate goal is to immerse you into Latin culture through food, expand your culinary tastes and appreciation for Latin America.

Learning Objectives

One of the learning outcomes of our class is to situate cultural artifacts within specific social and historical contexts and interpret the ways that diverse experiences, ideas, and cultural values connected to Latin America are communicated through humanistic activities and art forms. In this sense this project has the aligning objectives:

- Investigate the historical significance, cultural significance, nutritional information, planting, and cooking instructions
- Introduction, historical significance, cultural significance, nutritional information, planting instructions, and a recipe on the back.
- Explain the relationship between Latin American heritage crops and humanistic activities such as cooking within a globalized context.
- Demonstrate the understanding through the creation of a poster

Research Guide: [Heritage Food Matrix](#)

Instructions

1. Familiarize with the crops: [VP.1 Heritage Foods - Visual Recognition Activity](#)
2. Pick one crop, you may work individually or in groups of 4 students: [Heritage Food - Sign up sheet](#)
3. Research the chosen crop, and submit your findings on the following: [Heritage Food Preparation - Part A](#) & [Heritage Food Preparation - Part B](#)
4. Put together a research poster following the guidelines in the prompt:
5. Create a video introducing the crop to your peers and making a recipe with it and post it on the discussion board. [DB Heritage Food](#)

2. Introductory Kahoot to learn about the crops, and to identify them visually.

Kahoot link and instructions sample: <https://kahoot.it/challenge/001403219>

Game PIN: **001403219**

Heritage Foods

Make sure to read this before playing the Kahoot challenge: [Submitting your Weekly Kahoot Challenges](#).

1. This activity intends for you to be able to visually distinguish Latin American Heritage crops listed below. Make sure to look up each crop before playing. You may play more than once to learn about them.

- Cassava
- Chaya
- Chayote
- Nopal
- Potato
- Sweet Potato (yam)
- Tomatillo

2. Complete the Kahoot challenge:

<https://kahoot.it/challenge/001403219>

Game PIN: **001403219**

3. Submit the screenshot with your name on the scoreboard



3. Crop Selection – Sign up Sheet

Heritage Food - Sign up sheet

Heritage Food - Presentation Sign-Up Sheet

1. Learn about the project: [Heritage Food - Introduction](#)
2. Look up each of the following crops. You should be able to identify all of the seven crops:

Cassava	Chaya	Chayote	Nopal			Tomatillo
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3. Write down your name next to the crop of your choice. Maximum 3 students per crop.
 You can work on this project individually or in groups. Indicate if you are working alone or in a group. Write (Solo) or (Group) after your name.
3. Start your research on the chosen crop: [Heritage Food Matrix](#)
4. Read the instructions for the poster. You can work on this project individually or in groups.

CROP	STUDENT
Cassava	
Chaya	
Chayote	
Nopal	
Sweet Potato	
Tomatillo	

4. Annotated Bibliography – matrix provided by SF library

[Home - Researching Heritage Foods - LibGuides at Santa Fe College](#)

5. Research activity I

Heritage Food Preparation - Part A

Heritage Food Preparation - Part A

You chose your crop and now it's time to research it for your poster! You need to gather all the information you can on it using the bibliography provided in class. You may work on this assignment individually or in groups, please specify your choice. For this assignment, you will focus on the historical and cultural significance and nutritional information. Do not forget to use MLA citations.

First, browse the library resources heritage [Food Matrix](#) on the topic and complete the quiz: [Heritage Foods Library Research Quiz](#)

Instructions

1. Research the crop using reliable sources: [Heritage Food Matrix](#)
2. Download and complete the template. *Use your wording to summarize your findings, no quotations, and cite all your sources in the bibliography.*: [HeritageFoodPrepI.docx](#) ↓
4. Submit the document as doc. or pdf.

6. Research activity II

Heritage Food Preparation - Part B



GRACE PERIOD - Wednesday at midnight.

Heritage Food Preparation - Part B

You chose your crop and now it's time to research it for your poster and cooking demonstration! You need to gather all the information you can on it using the bibliography provided in class. Do not forget to use MLA citations. You may work on this assignment individually or in groups, please specify your choice. For this assignment, you will focus on the crop's planting instructions and a recipe.

Instructions

1. Research the crop using reliable sources: [Heritage Food Matrix](#)
2. Download and complete the template: [HeritageFoodPrepII.docx](#) ↓
4. Submit the document as doc. or pdf.

7. Poster draft submission

8. Final Submission

Heritage Food Poster



Heritage Food Preparation - Poster

You chose your crop, you researched it and now it's time to create your poster. Do not forget to use MLA for your references. You may work on this assignment individually or in groups, please specify your choice. You can use the provided template as a guide or the RUE templates as long as your poster contains all the required elements: Intro, Socio-Historical Context, Cultural significance, Nutritional information, gardening instructions for Florida, recipe conclusions, and MLA references.

Ideally, after submitting the poster for this class, if you want you can present it at the RUE (<https://www.sfcollege.edu/rue/festival/index>). Currently we are working on providing awards specifically for Heritage posters, students from other participants will be in this category such as African American Humanities, Religion, French, and Chinese II.



Map that clearly shows country or region to unaided viewer

Plant Name: statement about the plant

Genus species (should be italicized)
other common names in quotes



Image of the plant goes here

Introduction	Cultural Significance	Gardening Instructions for Florida	Recipe
<p>This is where you provide a thesis statement that reflects your title and a brief overview of the information in the poster. You should not copy and paste directly from each section, but create a more general and concise version consisting of three to four sentences.</p> <p>The text boxes will contract or expand according to the amount of text you insert.</p>	<p>This is where you describe the cultural significance to the plant. Who produces the plant and how is it prepared and consumed?</p> <p>You also need to leave enough room to provide a visual image to accompany the data (picture of someone farming, a family eating, a piece of art that depicts the plant, etc.) artist, an album cover, etc. Be sure to also include the image source with the image to avoid copyright infringements.</p> <p>You can insert the image inside the text box, or place the image in a separate text box.</p>	<p>Provide basic growing instructions for Florida in this section: include soil and sun requirements, time of year to plant and time of year to harvest. Is it a vine that needs a trellis? Or does it grow along the ground? How much water does it need?</p> <p>Keep in mind, that when it comes to text, LESS IS MORE. Using bullets, and the addition of graphics such as images, charts, graphs, etc. will help the viewer learn more.</p> <p>a picture is worth a thousand words:</p> <p>An image of the edible part of the plant and an image of the plant in the garden would look great here.</p>	<p>This is where you provide a simple and easy recipe for the reader to try for the first time.</p> <p>Once you have your data in the poster, begin working on the aesthetic and design: are the boxes aligned? Is it easy to read?</p> <p>CHECK FOR SPELLING ERRORS!!</p> <p>For extra credit, save as a jpg and submit for peer review. Be sure to save the original so you can go back and revise it.</p>
<p>Socio-Historical Context</p> <p>This is where you describe the historical context of the plant. Assume the reader knows nothing about Africa. Be simple and succinct, while at the same time informing the reader of the role of the plant in African history. How long has it been in cultivation? Where is it most popular?</p> <p>Try to include an accompanying image that conveys visual information such as an historical image of people consuming or growing the plant.</p> <p>Be sure to use footnotes to reference all of your information to its scholarly source.</p>	<p>Nutritional Information</p> <p>This is where you add the nutritional information of the plant. Provide a general statement about the most significant vitamins and minerals.</p> <p>You can display a nutritional data graphic – yet be sure to cite it.</p>	<p>Conclusion</p> <p>What do you want to the reader to take away from reading your paper and viewing your poster? Tie this back into your statement in the title.</p>	<p>References</p> <p>Provide at least five scholarly references formatted in any style (be sure to include in-text citations as either footnotes or parentheses).</p>



Name
Date
HUM248E: Latin American Humanities
with Dr. Marcia Murillo

NOTE: You can change the colors in style of this template at anytime. The faculty provide a basic framework. You are expected to modify as much as possible.



Instructions

1. Read about the successful poster at RUE, and the contest itself. There have more templates and resources for your poster. <https://www.sfcollege.edu/rue/festival/index>
2. Download and complete the template: [HUM2420 Heritage Food Poster Template \(1\).pptx](#) ↓
4. Submit the poster as doc. or pdf.

9. Experiential assignment: cooking video demonstration

DB Heritage Food

DB Heritage Food

- A. Read information about the project [Heritage Foods](#)
- B. Create a video presentation showing how to cook your crop in a recipe. Your cooking demo will have two parts: a) introduction of the crop b) cooking demonstration.
- C. Comment on the recipes of two of your classmate.

Note: Upload the video as an MP4 file. If the file is too big upload it to youtube and submit the link.

Reply

Sample response: [Student Cooking Demonstration](#)

Resources for Students

- [Biodiversity Heritage Library](#)
- [Crop Index](#)
- [Florida Crops \[IFAS\]](#)
- [FloridaFresh \[IFAS\]](#)
- [Food Timeline](#)
- [Gardening Know-How](#)
- [International Plant Name Index](#)
- [Latin American Agriculture: Prospects and Challenges](#)
- [Latin American Studies Resources](#)
- [Plant Resources of the World](#)
- [Plants of the World Online](#)