

ASIAN HERITAGE FOOD

LESSON PLAN

CHINESE 1120 & 1121



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Lesson Plan Outline

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Instructor's Notes

Food is a portal into a culture. Traditional cuisine is passed down from one generation to the next. Over time traditional cuisine becomes an expression of cultural identity, especially immigrants that bring the food of their countries of origin with them. Planting and cooking traditional food are ways of preserving their culture in new places. Continuing to make food from their culture for family meals is a symbol of pride for their ethnicity and a means of coping with homesickness. In Florida, there are multicultural groups of immigrants. The Asian immigrants have transplanted many of their own heritage fruits and vegetables into the Florida landscape. In this class, we will explore a few of those plants: Bok Choy, Bitter Melon, Daikon, Ginger, Malabar Spinach, Mizuna, Shiitake Mushroom, and Turmeric. We will trace the fruits and vegetables historical and cultural significance in relations to their place of origin and Florida, nutritional information, planting instructions and recipes.

Resources for Educators

Books:

Imbruce, Valerie, From Farm to Canal Street Chinatown's Alternative Food Network in The Global Marketplace. Ithaca, New York: Cornell University Press, 2015

Articles:

Cornell University. 2006 "Explore Cornell: Home gardening flower growing guides." Cornell University Home Gardening.
<http://www.gardening.cornell.edu/homegardening/scene9529.html>

Ernst, M. (2017). Malabar Spinach, CCD-CP-130. Lexington, KY: Center for Crop Diversification, University of Kentucky College of Agriculture, Food and Environment. Available:
<http://www.uky.edu/ccd/sites/222.uky.edu.ccd/files/malabar.pdf>

Paladam M. C., and L. C. Chang. 2003 "Suggested cultural practices for bitter gourd." International Cooperators' Guide. Asian Vegetable Research and Development Center (AVRDC) pub#03-547, 1-5.

<http://203.64.245.61/web-crops/cucurbits/bittergourd.pdf>

USDA- ARS. 2015 National Nutrient Database for Standard Reference Release 28, Full Report (All Nutrients) 11025, Balsam-pear (bitter gourd), pods, cooked, boiled drained, without salt.

<http://ndb.nal.usda.gov/ndb/foods/show/2833?fg=&manu=&1facet=&format=Full&count=&max=35&offset=&sort=&qlookup=11025>

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Lesson Overview

Food is an important emblem of culture and ethnicity, which is one of the reasons why immigrants perpetuate their food and eating customs. Food also brings together family and friends within immigrant communities and thereby strengthens social ties. This module will introduce a number of different Asian heritage food to beginning Chinese language learning students. The goal is to broaden students' horizons in the world of Asian fruits and vegetables (Bitter Melon, Bok Choy, Daikon, Ginger, Malabar Spinach, Mizuna, Shiitake mushroom and Turmeric).

Lesson Objectives

- Identify and name an Asian heritage food in Chinese Mandarin with Pinyin
- Explain historical significance associated with heritage food in its place of origin and/or Florida
- Explain cultural significance (i.e., home country traditions, festivals, medicinal or rituals feature of the heritage food)

- Describe the handling methods of the heritage food
- Investigate the cultivation methods of the heritage food
- Demonstrate the importance of Asian heritage food as ambassadors of Asian cultures to Floridians by creating a conference poster

Lesson / Instruction

What is Heritage?

Heritage is the full range of our inherited traditions, monuments, objects, and culture. Most important, it is the range of contemporary activities, meanings, and behaviors that we draw from them. Heritage includes, but is much more than preserving, excavating, displaying, or restoring a collection of old things.

Heritage is a source of inspiration for creativity and innovation that generate contemporary and future cultural products. Cultural heritage has the potential to promote access to and enjoyment of cultural diversity. It can also enrich social capital and create a sense of individual and collective belonging. Heritage is important for culture and the future because it constitutes the “cultural potential” of contemporary societies, contributes to the continuous reevaluation of cultures and identities and is an important vehicle for the transmission of experiences, skills, and knowledge between generations. Furthermore, heritage helps to maintain social and territorial cohesion.

What is an Asian Heritage Food?

Within the cultural heritage, there is heritage food. Heritage food is food recognized by locals as a cultural identity and by tourists as a new food experience. Asian Heritage Food is what was originally grown, cooked, and eaten by people in Asia. Besides nourishment, these foods are part of each country’s unique cuisine which reflect its unique history, lifestyle, values, and beliefs.

How does the Asian Heritage Food fit in the Floridian agricultural system?

During the middle of the 19th and early 20th century, there was a significant influx of people and cultures from Asia into the United States, bringing with them a variety of new crops and culinary techniques to the Sunshine State. For example, Japanese immigrants founded the Yamato Colony in 1905. These farms combined crops grown in Asia for thousands of years into the local Floridian agricultural system. Asian crops are currently one of the fastest expanding segments of the local economy, and Asian food in Florida is a blend of traditional flavors with modern diversity. The Asian heritage food crops that we study in this class include several that have a long history in Florida as being popular among Asians as well as more recent immigrants.

Assignment Description

The project for the Asian Heritage Food (AHF) lesson is to create a conference poster that showcases the AHF that you have chosen from the list. The poster should demonstrate your understanding of the lesson by including the name of the Asian heritage crop in Chinese with Pinyin when possible, your findings of the cultural, historical, and social significance of the crop, providing nutritional information, growing methods, and an easy, traditional recipe to prepare the heritage food.

Project Development Activities

Read “How to Design an Award-Winning Conference Poster” by Fr. Tullio Rossi.
<https://www.animateyour.science/post/How-to-design-an-award-winning-conference-poster>

This article will open your eyes to what an award-winning conference poster looks like. Dr. Rossi emphasized 4 steps and at the end, illustrated his paper in a conference poster!

Familiarize with the crop list: Heritage Foods – Visual Recognition Activity: Kahoot quiz.

Pick a Topic: choose one crop from the Heritage Food list for your poster. Each student is required to create one food crop poster.

Research the chosen crop and submit your findings to Asian Heritage Food Module- Heritage Food Preparation -- Part A & Part B.

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. For this assignment, you will focus on the historical and cultural significance and nutritional information. Do not forget to use MLA citations.

Instructions

1. Research the crop using reliable sources: [Heritage Food Matrix](#)
2. Download and complete the template: [HeritageFoodPrepI.docx](#) [Download HeritageFoodPrepI.docx](#) **Be sure to include your crop's name in English, Chinese characters and pinyin with tone marks.**
4. Submit the document as doc. or pdf.

Tips for Historical Significance section:

An overview of the heritage plant's origins, use in Asia, when and how it was brought to the U.S. and any other significant historical information related to the plant.

Tips for Cultural and Social Significance section:

Where and how is this heritage food consumed in Asia and in U.S.? Is it depicted in the humanities such as in art or in music? Is it used for ritual or medicinal purposes? Is it a food used in special occasions such as festival celebrations? Is it a common food served at family dinners or a snack food?

Tips for Nutritional Value section:

Explain the nutritional benefits of the heritage food. You may use graphical images such as a chart in this section.

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. 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](#) [Download HeritageFoodPrepII.docx](#)
4. Submit the document as doc. or pdf.

Tips for the Planting Instruction section:

Easy directions on how to grow the plant in Florida: when to plant, sun, soil, water, etc. Please make sure you include a "growing zone" chart or picture.

Tips for Recipes section:

Provide two recipes: one with historical or cultural significance, e.g., festival food, medicinal remedy, family popular dishes. Another as an ingredient in other dishes in other cultures, or in the US. This dish can be a 'strange', or 'fun' dish.

Add Digital Imagesfor your Poster

Now that you have done your information research on your heritage crop, it is time to search for appropriate digital images to communicate the information you found for your crop. **Each section of your poster should have some form of graphical representation.** The images you choose should be:

1. **Captioned and credited to the source or producer of the image.** If you created the graphic (i.e., you took the picture or created the chart), credit yourself in the caption.
2. **At least one good, clear picture of people with the heritage food** - i.e., people engage in specific activities related to the plant. For example, someone cooking/cultivating/eating/harvesting the heritage food.
3. **A dish of delicious food made with your heritage crop as an ingredient.**
4. **Place where is ideal to grow this crop** (this can be a Florida map with the place marked) and a "growing zone" picture.
5. **A nutritional value chart.**
6. **Map of Asia showing the location of the countries or region that is relevant to the heritage food.**

* The resolution of each image in your poster should be **150-300 dpi** (or pixels per inch) at the final printing size. Resolution below 150 dpi will result in a pixelated image. Note that an image that looks good on the computer screen will not necessarily print well.

Annotated Bibliography

Create a digital poster – Ideally use the poster template for Research in Undergraduate Education (RUE) contest: <https://www.sfcollege.edu/rue/poster-resources/index>

Poster Board Showcase

Please upload your poster here so that everyone can view your beautiful poster.

Final Submission with consent form

Please upload your finished Heritage Crop Digital Poster and also include your consent form.

Resources for Students

- [Asian Vegetables \[New South Wales Department of Primary Industries\]](#)
- [Biodiversity Heritage Library](#)
- [Crop Index](#)

Information from Purdue University.

- [Florida Crops \[IFAS\]](#)
- [FloridaFresh \[IFAS\]](#)

Information on vegetables to plant in Florida.

- [Food Timeline](#)

Includes quotations and excerpts from books. Look up book titles in the catalog (including the [statewide catalog](#)) to learn more.

- [Gardening Know-How](#)
- [International Plant Name Index](#)
- [Plant Resources of the World](#)
- [Plants of the World Online](#)
- [Serious Eats Guide to Asian Greens](#)
- [Specific Vegetables A-Z \[IFAS\]](#)
- [USDA Food Data Central](#)

Use for nutritional information.

Florida Archival Collections

- [Central Florida Memory](#)
- [Chronicling America: Historic American Newspapers](#)
- [Florida History Online](#)
- [Florida Memory](#)
- [Publication of Archival Library & Museum Materials \(PALMM\)](#)

You may wish to search only the [Florida Heritage Collection](#).

- [UCF Digital Collections](#)
- [UF Digital Collections](#)

Includes [Florida Agriculture and Rural Life Digital Collection](#), [Florida Newspapers](#), [Florida Photographs](#), and [Food and Agricultural Sciences](#).

- [USF Digital Collections](#)

Includes [Early Visions of Florida](#) and [Florida Studies](#).

Asian Heritage Food Poster Rubric

Introduction An introduction section that includes the Heritage Crop's Name in Chinese with Chinese Characters and Pinyin with Tone Marks. A short introduction text explaining what your poster is about.	10 pts
Body The poster should include 5 sections explaining the Cultural, Historical, growing methods, Nutritional and Culinary value of the Heritage Food.	50 pts
Graphics Each section should include at least 1 attractive, interesting, and relevant image to help illustrate your researched information,	25 pts
References Please give credits and list all sources (print, online or yourself if you took the picture or produced graphics) you used to produce the poster.	25 pts

Poster Creator's Personal and School Information Your name, major, date, course, professor's name, and Santa Fe College Logo. You can also add a small self-portrait if you like.	10 pts
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Lesson Outcomes (Pre and Post) Quiz tied to project and course description

Question 11 pts

Which vegetable is also known as *"royal palace vegetable"* in Mandarin?

- Mizuna
- Bok Choy
- Malabar Spinach
- Shiitake Mushroom

Question 28 pts

Please match the English name of the Asian Heritage Crop to its name in Chinese characters and pinyin.

Bitter Melon

Bok Choy

Daikon

Ginger

Malabar Spinach

Mizuna

Shiitake Mushroom

Turmeric

Question 31 pts

All heritage crops are specific to one country only.

- True
- False

Question 41 pts

Is food heritage or culture?

- Culture
- Heritage
- Cultural Heritage

Question 51 pts

Heritage foods always have religious connotations.

- True
- False

Question 61 pts

What is the most popular ethnic food in the United States?

- Italian Food
- Chinese Food
- Mexican Food
- Japanese Food

Question 71 pts

Why do people link certain fruits or vegetables to their heritage?

- Because they remind them of the shape of their country.
- Because the color represents their country of origin.
- Because they remind them of their home cook food or meals.
- Because they generate memories of friends and family gatherings in their native land.
- 3 and 4 are correct.
- All of the above are correct.

Question 81 pts

What is the name of this vegetable?



- Mizuna
- En Choy
- Malabar
- Bok Choy

Question 91 pts

What is the name of this vegetable?



- Malabar
- Mizuna
- Bok Choy
- En Choy

Question 101 pts

What is the name of this vegetable?



- Bitter Melon
- Goya
- Bitter apple
- Balsam-pear
- All the above

Question 111 pts

What is the name of this crop?



- Ginger
- Turmeric
- Galangal
- Daikon
- Sunchokes

Question 121 pts

What is the name of this crop?



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- Shimeji mushroom
- Enoki mushroom
- Shiitake mushroom
- Truffles

Question 131 pts

What is the name of this crop?



- Ginger
- Turmeric
- Ginger root
- Daikon

Question 141 pts

What is the name of this vegetable?



- Mizuna
- Bok Choy
- En Choy
- Malabar Spinach

Question 151 pts

What is the name of this vegetable?



- White carrot
- Daikon
- Bok Choy
- Parsley

Question 161 pts

The Chinese name for Turmeric is reversible--i.e. 黄姜 huángjiāng and 姜黄 jiānghuáng are both Turmeric in Chinese.

- True
- False









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