

Pasta for Children Around the World

A Children's Nutrition and Cooking Curriculum



I.P.O.

International Pasta Organisation

OLDWAYS
HEALTH THROUGH HERITAGE

Contents

Introduction	4
Lesson 1: What is Pasta?	7
Lesson 2: Europe & Asia	
Belgium • France • Germany	14
Italy • Spain • Portugal	20
Turkey • Iran	26
Lesson 3: Latin America	
Brasil • Uruguay	34
Chile • Argentina	40
Venezuela • Colombia	46
Mexico • Costa Rica	52
Lesson 4: North America	
Canada • United States	60
Appendix	
World Pasta Production and Consumption	68
2010 Scientific Consensus Statement	69
Glossary	71



Pasta for Children

Introduction

Pasta for Children Around the World is a food and cooking curriculum to introduce and bring excitement about pasta, food, and cooking — to children everywhere!

The four lessons teach children about pasta, food traditions, and simple cooking, with recipes for healthy pasta meals from countries around the world. The lessons are organized by region and groups of countries.

Key Messages

The key messages of the curriculum are that pasta meals are easy to make, healthy and delicious, AND pasta is a part of meals in countries around the world.

1. **Local:** It's easy to take local food traditions and mix them with pasta!
2. **Global:** Also, it's easy to make and enjoy healthy pasta meals from countries around the world.

Anyone—parents, teachers, community leaders, health professionals, food retailers or others interested in children, food, cooking, and health—can teach *Pasta for Children Around the World*.

Oldways developed this curriculum on behalf of the International Pasta Organisation to help children around the world learn simple, delicious, and healthy ways of preparing pasta meals. This will help form a foundation for healthful eating that will last them a lifetime.

The curriculum is divided into four lessons. Lesson 1 is about pasta basics, and how pasta is an easy way to introduce lots of healthy foods (for example, vegetables and beans), with the flavors and foods of any country around the world! Lessons 2, 3, and 4 include information about pasta and several countries. Each country's lesson covers: geography and agriculture; food and pasta facts; plus a traditional pasta meal recipe to make.

Who is the Curriculum designed for?

The program is tailored for teachers, parents, and others to use with children ages 8-14. It can easily be adapted to the interests and skill levels of



children of any age, from kindergarten to high school. It can also be taught to people of any age including senior citizens, or to any group interested in learning about healthy eating.

Who can Teach Pasta for Children?

The lessons are designed so that teachers, parents, grandparents, chefs, and other people who care about food and children will be comfortable teaching them. Each lesson is similar in structure, and the introduction (below) includes some step-by-step guides for preparing and teaching.

What if I'm Not an Expert?

You don't need to be an expert in all cuisines and cultures. You just need to have a passion for good food and for teaching children about it. The class materials are designed and presented so that anyone with an interest in food and children can teach the lessons without a lot of study and preparation.

Is Teaching Experience Necessary?

No, not at all. The lesson plans give you a framework: You can follow each lesson to the letter, or you can add material from your own experiences.

Pasta for Children

How are the Lessons Organized?

Following the introductory chapter about pasta, the curriculum is organized by geography: Europe and Asia; Latin America; and North America. Each lesson has a focus on pasta, and also covers the geography and agricultural products of each country. Fun food and pasta facts follow. Finally, the curriculum introduces a traditional pasta dish of each country, including a simple recipe that can be prepared by the children in a classroom, with parents at home, by an educator in a grocery store or health clinic, or by a teacher in an organized group meeting (church, scouting, or others).

What Does Lessons 2, 3 and 4 Include?

Each lesson includes maps, food facts, pasta facts, recipes, and a "script" for the teacher to follow. All pages can be copied as handouts for the children.



General Cooking Equipment for the Class

Each lesson includes a shopping and equipment list. The cooking lesson requires a hot plate, stove or other heating element. An easy solution is to buy two small electric burners. These are easily found in the housewares' section of department or variety stores. Of course, a regular kitchen set up can also be used.

The cooking lesson also requires a large pot for cooking the pasta, another pan or two for the pasta sauce, utensils such as knives, wooden spoons, rubber spatulas, measuring cups and spoons, and cutting boards for cooking and prep work (cutting vegetables or measuring ingredients).

You may want to do all the "prep" work for the class ahead of time at home, or you can also do this in front of the children in class.

Practical Steps Before You Begin

Each lesson starts with the materials to be copied for the children in your class—the Recipes and the Maps, plus Food Facts, and Pasta Traditions!

We suggest you encourage the children to take these handouts home to share with their families. You'll need to check out the equipment and ingredient/shopping list for each class (see the list at the end of each lesson).

We encourage you to recruit volunteers (other parents, teachers, friends, family members) to help you.

If you do not want to cook in a classroom (or if there are rules preventing you), bring in a prepared dish to serve the children at the end of the lesson.

As a general rule of thumb, we have designed the class to last one hour, with the following time allotted per segment:

1. **Geography, Agriculture, Pasta Traditions:** 25 minutes
2. **Pasta Cooking Lesson and Set-Up:** 25 minutes
3. **Clean-Up:** 10 minutes

If you're teaching in a school setting, it is easiest to set up while the children are at another activity (art, recess, etc.). For clean-up, it is best to wash all the dishes at home. However, it is important to involve the children in clean-up: packing up, cleaning up tables and picking up things from the floor. When you are all packed, a group of children can help you carry the equipment and ingredients.

Plastic bowls or tubs with covers, or plastic bags work well to transport ingredients. We suggest extra-large canvas bags and extra-sturdy bags to transport all the bowls, bags, and equipment.

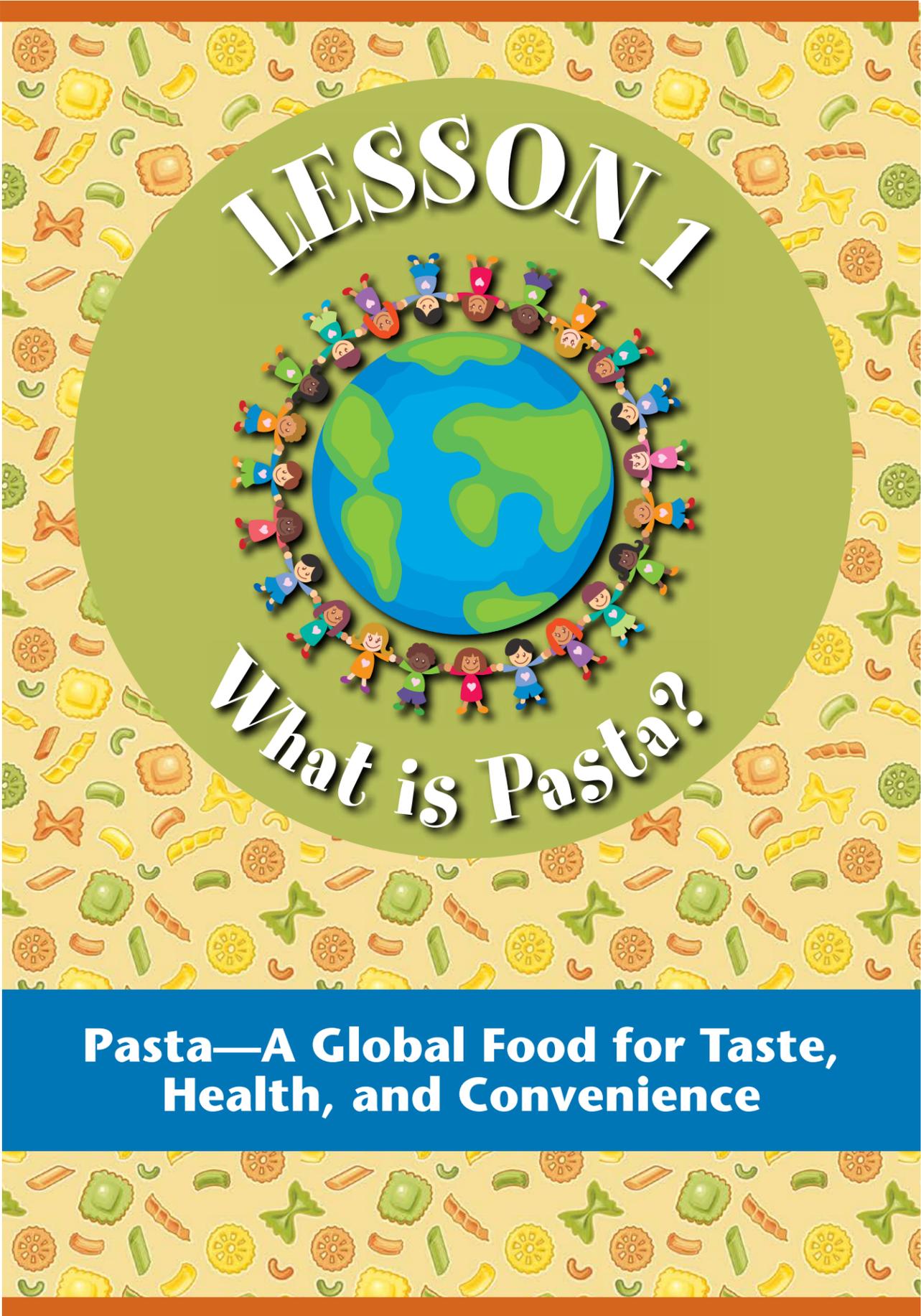
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What is Pasta?

Pasta—A Global Food for Taste, Health, and Convenience

What is Pasta?

Pasta is food, and it is a delicious food. Families all over the world eat pasta. Very often pasta is part of their main meal of the day.

What is Pasta Made From?

Pasta is made from durum wheat semolina, which is mixed with water, made into shapes, and then dried. Eggs are sometimes mixed with flour to make pasta dough.

Pasta +

Sometimes pasta may contain other ingredients such as eggs or vegetables. These ingredients can be mixed into the dough before it is dried, like in the case of egg pasta, or they can be added as a filling, in the case of filled pasta like ravioli.

Pasta can be served with delicious sauces and foods such as tomatoes, olive oil, cheese, vegetables, fish, clams, shrimp, meat, and beans, so it tastes good, too!



Pasta Shapes

Pasta is made in many fun shapes. Some shapes are like long strings, such as spaghetti and linguini. There are hundreds of other different shapes including shells, ribbons, wagon wheels, bow ties, and stars. There are also filled pastas, such as tortellini, where the pasta is wrapped around meat, cheese, or vegetables.



An Etruscan cave painting.

History of Pasta

Children and parents have eaten pasta for a very, very long time.

Wheat flour was one of the first foods of our distant ancestors. To make the flour, they crushed the kernels of wheat between two rocks. Then they mixed the flour with water, and cooked it.

We know this from drawings they made on the walls of the ancient caves where they lived.

The ancestors of Italians, called Etruscans, made drawings that show them making a food from wheat that looks like pasta.

It was not very long after that the Romans made a food they called “lagana” which we now call “pasta.” The Romans traveled to many countries, carrying pasta with them, and taught other peoples how to make and cook pasta.



What is Pasta?

Eight Reasons to Eat Pasta!

There are lots of really good reasons for eating pasta. Here are eight simple ones showing why pasta is a good food choice for children and their families.

1. Pasta is quick and easy to cook.
2. Pasta, and pasta meals, are delicious.
3. Pasta, and pasta meals, are nutritious and healthy.
4. Pasta is convenient and easy to store, thanks to its long shelf-life.
5. Pasta is not expensive.
6. Pasta can be served hot or cold.
7. Pasta can be served as a main dish or a side dish. It can also be served in soups, salads, and even in desserts!
8. Pasta is also environment-friendly, thanks to its packaging that permits 100% recovery of the materials.



How to Make Pasta

Pasta can be made two ways.

The most common way of making pasta is with machines. This is the pasta we buy in boxes and packages in markets. The other way is by hand and can be called “artisan pasta.”

Either way, the first step is to grind the durum wheat kernels into semolina. This durum wheat semolina is then carefully mixed with water, pressed into pasta shapes, and dried.



Pasta Factory

If the pasta is made in factories, the expert pasta makers put the durum wheat semolina and water into one end of a huge machine (bigger than a house!). Then the pasta maker pushes the “start button,” and the machine goes to work. The pasta dough is forced through holes in the machine (called a die) that determine the shape of the pasta. Then, the shaped pasta goes through a drying process and after its completion, the dried pasta comes out the other end of the machine, and is ready to go into boxes and then to the market!



Pasta making in a factory.



What is Pasta?



HOW TO COOK PASTA

1. Most of the time, pasta is cooked in boiling water. When it is done, the pasta is taken out of the water, drained, and then “dressed.” Dressing pasta meals means mixing it with wonderful sauces or other foods such as tomatoes, olive oil, fish, cheese, meat, or vegetables.

Some favorite pasta sauces are very simple (just olive oil or butter, a sprinkle of cheese, and salt and pepper). Other delicious pasta

sauces are more complicated. They include meat and fish sauces, vegetable sauces (especially tomato sauces), milk and cream sauces. Also, famous chefs often invent clever and exciting dishes with pasta for their restaurants!

2. Pasta is often served in soups. Sometimes it is cooked right in the soup broth, and other times it is cooked in plain water, and added to the



soup when it is almost finished. Pasta soups are very popular in the Americas. People in Mexico, Central and South American enjoy pasta in many different kinds of soups and stews. North Americans eat lots of chicken, beef, or vegetable soups with pasta.

3. Pasta dishes are sometimes fried or baked.

Scientists Say Pasta is Healthy!

Pasta made headlines around the world in October 2010 when nutrition scientists from four continents met in Rio de Janeiro, Brasil, to talk about pasta and health. Here are the important things they said about pasta and pasta meals:

1. Science says eating a balanced variety of different foods is more important for good health than worrying about any single food or ingredient.
2. Traditional ways of eating are usually healthier than today’s popular foods. Pasta and pasta meals are an important part of most traditional ways of eating, all around the world.
3. Too many calories—not any one food—is why people are too fat.
4. Pasta is not expensive, and it is easy to find in stores and prepare at home.
5. Pasta and pasta meals give our bodies a steady supply of energy—a good thing. They do not cause sugar in the blood to rise quickly.
6. Pasta meals help people to eat more vegetables, legumes, and other healthy foods.
7. Doctors, nutrition experts, and other health experts should tell their patients to eat more healthy pasta meals. Olive oil is used in many pasta sauces.
8. Pasta meals are enjoyed in cultural traditions worldwide, as they are versatile and easily adaptable to national/regional seasonal ingredients.

What is Pasta?



PASTA FUN FACTS

- There are more than 600 different pasta shapes made around the world.
- Thomas Jefferson, America’s third President, is credited with bringing pasta to America in 1789.
- ‘Al dente’ is used to describe pasta when it is cooked to perfection. ‘Al dente’ in Italian literally means “to the tooth.” Pasta that is al dente should not be overly firm, nor should it be overly soft.
- The word “pasta” comes from the Italian for paste, meaning a combination of durum wheat semolina and water.
- Pasta existed for thousands of years before anyone ever thought to put tomato sauce on it. One reason is that tomatoes were not grown in Europe until the Spanish explorer Cortez brought them back to Europe from Mexico in 1519.
- If Italians ate their average yearly amount of pasta in spaghetti shape (long thin pasta), they would eat enough pasta to wind around the earth 15,000 times!
- Around the year 1000, the first documented recipe for pasta appeared in the book “De Arte Coquinaria per Vermicelli e Macaroni Siciliani” (The Art of Cooking Sicilian Macaroni and Vermicelli), written by Martino Corno, chef to the powerful Patriarch of Aquileia.
- In the 19th century, the industrial revolution and modern technology caused the production of pasta to be standardized and mechanized. This allowed pasta production to spread throughout Italy and surrounding nations, and soon afterwards to spread to the furthest corners of the globe. This made pasta one of the world’s best-known and enjoyed foods.

LESSON 2

Europe & Asia

Belgium • France • Germany
Italy • Spain • Portugal
Turkey • Iran

Geography



Make and bring with you copies of the map of Belgium, France, and Germany.

Hand Out The Map

Point out the three countries, and the different coasts of the three countries. (Belgium has the North Sea to its north; France has the English Channel to the north; the Bay of Biscay to the west, and the Mediterranean Sea to the south; Germany has the North Sea and Baltic Sea to its north.)

Q: What countries are neighbors of these three countries?

A: The Netherlands, Luxemburg, Switzerland, Monaco, Andorra, Austria, Czech Republic, Denmark, Poland, Spain, and Italy.

Q: What are the capital cities of each of these countries?

A: Brussels, Belgium; Paris, France; Berlin, Germany

Look At a World Map Or Globe

Compare latitude with the country you are in. These three countries are in the northern hemisphere, and are on the same latitude as the very northern part of the US, southern Canada, southern Russia, Kazakhstan, Ukraine, Mongolia, and southern China.

Q: What do you think each of these countries is known for?

A: Brussels, Belgium is the capital of the European Union.

A: France is known around the world for its cuisine, wine, and cheese.

A: Germany has two major river valleys: the Moselle and the Rhine (border with France)—and the southern part of the country includes the Alps mountains (border with Switzerland).



Agriculture

BELGIUM



Agriculture in Belgium is focused on both growing crops and raising animals.

Just over one-third of the land in Belgium is used for farming or for forestry (the growing of trees for use in paper, furniture, and other products).

Belgium's main crops include barley, corn, potatoes, sugar beets, wheat, and some fruits and vegetables.

Fishing also plays a part in Belgium's agriculture, but most of the fish caught is exported to other European countries.

FRANCE



France is one of the few European countries that can grow or raise all the food it needs for its people, and it exports more agricultural food products than any other European country.

The most productive farms are in northern France, but there are other areas such as Brittany (vegetables), Languedoc, Burgundy, and Bordeaux districts (vineyards), and Provence (flower gardens, olive groves, and fruit orchards), which are very fertile.

The main crops in France are wheat, grains, sugar beets, potatoes, and wine grapes. Livestock raising, especially beef, is important, as well as dairy production.

GERMANY



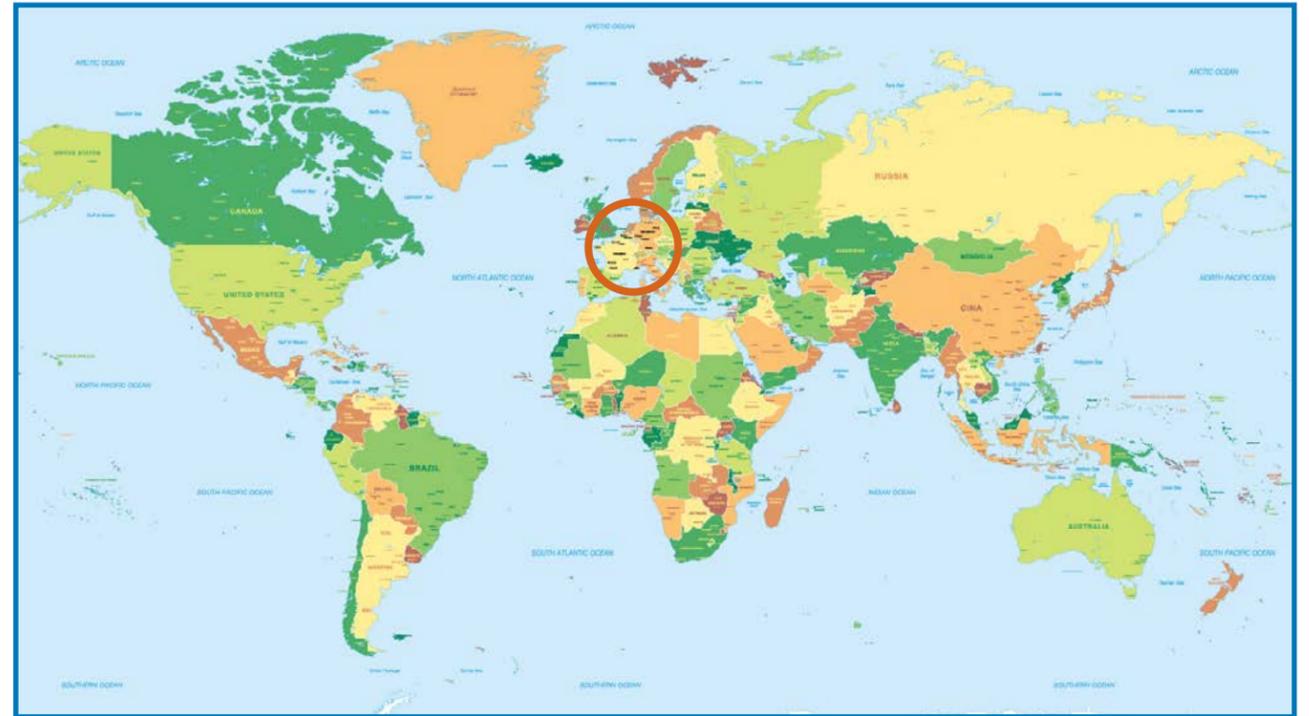
Farming wheat, potatoes, barley, sugar beets, fruit, and cabbages is still an important part of Germany's economy.

Additionally, almost all large cities are surrounded by fruit orchards and vegetable farms.

Beer and wine are also produced in Germany.



World Map





Pasta Traditions

BELGIUM

- The first automated pasta factory was opened in Belgium by Joseph Soubry in 1921. It still exists today! Pasta is an increasingly popular dish in the Belgian diet, often served with fresh seafood or vegetables.
- Belgians are keen consumers of dried and chilled/fresh pasta. They eat about 5.4 kg of pasta per person per year.

FRANCE

- France began its pasta tradition in the 1700s in southern France, close to Italy. It grew into a much-loved dish across the country. By the 1900s, there were pasta makers all over Paris, making vermicelli, macaroni, and lasagna.
- Today, there are about eight big pasta factories in France, and the average per capita consumption is 8 kg per year.

GERMANY

- German pasta (*teigwaren*) is made in over 100 different shapes, mainly from durum wheat. Other grains such as spelt are also used. Eggs are added to German noodles (*nudeln*) and spätzle, which makes a rich pasta that Germany is famous for.
- Germany produces about 335,000 tonnes of pasta per year and German people eat 8 kg of pasta per person per year.



Antique German spätzle-maker

Recipes

BELGIUM: Penne with Broccoli and Pancetta



- 350 grams (¾ pound) penne
- 1 head broccoli, cut into small pieces
- 30 grams (2 tablespoons) olive oil
- 80 grams (3 oz.) pancetta or bacon
- 2 cloves garlic, thinly sliced
- Pinch chili flakes
- 15 grams (1 tablespoon) chopped parsley (optional)
- Grated Parmesan

1. Cook the penne according to package instructions. When half cooked, add the broccoli.
2. Heat a frying pan over medium heat, add some of the oil and cook the pancetta until crispy. Add the garlic and chili, stir until lightly golden, and remove from the heat.
3. Drain the pasta and broccoli (the broccoli should be soft) and add to the pan of garlic and pancetta. Cook for a few minutes, tossing and adding pepper, salt and the remaining oil to taste.
4. Sprinkle the dish with grated Parmesan to taste just before serving.

Makes 4 servings



FRANCE: Spaghetti with Mushrooms, Zucchini, and Tarragon



- 340 grams (¾ pound) spaghetti, freshly cooked
- 2–4 tablespoons extra-virgin olive oil
- 450 grams (1 pound) zucchini, trimmed, diced
- ½ teaspoon dried crushed red pepper
- 900 grams (2 pounds) mushrooms, sliced
- 2 ½ tablespoons chopped fresh tarragon
- 2 tablespoons chopped fresh parsley
- 2 large garlic cloves, minced
- 2 large tomatoes, chopped

1. Brush a large deep nonstick skillet with 1 to 2 tablespoons of the olive oil; heat over medium-high heat. Add zucchini and crushed red pepper. Sauté until beginning to soften, about 3 minutes. Transfer to bowl.
2. Brush the skillet again with 1 to 2 tablespoons of olive oil; heat over medium-high heat. Add the mushrooms and sauté until brown and tender, adding water by tablespoonfuls as needed if the mushrooms stick to skillet, about 18 minutes. Add the zucchini mixture, herbs, and garlic and stir 1 minute. Season to taste with salt and pepper.
3. Add the pasta and tomatoes to the mushroom mixture; toss to blend, adding water by if the mixture is dry. Season with salt and pepper. Transfer to a bowl.

Makes 4 servings



GERMANY: German Style Spätzle



- 1 onion, chopped
- 4 tablespoons olive or canola oil
- 1 leek, cleaned and cut into small pieces
- 250 grams (½ pound) carrots, diced
- 250 grams (½ pound) mushrooms
- ⅛ liter (½ cup) broth or stock
- ¼ liter (1 cup) cream
- 250 grams (½ pound) Spätzle
- 600 grams (1 ½ pounds) ground beef, chicken, or turkey
- 1 clove garlic
- 1 bunch parsley
- 2 eggs
- 3 tablespoon bread crumbs
- Salt and pepper

1. Cook the onion in 1 tablespoon of the oil in a large pot until it is soft. Turn off the heat and set aside. Meanwhile, blanch the leeks and carrots in salted water for 3 and 4 minutes, respectively, and then rinse in cold water and dry. Wash and cut the mushrooms in half.
2. Remove half of the cooked onion to a bowl, and return the pan to medium heat. Add the mushrooms and braise for 5 minutes. Add the broth to the pan, scraping up the browned bits on bottom. Add the cream and cook covered, on low, for 15 minutes.
3. Cook the spätzle accordingly to the package instructions.
4. Mix the meat, reserved onion, eggs, bread crumbs, salt and pepper and shape into 16 equal-sized balls. Fry in the remaining 3 tablespoon of oil at medium heat for 10 minutes. Add the salt and pepper to the vegetable cream sauce, then mix with meatballs. Serve ladled over cooked spätzle.

Makes 4 servings





BELGIUM

Capital: Brussels

Languages:
French and Flemish

Food Facts

- Most main dishes have meat or fish.
- Belgium is also known for chocolate and beer.
- The national dish of Belgium is *moules* (mussels), often served in a steaming broth with *frites* (fried potatoes).
- Other traditional dishes are: *gauffres* (waffles) baked using special waffle irons, and *smoutebollen*, a fried pastry served hot at street stalls, especially at fairs and festivals.

Fun Facts

- Belgium produces so much chocolate that divided among all the people in Belgium, it's enough for everyone to have several pieces every day.
- More chocolate is sold at the Brussels International Airport than anywhere else in the world!



FRANCE

Capital: Paris

Language: French

Food Facts

- French food or cuisine is often considered to be one of the best in the world. Different regions in France have different kinds of cooking (or dishes).
- There is no general agreement on what is the national dish of France but several dishes are popular throughout the country: *pot-au-feu*, a slowly cooked beef and root vegetable stew; and *coq au vin*, chicken cooked in red wine

Fun Facts

- France produces over 400 types of cheese.
- France is about the same size as Texas, with twice the population.
- Wearing a white wedding dress is a tradition which began in France more than 500 years ago.



GERMANY

Capital: Berlin

Language: German

Food Facts

- German food is different in the north and south of the country. In the south, people eat more noodles and dumplings, and in the north, they use more potatoes.
- Würste (sausages) are a favorite in Germany. They come in hundreds of varieties, and are eaten everywhere in the country.
- Bread is usually eaten at every meal. In addition, the Germans are famous for beer (like Belgium!).

Fun Facts

- Germany has the largest population in Europe (other than Russia). In 2012, the population was 82 million people.
- There are 300 kinds of bread in Germany. There are even bread museums!
- The Christmas tree tradition came from Germany.

What You'll Need

BELGIUM: Penne with Broccoli and Pancetta

Utensils

Hot plate
Pot for pasta
Frying pan
Colander
Plastic utensils
Plastic plates
Knife
Measuring utensils
Cutting board

Ingredients

350 grams (¾ pound) penne
1 head broccoli
30 grams (2 tablespoons) olive oil
80 grams (3 oz.) pancetta or bacon
2 cloves garlic
Pinch chili flakes
15 grams (1 tablespoon) chopped parsley (optional)
Grated Parmesan

FRANCE: Spaghetti with Mushrooms, Zucchini, and Tarragon

Utensils

Hot plate
Pot for pasta
Large deep nonstick skillet
Bowl
Colander
Plastic utensils
Plastic plates
Knife
Cutting board
Measuring utensils

Ingredients

340 grams (¾ pound) spaghetti
2–4 tablespoons extra-virgin olive oil
450 grams (1 pound) zucchini
½ teaspoon dried crushed red pepper
900 grams (2 pounds) mushrooms
2 ½ tablespoons chopped fresh tarragon
2 tablespoons chopped fresh parsley
2 large garlic cloves
2 large tomatoes

GERMANY: German Style Spätzle

Utensils

Hot plate
Large pot
Pot for leeks & carrots
Pot for spätzle
Frying pan
Colander
Bowl
Plastic utensils
Plastic plates
Knife
Measuring utensils
Cutting board

Ingredients

1 onion
4 tablespoons olive or canola oil
1 leek
250 grams (½ pound) carrots
250 grams (½ pound) mushrooms
⅛ liter (½ cup) broth or stock
¼ liter (1 cup) cream
250 grams (½ pound) Spätzle
600 grams (1½ pounds) ground beef, chicken, or turkey
1 clove garlic
1 bunch parsley
2 eggs
3 tablespoon bread crumbs
Salt and pepper

Geography



Make and bring with you copies of the map of Italy, Spain, and Portugal

Hand Out the Map

Point out the three countries, and the different coasts of the three countries. Italy is a peninsula in the Mediterranean Sea, with the Adriatic Sea to its east and the Tyrrhenian Sea to the west. Spain borders the Mediterranean Sea on its south coast, and the Bay of Biscay to the north. Spain also meets Morocco (North Africa) at Gibraltar (a UK colony). Portugal's coast faces the North Atlantic Ocean.

Q: What countries are neighbors of these three countries?

A: Portugal borders Spain; Italy borders France, Switzerland, Austria, and Slovenia; Spain borders Portugal, France and Andorra.

Q: What are the capital cities of each of these countries?

A: Rome, Italy; Madrid, Spain; and Lisbon, Portugal.

Look at a World Map or Globe:

Compare latitude with the country you are in. These three countries are in the northern hemisphere, and are on the same latitude as the northern part of the US, southern Canada, southern Russian, Kazakhstan, Ukraine, Mongolia and southern China.

Q: What do you think each of these countries is known for?

A: Italy is famous for pasta, pizza, and olive oil; the Roman Coliseum; and the home of the Catholic Church, Vatican City.

A: Over 500 years ago, Spain sent many explorers to the Americas. People think of Spain for its bullfighting.

A: Portugal is also known for its explorers in past centuries. It is famous for its port wine.

Q: Can you guess what languages are spoken in these three countries?

A: People in Italy speak Italian; Spanish people speak Spanish, and in Portugal, everyone speaks Portuguese.

Q: Do you think it's unusual that these three countries that are so close geographically speak three different languages? Can you guess why?

Agriculture

ITALY



Agriculture in Italy has long been successful due to a climate that is well suited for growing fruits and vegetables.

Italy's is well known for production of high-quality olive trees (olive oil) and vineyards (wine).

Other important crops grown in Italy are citrus fruits, rice, tomatoes, durum and soft wheat, corn, cherries, apricots, nectarines, peaches, plums, pears, and almonds.

SPAIN



About 6% of Spain's population works in agriculture, and a large percentage of the land is used for growing crops and for grazing.

Spain is one of the leading producers and exporters of olive oil and tomatoes, as well as wine, and other organic fruits and vegetables.

Other crops grown in Spain include citrus fruits such as mandarin oranges, peaches, pears, apples, apricots, beans, wheat, and potatoes.

Spanish cheese is growing in popularity around the world.

PORTUGAL



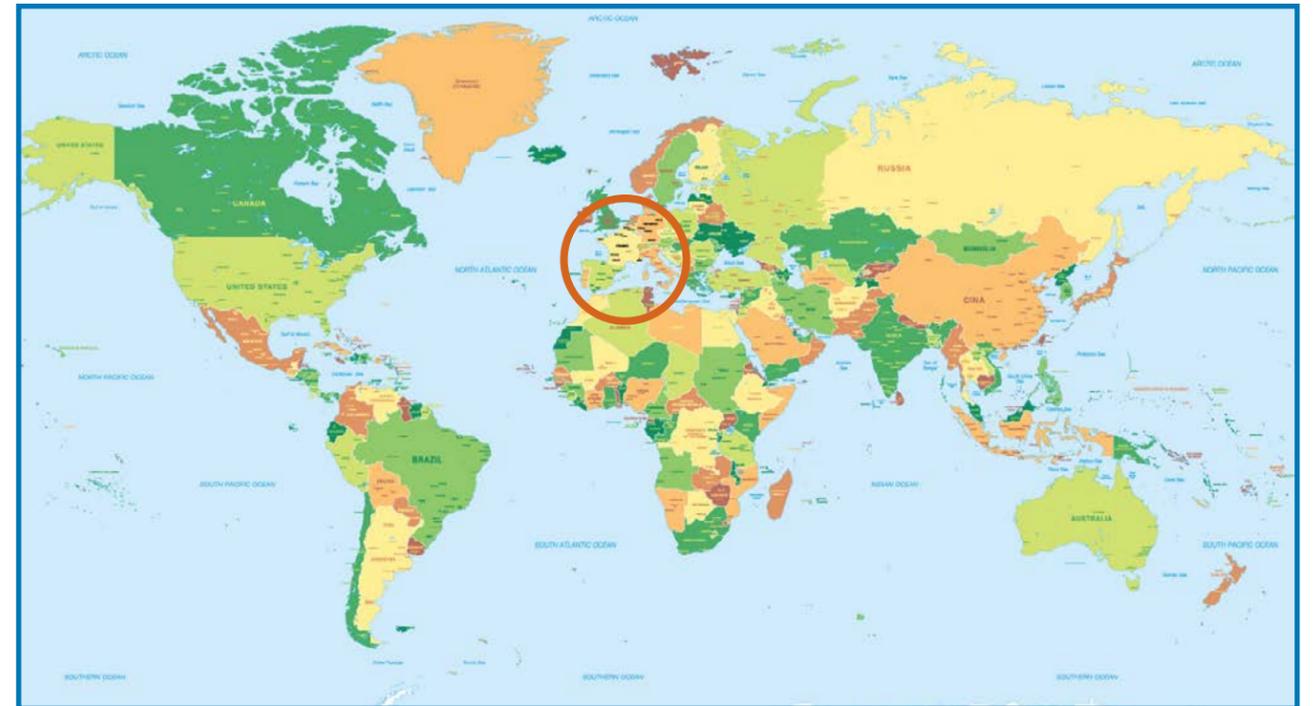
Portugal produces a wide variety of agricultural products.

Crops produced in significant amounts include wheat, corn, rice, potatoes, and tomatoes. Portugal is a major producer and exporter of tomato paste, as well as olive oil.

Portugal has many vineyards and is known for dessert wines such as port and muscatel, which are well-known throughout the world.

Fishing has long been an important part of Portugal's history. The most commonly caught fish are cod, hake, tuna, and sardines.

World Map





Pasta Traditions

ITALY

- Pasta is the national food of Italy, with the average Italian consuming 26 kilos per year—the most in the world! Italy also produces and exports more pasta than any other country: more than 3,300,000 and 1,700,00 tons per year respectively.
- By the 14th century, pasta had become a popular food item. It had a long shelf life, which made it easy to carry on journeys made by ship. This is how it spread from coast-to-coast and became popular.
- The word “pasta” comes from the Italian word for paste, meaning a combination of flour and water.

SPAIN

- Pasta is enjoyed by many children in Spain, and is popular with families for ease of preparation and use of other ingredients such as vegetables, cheese, and fish. The Spanish eat approximately 5 kilograms of pasta per year. Often times pasta is served in soups or in pasta salads in Spain.
- Tomatoes and Spanish Food: Like all Mediterranean people, the Spanish enjoy tomatoes many ways - fresh or cooked in lots of different kinds of dishes. Make sure to have on hand both fresh tomatoes, as well as a couple cans of tomato sauce and a large can of crushed tomatoes.

PORTUGAL

- Pasta has become more and more popular in Portugal, mainly among the young people. Portuguese people consume as high as 6.6 kilograms of pasta each year. Many typical Portuguese pasta recipes are cooked with fish, meat and vegetables, always using traditional seasonings.
- A trend in Portugal is to make a stock as flavorful as possible for cooking the pasta in. Any type of small shaped pasta can be used, though the most common is small macaroni.
- Portuguese pasta dishes typically include a rich combination of pasta with vegetables, poultry, meats or seafood bound together with flavorful sauces.

Recipes

ITALY: Spaghetti with Tomatoes and Basil



- 650 grams (1 ½ pounds) spaghetti
- 450 grams (1 pound) tomatoes (preferably San Marzano)
- 2 ½ tablespoons extra-virgin olive oil
- 2 tablespoons minced white onion
- 10 basil leaves
- 4 tablespoons grated Parmigiano Reggiano
- Salt and pepper to taste

1. Dip the tomatoes into boiling water for about ten seconds and place in a bowl of ice water for 1 minute. Remove from the ice water, and dry. Peel them, remove the seeds and cut them in slices. In a saucepan, brown the minced onion in the olive oil, then add the tomatoes. Season with salt and pepper. Cook for about ten minutes.
2. Cook the pasta according to the package instructions in plenty of salted water, drain and add it to the sauce. Garnish with basil leaves and sprinkle with the cheese before serving.

Makes 4 servings



SPAIN: Linguine with Cocoa Powder



- 500 grams (1 pound) egg linguine
- 250 grams (8 ounces) cottage cheese
- 50 grams (¼ cup) grated Parmesan cheese or Gruyère cheese
- 75 grams (⅓ cup) butter
- 1 spoonful sweet cocoa powder
- Salt, pepper, and cinnamon to taste

1. Cook the pasta in a large pot of boiling salted water.
2. Meanwhile, mix the cottage cheese with the grated Parmesan and keep it warm in a double boiler.
3. Once the pasta is cooked *al dente*, drain quickly, place on a large serving dish and add some butter. Place the cheese on top of the pasta, sprinkle with the cocoa powder and a pinch of cinnamon and pepper.

Makes 4 servings



PORTUGAL: Fritos de Massa e Bacalhau (Fried Cod and Pasta)



- 225 grams (½ pound) pasta, cooked *al dente*
- 225 grams (½ pound) cod
- 7 tablespoons butter, melted
- Pinch salt and pepper
- 1 tablespoon diced parsley
- 1 onion, diced
- Bread crumbs
- 1 tablespoon olive oil

1. Boil the cod for 10 minutes and pull apart into pieces. Put the cod pieces into a bowl and mix them with the melted butter. Knead the mixture and add the cooked pasta, little by little.
2. Add the parsley and onion. Knead everything one more time, season with pepper, and a little salt if needed. With this mixture, form small balls then flatten them.
3. Coat them with the bread crumbs, and then sauté them in very hot olive oil until browned. When finished cooking, lay them on paper towels to absorb the excess oil.

Makes 4 servings





ITALY

Capital: Rome
Language: Italian

Food Facts

- Italian cuisine is an excellent example of the Mediterranean diet: lots of fresh fruits and vegetables, fish, cheese, grains, pasta, olive oil, and wine.
- Italy is known for its many regional specialties.
- Pasta (and its numerous shapes and sauces) is known as the national dish of Italy.

Fun Facts

- The colors of the flag represent three virtues: hope (green), faith (white) and charity (red)
- There are two independent countries in Italy. The Republic of San Marino (only 25 square miles) and the Vatican City (just 109 acres).



SPAIN

Capital: Madrid
Language: Spanish

Food Facts

- Spanish cuisine is heavily influenced by the great availability of fish and seafood, and also by North African and Middle Eastern flavors.
- Other traditional dishes in Spain include tapas, which are a great variety of small dishes eaten at any time of day. Common tapas include gambas, (shrimp cooked in garlic) tortilla, (an omelette with potato and onion) and pisto, (a stew of tomatoes, peppers, eggplant, and zucchini).

Fun Facts

- The name Spain came from the word Ispania, which means the land of rabbits.
- People in Spain eat dinner very late, around 9 or 10 at night.
- If you drink hot chocolate in Spain you will find it very thick almost like drinking warm pudding.



PORTUGAL

Capital: Lisbon
Language: Portuguese

Food Facts

- Because of its seafaring history (it is on the Atlantic Ocean!), Portuguese cuisine is generally based on fish and seafood.
- The most popular type of fish dish is bacalhua, which is salted and dried cod. This salting and drying process was used to preserve cod and other fish before refrigeration was widespread, and still is popular today. It is often said that there are 365 ways to cook bacalhau, one for every day of the year!

Fun Facts

- Portugal has the longest bridge in Europe. The Vasco dae Gama bridge is 17 km and spans the Tagus river just outside of the city of Lisbon.
- Portugal produces more cork than any country in the world.
- Portuguese is the official language of 9 countries.

What You'll Need

ITALY: Spaghetti with Tomatoes and Basil

Utensils

Hot plate
Pot for pasta
Colander
Saucepan
Bowl
Plastic utensils
Plastic plates
Knife
Peeler
Measuring utensils
Cutting board

Ingredients

650 grams (1½ pounds) spaghetti
450 grams (1 pound) tomatoes (preferably San Marzano)
2 ½ tablespoons extra-virgin olive oil
2 tablespoons minced white onion
10 basil leaves
4 tablespoons grated Parmigiano Reggiano
Salt and pepper

SPAIN: Linguine with Cocoa Powder

Utensils

Hot plate
Pot for pasta
Large frying pan
Colander
Plastic utensils
Plastic plates
Knife
Measuring utensils
Cutting board

Ingredients

500 grams (1 pound) egg linguine
250 grams (8 ounces) cottage cheese
50 grams (¼ cup) grated Parmesan or Gruyère cheese
75 grams (⅓ cup) butter
1 spoonful sweet cocoa powder
Salt, pepper, and cinnamon

PORTUGAL: Fritos de Massa e Bacalhau (Fried Cod and Pasta)

Utensils

Hot plate
Pot for pasta & cod
Bowl
Frying pan
Colander
Plastic utensils
Plastic plates
Knife
Cutting board
Measuring utensils
Paper towels
Pan for bread crumbs

Ingredients

225 grams (½ pound) pasta
225 grams (½ pound) cod
Salt and pepper
1 tablespoon diced parsley
1 onion
7 tablespoons butter
Bread crumbs
1 tablespoon olive oil

Turkey · Iran

Geography



Make and bring with you copies of the map of Turkey and Iran.

Hand Out The Map

Point out the two countries, Turkey and Iran. Turkey is in two continents—both Europe and Asia. It is a “land bridge” between eastern Europe and the Middle East. Turkey shares part of its eastern border with the country of Iran, which is in western Asia.

Q: What countries and bodies of water border Turkey?

A: Turkey’s European area (only 3% of Turkey) borders Greece and Bulgaria. Turkey’s Asian area borders the Mediterranean Sea, the Black Sea, Syria, Iraq, Iran, Armenia, and Georgia.

Q: What countries and bodies of water border Iran?

A: Azerbaijan, Armenia, Turkey, and Iraq share Iran’s western border. The Caspian Sea is to the north, the Gulf of Oman is to the south, and Turkmenistan, Afghanistan, and Pakistan share the eastern border.

Q: What are the capital cities of Iran and Turkey?

A: Tehran, Iran; and Ankara, Turkey.

Look at a World Map or Globe

Compare latitude with the country where you live. Turkey and Iran share a similar latitude with the United States and China. Turkey is almost parallel to Spain, Greece, and southern Italy.

Q: What do you think each of these countries is known for?

A: Iran is known for oil, its ancient culture, and several foods including its fresh and dried fruit.

A: Turkey is known for its location at the crossroads of Europe and Asia, and its diverse culture that has combined its Ottoman Empire past with European influences. It is known for its spices and cuisine.

Q: What language is spoken in each country?

A: Turkish is spoken in Turkey and Persian is spoken in Iran.

Agriculture

TURKEY



Agriculture in Turkey is very successful, thanks to enough rain and very fertile soil. Turkey ranks as one of the top countries in the world in agriculture, and many Turkish people work in farming.

Crops grown in large amounts in Turkey include hazelnuts, figs, cherries, quince, pomegranate, watermelon, cucumber, chickpeas, olives, tomatoes, eggplant, peppers, lentils, pistachios, tea, apples, wheat, rye, grapefruit, cotton, barley, and sugar beets, to name just a few!



Shop in Gaziantep, Turkey.

Other major businesses in Turkey involve petroleum, textiles and fabric, tea, leather and glass.

IRAN



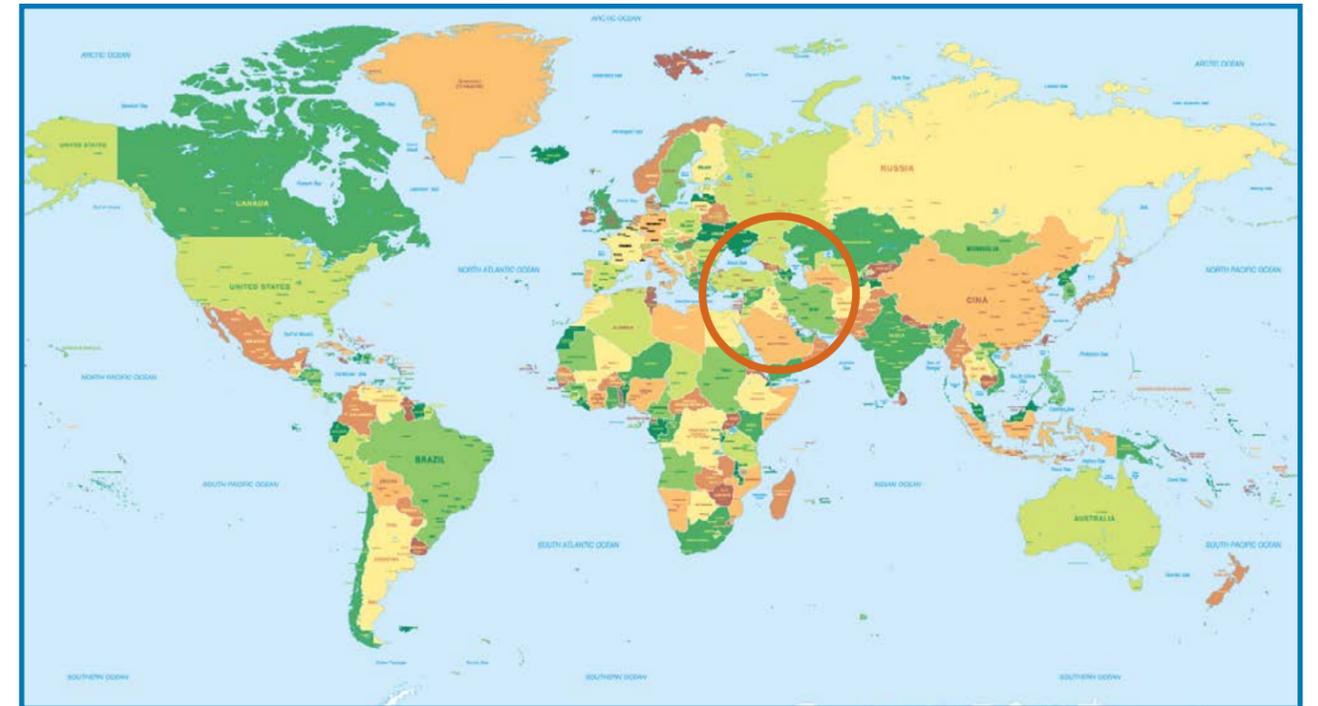
Agriculture in Iran is not as successful as Turkey. Poor soil and lack of water have driven people to the city, and created poverty in rural areas.

Wheat, rice, and barley are the country’s major crops. Iran exports a large amount of fruit, cultivates saffron, and ranks as the third largest pistachio producer and exporter after the USA and Turkey. The annual volume of durum wheat production in Iran is approximately 15 million tons. Durum wheat is grown mainly in Shiraz and also in Khuzestan (south of Iran), Hamedan and Kermanshah (west of Iran) and in the Golestan Province.

Sheep are the most numerous of the country’s livestock, and fishing is an important industry because of Iran’s northern and southern water access. Iran is the world’s largest producer and exporter of caviar.

Turkey · Iran

World Map





Pasta Traditions

TURKEY

- Turkey is a major producer of pasta. Annual production is estimated to be of about 852,000 tons. The first pasta factories appeared in Izmir in 1922. Most pasta is made in Anatolia, where the wheat used in making pasta (durum wheat) is grown.
- Shoppers can buy a half-tonne (500 kg) box of pasta at supermarkets in Turkey. Because it is too heavy and too big for the shopping trolley, delivery is included in the price. Guinness World Records has declared the cardboard box—at one-and-a-half meters high and well over a meter wide—the biggest pasta box ever produced. All revenues from the sales of the massive cartons will go to the United Nations Children's Fund (UNICEF).
- Turkey consumes 450,000 metric tons of pasta per year, and 6 kg per per person. About half of the domestic production is sold abroad.

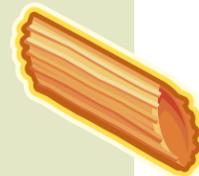


Production line in a food factory.



IRAN

- The first automatic and modern Iranian pasta factory appeared in Hashtgerd, out of Tehran, the capital of Iran, in 1994.
- Iran's pasta industry is growing and today there are about 10 manufacturers, producing about 560,000 tons per year. Annual consumption grew to 360,000 tonnes and 8.5 kilograms per person.
- Many families are replacing rice with pasta. Persian Macaroni is a delicious and popular Iranian style of pasta with a meat sauce, prepared with fried minced meat.



Recipes

TURKEY: Vegetable Pasta With Tomato Sauce



- 250 grams (½ pound) spinach and tomato animal shaped pasta
- 30 grams (2 tablespoons) olive oil
- 4-5 garlic cloves, minced
- 1 zucchini, peeled and sliced
- 1 carrot, sliced
- 1 kilogram (2.2 pounds) tomatoes, peeled and chopped
- 1 teaspoon sugar
- Salt to taste
- 15 grams (1 tablespoon) parsley, minced

1. Put the olive oil into a large saucepan and turn heat to medium. Add the garlic and sauté for 1 to 2 minutes.
2. Add the sliced zucchini and carrot to the garlic and olive oil and cook for 4-5 minutes more, stirring occasionally.
3. Add the tomatoes, sugar and salt. Cook for 10 minutes more, until the sauce thickens.
4. Meanwhile boil 2.5 liters of water and the desired amount of salt in a large pot. Once it boils, add the pasta and cook for 6 minutes. Drain.
5. Mix the pasta with the sauce and season with parsley.



IRAN: Pasta Salad with Hot Sauce



- 500 grams (1 pound) vegetable fusilli
- 5 tablespoons olive oil
- 10 small pickled cucumbers, chopped
- 5-6 baby ears of corn, cut into rings
- 30-45 grams (2-3 tablespoons) finely minced parsley leaves
- 1 can tuna
- 1 fresh chili pepper
- Salt and pepper to taste
- 2-3 teaspoons lemon juice

1. Boil the fusilli in salted water with 1 tablespoon olive oil added. Drain, rinse, and drain again.
 2. Mix the pickled cucumbers and baby corn rings with the minced parsley. Add the tuna and the desired amount of chili pepper.
 3. Toss the ingredients with the cooked fusilli. Add salt, pepper, lemon juice, and olive oil.
- Makes 4 servings





TURKEY

Capital: Ankara

Language: Turkish

Food Facts

- Vegetables are the most important food in Turkish cuisine, although roasted lamb and meats are also popular.
- Traditional dishes include *döner kebab*, a filet of meat (usually lamb or chicken) stacked on a vertical spit and roasted at high heat over a grill; *köfte*, (KOOF-the), ground meat (usually lamb or mutton), mixed with crumbled bread, minced onions, spices, shaped into cylinders, cooked, and served with yogurt.
- Traditional breads include *lavas*, (LAH-vash) a flat bread cooked on a griddle. Sometimes lavas are filled (usually with spinach and cheese) and then they are called *gözleme* (GUZ-leh-meh).

Fun Facts

- Istanbul is the biggest city in Turkey. It has been the capital of three great empires—Roman, Byzantine, and Ottoman.
- According to legend, Noah's Ark landed on Mount Ararat, which is in Eastern Turkey.
- Turkey introduced tulips, cherries, and coffee to Europe.



IRAN

Capital: Tehran

Language: Persian

Food Facts

- Iran's cuisine, also known as Persian, has similarity to Turkish and Greek cuisines in its kebabs and other dishes, due to cultural contacts with Greeks and Turks.
- Fresh herbs (called *sabzi khordan*) and vegetables are frequently used along with fruits such as plums, pomegranates, quince, prunes, apricots, and raisins. Typical Persian main dishes combine rice with meat, lamb, chicken, or fish and some onion, vegetables, nuts, and herbs. A variety of flat breads, called *naan* or *noon* (*sangak*, *lavash*, *barbari* and *taftoon*) are also regularly served. Saffron, dried limes, cinnamon, and parsley are mixed delicately and used in some special dishes.

Fun Facts

- The word Iran means the 'Land of the Aryans.'
- The former name of Iran was Persia, which was in use until 1935.
- Iran has the world's best caviar.
- Tehran has been the capital of Iran for more than 100 years.

What You'll Need

TURKEY: Vegetable pasta with Tomato sauce

Utensils

Hot plate
 Pot for pasta
 Large Saucepan
 Colander
 Plastic utensils
 Plastic plates
 Knife
 Measuring utensils
 Cutting board

Ingredients

250 grams (½ pound) spinach and tomato animal shaped pasta
 30 grams (2 tablespoons) olive oil
 4-5 garlic cloves
 1 zucchini
 1 carrot
 1 kilogram (2.2 pounds) tomatoes
 1 teaspoon sugar
 Salt to taste
 Parsley

IRAN: Pasta Salad with Hot Sauce

Utensils

Hot plate
 Pot for pasta
 Colander
 Bowl
 Plastic utensils
 Plastic plates
 Knife
 Measuring utensils
 Cutting board

Ingredients

500 grams (1 pound) vegetable fusilli
 5 tablespoons olive oil
 30–45 grams (2–3 tablespoons) finely minced parsley leaves
 1 can tuna
 5–6 baby ears of corn
 10 small pickled cucumbers
 1 fresh chili pepper
 2–3 teaspoons lemon juice
 Salt and pepper





Brasil • Uruguay
Chile • Argentina
Venezuela • Colombia
Mexico • Costa Rica

Geography



Copy and bring with you copies of the map of Brasil and Uruguay.

Hand Out The Map

As you can see on the map, both Brasil and Uruguay are on the eastern coast of South America. Brasil is the largest country in South America, and Uruguay is one of the smallest. In fact, Brasil is the fifth largest country in the world.

Q: What are the two South American countries with which Brasil does not share borders?

A: Chile and Ecuador.

Q: What are the countries that border Uruguay?

A: Brasil and Argentina

Q: What are the capital cities of Brasil and Uruguay?

A: Brasilia, Brasil; and Montevideo, Uruguay

Look at a World Map or Globe:

Compare the latitude of Brasil and Uruguay with the country where you live. Brasil is so big that it is in both the southern and the northern hemispheres; Uruguay is in the southern hemisphere. The northern part of Brasil is very close to the equator and at the same latitude as central Africa and the Philippines. Uruguay and southern Brasil are in line with South Africa. As you can see on the map, the Atlantic Ocean is north of Brasil.

Q: What language is spoken in these two countries?

A: Brazilians speak Portuguese, rather than Spanish, the language of Uruguay and most of the other South American countries. Brasil was colonized by Portuguese explorers.

Q: What do you think each of these countries is known for?

A: Both countries are known for great soccer (football) and beautiful beaches. Uruguay means Land of the Painted Bird. Brasil is famous for its Carnival, a yearly festival, and for the Amazon Rainforest.

Agriculture

BRASIL



There is a big variety of agriculture in Brasil. It's very successful because the country is so large and there is land that is good for crops. Almost one-quarter of the population is employed in agriculture.

Brasil is the world's largest producer of sugarcane (right) and coffee. It also grows large amounts of cocoa, soybeans, oranges, tobacco, rice, corn, and other tropical fruits and nuts.



URUGUAY



Agriculture in Uruguay has traditionally been centered around meat—raising cattle and sheep, as well as veal, chickens, ducks, lamb, pigs, and turkeys.

In 1990, they started growing more crops—wheat, corn, potatoes, barley, sugarcane, and soybeans. Even though Uruguay is on the coast, fishing is not as common.



Main square in the center of Montevideo, Uruguay.



World Map





Pasta Traditions

BRASIL

- Brazilians enjoy their pasta cooked softer than the “al dente” method preferred by Italians, who originally introduced pasta to the country. Brasil is the third largest producer of pasta in the world, with 1,300,000 tonnes produced annually.
- Lasagna, gnocchi, yakisoba, and other pasta dishes are also very popular.
- As a variation to rice and beans, Brazilians often eat pasta (including *yakisoba*, *lamen*, and *bifum*) and pasta salad. Brazilians eat about 6.2 kg of pasta annually.
- For most Brazilians, dinner is a light affair, and pasta is often included in this meal.



Pasta-making machine

URUGUAY

- In Uruguay, it is customary to celebrate the “day of ñoqui,” the 29th of each month, by meeting with family or friends to enjoy pasta dishes, and placing coins under the plate in the hopes that there will be lots of money in the next month!
- Uruguayan cuisine is traditionally based on its European roots, in particular, European food from Italy, Spain, Portugal and France, but also from countries such as Germany and Britain, along with African and indigenous mixtures. For this reason, pasta is common in Uruguay.
- In Uruguay, pasta surpasses pizza in consumption levels. The average per capita consumption of pasta is of about 7.5 kg. Among the common pastas are *tallarines* (fettuccine), *ravioles* (ravioli), *ñoquis* (gnocchi), and *canelones* (cannelloni). They are usually cooked, served, and consumed in Uruguayan fashion, called *al-uso-nostro*, a phrase of Italian origin.
- It is common in Uruguay for pasta to be eaten together with white bread (“French bread”).
- Uruguayan pasta tends to come together with a large amount of *tuco sauce* (Italian *suco* “juice”), and be accompanied by *estofado* (stew). Less commonly, pastas are eaten with a sauce of pesto, a green sauce based on basil, or *salsa blanca* (Béchamel sauce).
- Although the pasta can be served with a lot of sauces, there is one special sauce that was created by Uruguayans. The *Caruso Sauce* is a pasta sauce made from double cream, meat extract, onions, ham, and mushrooms.
- Pasta is one of the most traditional dishes for family Sunday lunch, either at home or in restaurants.



Recipes

BRASIL: Spaghetti with Lemon



- 400 grams (1 pound) spaghetti
- 3 tablespoons extra virgin olive oil
- 1 onion, grated
- 120 milliliters (4 ounces) lemon juice
- 2 tablespoons lemon zest
- 1 pinch nutmeg and pepper
- 1 teaspoon basil
- 2 tablespoons “Minas” cheese or Queso Fresco (fresh cheese)

1. Boil the water and cook the pasta until *al dente*, drain and set aside.
 2. In a saucepan, heat the oil and add the onion, lemon juice, lemon zest, nutmeg and pepper. Mix well and pour over the spaghetti.
 3. Add the basil, mix well and sprinkle with cheese.
 4. Serve immediately.
- Makes 4 servings



URUGUAY: Pasta with Parmigiano Reggiano



- 450 grams (1 pound) linguine or tagliatelle
- 230 grams (1 cup) grated, fresh Parmigiano Reggiano cheese
- 3–4 tablespoons butter or extra-virgin olive oil
- Nutmeg, to taste
- Salt and pepper to taste

1. Add the pasta to salted boiling water and cook until *al dente*. Drain but reserve one cup of the pasta water.
2. Return the empty pasta pot to the stove and add the butter. When the butter is melted, add half of the pasta water and let it reduce for a couple of minutes. Add the drained pasta to the pot with the butter and toss. Add some of the reserved pasta water if you need a little more moisture. Add the grated Parmesan and toss well. Sprinkle nutmeg, salt and pepper to taste and toss again.
3. Serve the pasta in individual bowls.

Variation with Sage—follow the recipe above, adding this to step 2:

While the butter is melting, add a cup of loosely packed, chopped fresh sage leaves and sauté until the sage shrivels. Proceed as above.

Makes 4 servings





BRASIL

Capital: Brasilia

Language: Portuguese

Food Facts

- Brazilian cuisine varies from region to region—not surprising since the country is so big. The basics of the traditional diet in Brasil are rice and beans, plus whatever meat and vegetables may be available.
- In the Amazon region, *manioc*, a starchy root vegetable, is usually eaten with fish. Bread and pasta have become more important in the last few decades, especially in urban areas.
- Traditional dishes in Brasil include *feijoada*, (a stew of fresh and cured pork, black beans, sausage, and often collard greens, oranges, chiles, garlic, onion, and celery); *quibebe*, (winter squash soup); and *pamonhas*, (a paste made from corn and milk or coconut milk, boiled, and wrapped in corn husk, served salty or sweet).

Fun Facts

- Brasil produces 25% of the world's coffee supply.
- Brasil is the longest country in the world.
- Brasil is home to the world's longest beach—Praia do Cassino (240 kilometers or 150 miles)
- Amazon Rainforest, located in Brasil, is the world's largest rainforest, covering more than 5 million square kilometers.



URUGUAY

Capital: Montevideo

Language: Spanish

Food Facts

- The cuisine of Uruguay is linked to its European roots. Mediterranean foods from Italy, Spain, and France are common, and so are some foods from Germany. Pasta, sausages, and desserts are examples.
- People eat a lot of meat in Uruguay. The Uruguayan version of barbecue, called *asado*, is one of the most famous in the world and is also the country's national dish.
- Other common dishes in Uruguay include *chivitos*, (steak sandwiches topped with eggs, cheese, bacon, lettuce, and tomato); *pascualinas*, (spinach pies); *empanada gallega*, (fish pies with sauce, onions, and green peppers); and *choripán* (*chorizo*, served with crusty bread, tomato, lettuce, and mayonnaise).

Fun Facts

- Uruguay is the second smallest country in South America.
- The National Anthem of Uruguay is around five minutes in length, making it the longest national anthem of any other country.
- Uruguay is most notable for its meat.
- Most houses in Uruguay have names.

What You'll Need

BRASIL: Spaghetti with Lemon

Utensils

Hot plate
Pot for pasta
Colander
Saucepan
Plastic utensils
Plastic plates
Grater/zester
Measuring utensils

Ingredients

400 grams (1 pound) spaghetti
3 tablespoons extra-virgin olive oil
1 onion
120 milliliters (4 ounces) lemon juice
2 tablespoons lemon zest
1 pinch nutmeg and pepper
1 teaspoon basil
2 tablespoons "Minas" cheese or Queso Fresco (fresh cheese)

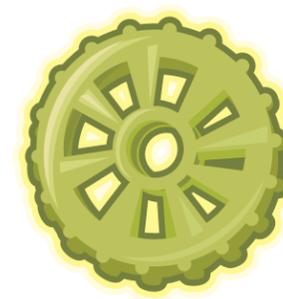
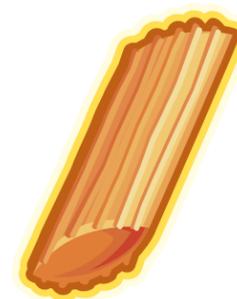
URUGUAY: Pasta with Parmigiano Reggiano

Utensils

Hot plate
Medium pot
Colander
Plastic utensils
Plastic plates
Knife
Measuring utensils
Cutting board

Ingredients

450 grams (1 pound) linguine or tagliatelle
230 grams (1 cup) grated, fresh Parmigiano Reggiano cheese
3–4 tablespoons butter or extra-virgin olive oil
Nutmeg
Salt and pepper



Geography



Copy and bring with you copies of the map of Chile and Argentina.

Hand Out The Map

Point out the two countries, Chile and Argentina. Chile is a long, narrow country along the southwestern coast of South America. It is considered one of the most unusually shaped countries in the world because it is so much longer than it is wide.

Argentina takes up a significant portion of the bottom half of South America.

Q: What countries and bodies of water border Chile?

A: Chile is bordered on the north by Peru and Bolivia, on the east by Argentina, and by the Southern Pacific ocean on the west.

Q: What countries and bodies of water border Argentina?

A: It is bordered to the west by Chile, to the north by Bolivia and Paraguay, by Brasil and Uruguay on the northeastern tip, and the South Atlantic Ocean to the east.

Q: What are the capital cities of Chile and Argentina?

A: Santiago, Chile and Buenos Aires, Argentina

Look at a World Map or Globe:

Compare latitude with the country where you live. Since Chile and Argentina are the two most southern countries in South America, the northern parts of the countries are similar in latitude to the southern tip of Africa and Australia.

Q: What do you think each of these countries is known for?

A: Chile is one of South America's most stable and prosperous nations. It is also known for copper (large producer), fruit, wine, and the Andes Mountains.

A: Argentina is known for the tango, beef, asado (Argentinian barbeque), and soccer (football).

Q: What language is spoken in both countries?

A: Spanish (although different pronunciations)!

Agriculture

CHILE



Agriculture in Chile is mainly centered on fruit crops such as grapes, apples, pears, peaches, and avocados; and some vegetables and grains. Potatoes have been grown in Chile for thousands of years.

Sheepherding and cattle raising are also important. Plus, because the water off the coast of Chile is cool, commercial fishing is very important for Chile. Chile is second in the world for farmed salmon production, a practice known as aquaculture. Chile is also known around the world for its wines.

ARGENTINA



Agriculture is one of the bases of Argentina's economy. Mainly soybeans, wheat, and maize make up one fourth of Argentine exports.

Beef and other meats are some of the most important agricultural export products of Argentina. Nearly 5 million tonnes of meats are produced in Argentina, long the world's leading beef consumer on a per capita basis.

Grapes (mostly for the wine harvest), together with lemons, apples, and pears are the most important fruit harvests, and vegetables are cultivated all over the country, but mainly for the domestic market.



Vineyard in Argentina with Andes mountains in the background.

World Map





Pasta Traditions

CHILE

- The pasta industry started to develop in 1898. Now there are 3 major pasta producers in Chile and the total annual production is about 126,000 tonnes.
- Chilean cuisine is a blend of traditional indigenous, Spanish and other European food customs. Pasta dishes tend to follow the European traditions.
- Lunch is the main meal of the day in Chile. A typical dish includes meat (beef, lamb, pork or chicken) or fish with rice or pasta and vegetables. The Chilean average annual per capita consumption reaches 8.4 kilograms.



ARGENTINA

- Between 1880 and 1890, nearly one million immigrants came from Europe to live in Argentina, most from Italy and Spain. Argentina was one of the first countries in Latin America to develop a local pasta industry. The Italians introduced a variety of pasta dishes, including spaghetti and lasagna. Now pasta and pizza are eaten as commonly as beef.
- There are now about 28 major pasta producers in Argentina, producing about 325,000 tonnes per year. Estimated annual per capita consumption is of about 7.9 kilograms.
- The preparation of homemade food is customary in Argentina to celebrate a special occasion, to meet friends, to honor someone, and to show affection. Homemade pasta is often included in this custom.
- Argentine pasta includes a wide variety of dishes ranging from spaghetti, fusiles (fusilli), ñoquis (gnocchi), ravioli, cintas (pasta ribbons), and lasagne to the Argentine-made sorrentinos, agnolottis, canelones (cannelloni), and fettuccine (fetuchini).
- Pasta is extremely common, either simple unadorned pasta with butter or oil, or accompanied by tomato or Béchamel-based sauce.



Hand-powered pasta maker.

Spaghetti drying.

Recipes

CHILE: Spaghetti with Avocado and Nut Sauce



- 200 grams (½ pound) spaghetti
- 1 large avocado
- 50 grams (¼ cup) chopped nuts
- 1 garlic clove
- 1 tablespoon olive oil
- Salt and pepper

1. Peel and spoon out the avocado. Cut the avocado flesh into cubes.
2. In a blender or food processor, puree the avocado, nuts, garlic, olive oil, salt and pepper (to taste) until it forms a smooth creamy mixture.
3. In the meantime, cook the pasta according to package instructions. Be sure the pasta is cooked *al dente*.
4. Once drained, mix the pasta with the avocado mixture and serve.

Makes 4 servings



ARGENTINA: Argentinian Olive Pasta



- 250 grams (½ pound) thin pasta (capellini)
- 115 grams (½ cup) quartered green olives
- 75 grams (⅓ cup) diced red bell pepper
- 75 grams (⅓ cup) diced green bell pepper
- 2 cloves garlic, minced
- 1 dash cayenne paprika
- ¼ teaspoon salt
- 1½ tablespoons flour
- 4 tablespoons extra-virgin olive oil
- 75 grams (⅓ cup) Parmesan cheese, freshly grated

1. Cook the pasta until *al dente*. Drain, rinse in cold water, and set aside.
2. Sauté the olives, peppers, and garlic in a little water over medium heat until peppers are soft.
3. In a small bowl, mix the cayenne, paprika (use 2 to 3 dashes), and salt with the flour. Add the oil to the vegetables. Sprinkle the flour mixture over the olives and peppers and stir. Continue cooking over low heat for a few seconds.
4. Add the pasta and toss until coated and the olives are spread throughout. Toss the Parmesan cheese into the pasta at the last minute and serve immediately.

Makes 4 servings





CHILE

Capital: Santiago
Language: Spanish

Food Facts

- Chilean cuisine has lots of seafood and vegetables, as well as corn and potatoes.
- Traditional dishes include *cazuela*, a clear broth with rice, potato, corn on the cob, plus a piece of beef or chicken; *pastel de choclo*, a mixture of chicken, beef, olives, and vegetables in a corn casserole; *epanadas*, fried flour tortillas filled with cheese, meat, or seafoods.
- Seafood dishes include *paila marina*, a light stew loaded with fresh seafood and fish; *mariscal*, a similar dish but served raw and chilled; and *ceviche*, fish or shellfish marinated overnight in lemon juice, served chilled.
- Traditional breads include *pan amasado*, a thick bread that is baked in wood fired oven.

Fun Facts

- Chile is one of only two countries in South America that does not border Brasil.
- Chile has one of the longest recorded dry spells in the world. In a desert in Chile, it did not rain for 40 years.
- The number one world exporter for salmon is Chile.



ARGENTINA

Capital: Buenos Aires
Language: Spanish

Food Facts

- Argentine cuisine may be described as a blending of Mediterranean influences with the livestock and agricultural products of Argentina. Argentina is known for beef, and *asado* (the Argentine barbeque).
- Argentinian people have a reputation for their love of eating. Sunday family dinner is considered the most significant meal of the week and often includes *asado* or pasta.
- A sweet paste, *dulce de leche* is another treasured national food, used to fill cakes and pancakes, spread over toasted bread for breakfast, or served with ice cream.
- Northwest Argentinean cuisine, more influenced by native Indians, includes staples like *empanadas*, *Locro* stew, and dishes with potatoes and corn.

Fun Facts

- Argentina covers approximately 2,737,000 km² (1,056,000 m²), and only seven countries in the world are larger by land area than Argentina: Russia, Canada, the United States, China, Brasil, Australia, and India.
- Argentines developed the world's first artificial heart, mass-produced the first ball point pens, and flew the first helicopter.

What You'll Need

CHILE: Spaghetti with Avocado and Nut Sauce

Utensils

Knife
Cutting board
Spoon
Blender or food processor
Hot plate
Pot for pasta
Colander
Plastic utensils
Plastic plates
Measuring utensils
Peeler (optional)

Ingredients

200 grams (½ pound) spaghetti
1 large avocado
50 grams (¼ cup) chopped nuts
1 garlic clove
1 tablespoon olive oil
Salt and pepper

ARGENTINA: Argentinian Olive Pasta

Utensils

Hot plate
Medium pot
Colander
Plastic utensils
Plastic plates
Knife
Measuring utensils
Cutting board

Ingredients

250 grams (½ pound) thin pasta (capellini)
115 grams (½ cup) quartered green olives
75 grams (⅓ cup) diced red bell pepper
75 grams (⅓ cup) diced green bell pepper
2 cloves garlic
1 dash cayenne paprika
¼ teaspoon salt
1½ tablespoons flour
4 tablespoons extra-virgin olive oil
75 grams (⅓ cup) Parmesan cheese, freshly grated



Geography



Make and bring with you copies of the map of Colombia and Venezuela

Hand Out The Map

Point out the two countries. Colombia and Venezuela are at the northernmost end of South America. Venezuela is shaped like an upside-down triangle, and is bordered on the south by Brasil, and on the west by Colombia.

Q: What five countries border Colombia?

A: Colombia is bordered by with five Latin American countries: Panama, Venezuela, Brasil, Peru, and Ecuador.

Q: What countries border Venezuela?

A: Colombia, Brasil, and Guyana

Q: Both countries have coastlines on two bodies of water? What are they?

A: Colombia: Caribbean Sea and Pacific Ocean

A: Venezuela: Caribbean Sea and Atlantic Ocean

Q: What are the capital cities of Colombia and Venezuela?

A: Bogota, Colombia and Caracas, Venezuela

Look at a World Map or Globe:

Compare latitude with the country where you live. Colombia, like Brasil and Ecuador, is in both the northern and southern hemispheres. Venezuela is in the northern hemisphere. They are similar in latitude to countries like Thailand and Vietnam in Asia, and parts of central Africa. Just north of Colombia and Venezuela are Caribbean countries like Cuba, Trinidad and Tobago, and Jamaica.

Q: What do you think each of these countries is known for?

A: Colombia produces a lot of coffee.

A: Venezuela has the highest waterfall in the world—the Angel Falls.

Agriculture

VENEZUELA



Agriculture in Venezuela is not as important because the soil is not as rich and fertile as other South American countries. Only 4% of the total land area is used for temporary or permanent crops. Petroleum—not agriculture—is the major industry.

The main food crops grown in Venezuela are rice, corn, sugarcane, sorghum, bananas, plantains, oranges, coconuts, mangoes, and coffee. Important non-food crops include cotton and tobacco.

COLOMBIA



Agriculture in Colombia has been important since the colonial times, and was focused on growing coffee and tobacco until the early 1900s.

Because Colombia has farmland and mountains, they grow a variety of crops. Near the Caribbean are banana plantations, while in the Andes mountains, high-quality coffee beans are grown in large quantities. These two crops are Colombia's largest exports.



Coffee plant growing in Colombia.



World Map





Pasta Traditions

VENEZUELA

- Venezuelans consume the second-largest amount of pasta per person in the world, second only behind Italy! Annual pasta consumption in Venezuela keeps growing, in part because many people of Italian heritage live in Venezuela.
- Potato pasta, called *Ñoquis* by Venezuelans, is more prominent in the Central region of Venezuela.
- At the present time, pasta is part of the basic food basket in Venezuela, and the average annual per capita consumption is 13 kilograms.
- Pasta is one of the staples of the Venezuelan home and is served over 2 to 3 times per week.

COLOMBIA

- In Colombia, pasta is consumed in three ways: in soups, salads, and pasta courses with sauce. The pasta recipes vary depending on the region and climate. For example, in cold climates, pasta with different sauces and vegetable soups are common, and in hot climates pasta salads with tuna, chicken, and vegetables are preferred.
- Colombian cuisine emphasizes traditional regional recipes, but new trends that make the best of local products turn Colombian flavors into innovative dishes. Pasta is included in this phenomenon. Colombian average per capita consumption of pasta is estimated to be about 3.5 kg per year.



Tagliatelle production.



Recipes

VENEZUELA: Spaghetti with Tomatoes and Tuna



500 grams (1 pound) spaghetti
 1 onion, chopped
 1 clove garlic, chopped
 2 tablespoons olive oil
 1 can tuna fish, drained
 4 ripe tomatoes, peeled and diced
 Salt and pepper to taste
 Hot pepper flakes or hot sauce (optional)

1. Sauté the onion and garlic in olive oil until the garlic is golden. Add the tuna in bits and then the tomatoes, also in small amounts. Cook for 10 minutes to warm up. Add the salt and pepper.
2. Cook the spaghetti *al dente*. Serve with the sauce, adding hot pepper flakes or hot sauce if desired.

Makes 5 servings.



COLOMBIA: Vegetable Soup with Pasta



200 grams (½ pound) small sized pasta
 2 liters (8 cups) broth (chicken, beef, or vegetable)
 2 stalks celery, chopped
 2 carrots, chopped
 230 grams (1 cup) green peas
 1 bunch cilantro, chopped

1. Heat the broth in a medium pot. Add the chopped vegetables and peas, and let the vegetables simmer until they are almost cooked.
2. Add the pasta and cook according to package instructions. Add salt and pepper to taste, stirring occasionally.
3. Top with chopped cilantro and serve.

Makes 6–8 servings





VENEZUELA

Capital: Caracas

Language: Spanish

Food Facts

- Venezuelan cuisine varies greatly from one region to another. The European influence is especially noticeable in the central region. In the western region, food is more influenced by the local people. Seafood and fish are common in most of the northern parts of the country.
- The national dish of Venezuela is *pabellon*, made up of rice, shredded beef, black beans; and *tajadas* (fried plantains). Other foods from various regions include soft white cheeses such as *guayanés* and *crineja*.
- *Arepas*, which is a type of flat bread made of corn flour, water, and salt, is sometimes filled with cheese and cooked on a griddle. It can be eaten with almost anything!

Fun Facts

- The term Venezuela literally means 'Little Venice.' The country was so named by its explorers, who saw houses built on stilts in a lake here, reminding them of Venice.
- Venezuela is one of the oldest democracies in South America.
- The world's highest waterfall, the Angel Falls, was named after American aviator Jimmy Angel, who landed his plane at the top of the falls in 1936.



COLOMBIA

Capital: Bogota

Language: Spanish

Food Facts

- Colombian cuisine reflects European roots and also traditional influences. Traditional dishes are based on corn, potatoes, meat, beans, rice, and plantains.
- Although no one agrees on what is the national dish of Colombia, *arepas* (like Venezuela), and *sancocho*, (a thick stew made across South America with the Colombian version usually including large pieces of chicken, plantain, cassava, and a fresh tomato and onion sauce, called *guiso*) are favorites.

Fun Facts

- Colombia is the only country in South America to have access to both the Pacific Ocean and Caribbean Sea
- 75% of the world's emeralds are mined in Colombia.
- According to the New Economic Foundation Happy Planet Index, Colombia has the second happiest population in the world.

What You'll Need

VENEZUELA: Spaghetti with Tomatoes and Tuna

Utensils

Hot plate
 Pot for pasta
 Frying pan
 Colander
 Plastic utensils
 Plastic plates
 Knife
 Measuring utensils
 Cutting board

Ingredients

500 grams (1 pound) spaghetti
 1 onion
 1 clove garlic
 2 tablespoons olive oil
 1 can tuna fish
 4 ripe tomatoes
 Salt and pepper to taste
 Hot pepper flakes or hot sauce (optional)

COLOMBIA: Vegetable Soup with Funny Shapes

Utensils

Hot plate
 Medium pot
 Colander
 Plastic utensils
 Plastic plates
 Knife
 Measuring utensils
 Cutting board

Ingredients

190 grams small sized pasta
 2 liters (8 cups) stock (chicken, beef, or vegetable)
 2 stalks celery
 2 carrots
 230 grams (1 cup) green peas
 1 bunch cilantro



Geography



Copy and bring with you copies of the map of Costa Rica and Mexico

Hand Out The Map

Point out the two countries. Costa Rica is in Central America—on the Central American isthmus, or “land bridge between the continents of North America and South America. Mexico is located between the United States and Central America, and is technically part of North America.

Q: What countries and bodies of water border Costa Rica?

A: Costa Rica is on both the Caribbean Sea and the Pacific Ocean. On the north, it is bordered by the country of Nicaragua, and Panama is to the South.

Q: What four different bodies of water border Mexico?

A: The Pacific Ocean and the Gulf of California on the west, and the Gulf of Mexico and the Caribbean Sea on the east.

Q: What are the capital cities of Costa Rica and Mexico?

A: San Jose, Costa Rica and Mexico City, Mexico

Look at a World Map or Globe:

Compare latitude with the country where you live. Like Colombia and Venezuela, Costa Rica is similar in latitude to central Africa. Mexico is in line with India and Saudi Arabia.

Q: What do you think each of these countries is known for?

A: Costa Rica’s rainforest is famous. It also has many mountains, and a volcano.

A: Mexico is well known for its food, and for its ancient civilizations (Mayan and Aztec).

Q: What language is spoken in both countries?

A: Spanish



Agriculture

MEXICO



Agriculture in Mexico became more important after irrigation techniques were introduced to the dry country. Agriculture takes up almost 12% of Mexico’s land and almost one in four of the people who work in Mexico, work in agriculture. Mexico is one of the top producers of crops in the world.

The most important crops for Mexico’s own use are corn, beans, wheat, and sorghum (right). Other crops, mostly for export to other countries, include sugarcane, coffee, tomatoes, apples, grapes, citrus fruits, avocados, peaches, plums, pineapple, strawberries, chilies, green peas, peanuts, cottonseed, and sunflower seeds—just to name a few!



One of the crop-growing systems used throughout Mexico is called *milpa*, which in Nahuatl (Aztec’s language) means: milli-“cultivated field” and pa-“toponym of place”.

Mexico is considered the fourth country in the world in biodiversity in overall flora and fauna species, due to its variant climate, geological history and heterogeneous culture.

COSTA RICA



Agriculture in Costa Rica started over 4,000 years ago with fruit trees (avocado) and tubers (yucca). Later on, corn became a main crop, and it still is today.

Other main crops in Costa Rica include sugar cane, pineapple, bananas, oranges, cantaloupe, palm oil, coffee beans, papaya, mangos, ginger, berries, cocoa beans, lemons, limes, coconuts, star fruit, macadamia nuts, and plantains.

World Map





Pasta Traditions

MEXICO

- Traditional pasta dishes in Mexico have Aztec, Mayan, and Spanish flavors, including local ingredients, such as chiles and cactus. Many pasta dishes call for browning or frying the dry pasta before simmering in liquid. Many soups include “small cuts” (shapes) of pasta.
- Fresh and dried chiles, along with indigenous herbs like *epazote* and *hoja santa*, are being used in creative new ways, and nothing seems as easily adaptable to these inventive combinations as pasta. Because it is so simple in itself, pasta takes on the character of its companions which, as Mexican chefs began discovering in the mid-eighties, do not necessarily have to be Italian.
- Italian restaurants were well-received in Mexico City much earlier, but pasta as a dish on its own, rather than one element of the *comida*, has only become more frequently encountered outside of the capitol within the past ten years. There are now separate menu sections for pastas in many restaurants throughout the country. The best of these use innovative combinations of Mexican ingredients to create new pasta sauces.
- Health food stores in Mexico cannot stock enough whole-grain pasta, and some places have begun to sell dried pasta flavored with typically Mexican ingredients (*ancho* and *poblano* chile).
- In Mexico, people flavor plain dried pasta just by adding a few dried chiles to the cooking water. If making homemade pasta dough, they add some finely chopped Mexican herbs such as *cilantro* and *epazote*.
- Mexico produces about 330,000 tons of pasta annually and the average per capita consumption is 2.7 kg per year.



COSTA RICA

- More than half of the pasta sold in Costa Rica features long shapes such as spaghetti or linguini. Another popular, traditional pasta dish is cannelloni, a tube-like pasta filled with meat, chicken, tuna, or cheese covered with egg and then fried. Children like pasta salads made with pasta shells and tuna!
- Pasta is usually consumed by Costa Ricans as a side dish. Only about 15% of the pasta served in the country is considered a main dish. Still, per capita consumption increased during the last decade, and Costa Ricans usually incorporate a pasta meal once a week. Annual per capita consumption is estimated to be near to 3.2 kg.
- Rice has always been the basis of local cuisine, but pasta has been positioned as a healthy alternative to diversify local eating habits.



Pasta extruders create different shapes.



Recipes

MEXICO: Sopa Seca de Fideos (Soup with Pasta)



900 grams (2 pounds) dry fideos (thin pasta)
 6 medium tomatoes, blanched and peeled
 2-3 cloves garlic, peeled
 ½ white onion, chopped
 2-3 tablespoons olive oil
 ½ liter (2 cups) chicken stock
 Parsley, finely chopped
 Grated aged cheese to taste
 Salt to taste
 Avocado slices (optional)

1. Puree the tomatoes, garlic, and onion in the blender until fairly smooth.
2. Heat the olive oil in a large, deep skillet over low heat and add the dry fideos. Stir the fideos until they turn uniformly brown, then remove with a slotted spoon and set aside.
3. Add the tomato mixture to the skillet with additional olive oil if necessary, and simmer over medium heat for several minutes. Add ¾ of the chicken stock and bring to a boil. Add the fideos to the tomato-stock mixture, and then bring the heat back to low. Add the salt and parsley.
4. The dish is done when the fideos are cooked and there is no more water in the pan (you may need to add the other ¼ of stock). Stir in the cheese and garnish with avocado slices, if desired.

Makes 6 servings

COSTA RICA: Tri-color Rotini Salad with Avocado, Tomato, and Mozzarella



250 grams (½ pound) tri-color rotini
 2 tablespoons small almonds
 1 tablespoon olive oil
 6 tomatoes, ripe but firm
 225 grams (½ pound) Mozzarella cheese
 1 large avocado
 2 tablespoons freshly squeezed lemon juice
 3 tablespoons chopped fresh basil
 Basil leaves for garnish
 Salt and black pepper

DRESSING

6 tablespoons extra-virgin olive oil
 2 tablespoons white wine vinegar
 1 teaspoon Dijon mustard
 Pinch of salt

1. Toast the almonds in the oven on a baking tray for 1 to 2 minutes. Set aside to cool.
2. Boil salted water in a large stock pot and add the olive oil. Add the rotini and cook *al dente*. Drain the water and rinse the rotini with cold water. Drain again and let it cool.
3. Slice the tomatoes and cheese. Peel and slice the avocado, adding drops of lemon juice to avoid oxidation (turning black).
4. To make the dressing, whisk together the oil, vinegar, and mustard. Season with salt.
5. Alternate slices of tomato, cheese, and avocado around the outside of a platter.
6. Drizzle half of the dressing over the pasta and add the chopped basil. Season with salt and pepper.
7. Arrange the pasta in the center of the platter and drizzle on the rest of the dressing. Sprinkle with the toasted almonds, garnish with basil leaves and serve immediately.

Makes 4 servings





MEXICO

Capital: Mexico City

Language: Spanish

Food Facts

- Mexican cuisine is one of the best known in the world, and was originally based on corn, beans, tomatoes, chilies, and plants (called *quelites*). Mexican cuisine is a combination of prehispanic cultures such as Aztecs, Mayan, Zapotecs, Purepechas and Spanish culture, and differs from region to region in Mexico.
- One of the national dishes of Mexico is called mole (a generic word meaning "sauce"). Mole can be prepared in different ways but it is basically a complex sauce of dried chili peppers, ground nuts and seeds, plus more than a dozen spices, Mexican chocolate, salt, avocado leaves, onions, garlic and green and red tomatoes. It is cooked slowly until all the flavors come together and it is commonly served with chicken and turkey.
- A tamale is a traditional dish made of dough, usually corn-based, which is steamed or boiled in a leaf wrapper. Tamales can be filled with meats, cheeses, fruits, vegetables, or chilies.

Fun Facts

- A Mexican tamale called the *zacahuil* is three feet long and weighs about 150 pounds.
- Mexico introduced chocolate, corn, and chilies to the world.
- Mexico City sinks 10 inches each year.



COSTA RICA

Capital: San Jose

Language: Spanish

Food Facts

- Costa Rican cuisine is based on rice and beans, plus vegetables such as cabbage, garlic, and tomatoes.
- *Gallo pinto* ("spotted rooster") is the national dish of fried rice and beans. It is a common breakfast.
- Popular main dishes in Costa Rica are *arroz guacho* (sticky rice); *higado en salsa* (beef liver salsa); *pozole* (soup with chiles, pork, vegetables); *papas con chorizo* (chorizo sausage with potatoes); *frito* (pork stew); and *ceviche*.

Fun Facts

- Life expectancy in Costa Rica is 77 years, and is one of the highest in the world.
- Many people in Costa Rica give coffee to babies (in their bottles) and young children.
- The sun rises and sets at around the same time every day of the year!

What You'll Need

MEXICO: Sopa Seca de Fideos (Soup with Pasta)

Utensils

Hot plate
 Pot for pasta
 Small bowl
 Blender
 Frying pan
 Colander
 Plastic utensils
 Plastic plates
 Knife
 Cutting board

Ingredients

900 grams (2 pounds) dry fideos (thin pasta)
 6 medium tomatoes
 2-3 cloves garlic
 ½ white onion
 2-3 tablespoons olive oil
 ½ liter (2 cups) chicken stock
 Parsley
 Grated aged cheese to taste
 Salt to taste
 Avocado slices (optional)

COSTA RICA: Tri-color Rotini Salad with Avocado, Tomato, and Mozzarella

Utensils

Hot plate
 Pot for pasta
 2 bowls
 Frying pan
 Colander
 Plastic utensils
 Whisk (optional)
 Plastic plates
 Knife
 Peeler (optional)
 Measuring utensils
 Cutting board

Ingredients

250 grams (½ pound) tri-color rotini
 2 tablespoons small almonds
 1 tablespoon olive oil
 6 tomatoes, ripe but firm
 225 grams (½ pound) Mozzarella cheese
 1 large avocado
 2 tablespoons freshly squeezed lemon juice
 3 tablespoons chopped fresh basil
 Basil leaves for garnish
 Salt and black pepper

DRESSING

6 tablespoons extra-virgin olive oil
 2 tablespoons white wine vinegar
 1 teaspoon Dijon mustard
 Pinch of salt



LESSON 4



North America

United States • Canada

Geography



Make and bring with you copies of the map of The United States and Canada.

Hand Out The Map

Point out the two countries, Canada and the United States. They are both located in North America. Canada is the second largest country in the world, and the 50 states of the United States make up the third largest country.

Look at a World Map or Globe:

Q: What countries and bodies of water border the United States?

A: The United States is bordered on the north by the country of Canada, on the south by the country of Mexico, on the west by the Pacific Ocean, and on the east by the Atlantic Ocean.

Q: What countries and bodies of water border Canada?

A: The United States is located to the south of Canada, and Canada is bordered on its northwest side by the U.S. state of Alaska. Canada is also bordered by the Atlantic Ocean on the east, the Pacific Ocean on the west, and the Arctic Ocean to the north.

Q: What are the capital cities of Canada and the United States?

A: Washington, DC, the United States; and Ottawa, Canada.

Look at the World Map or Globe

Compare latitude with the country where you live. Canada is in line with northern Europe and Russia, and The United States is parallel to southern Europe, Northern Africa, Turkey and parts of China.

Q: What do you think each of these countries is known for?

A: United States: The United States is known for its freedoms, its wealth, its powerful military, and its technology.

A: Canada: Hockey is very popular in Canada. It is known for its cold climate (lots of snow!), maple syrup, open spaces, and free health care.

Q: What language is spoken in both countries?

A: English is spoken in both countries, but Canada also has the official language of French.

Agriculture

CANADA



Agriculture in Canada is successful due to its vast expanse of land as well as other areas that are suitable for growing crops such as fruits, vegetables, and wine. It is one of the world's leading producers of wheat and other grains.

Many fruits are grown in the Annapolis Valley area of Nova Scotia, including apples, pears, plums, peaches, apricots, strawberries, loganberries, and raspberries. Hazelnuts and maple syrup are also produced in large quantities in Canada.

Livestock raising (beef cattle, hogs, veal, and lamb) and dairy and cheese production are also important in Canada.



Metal pails on trees for collecting sap to produce maple syrup.

UNITED STATES

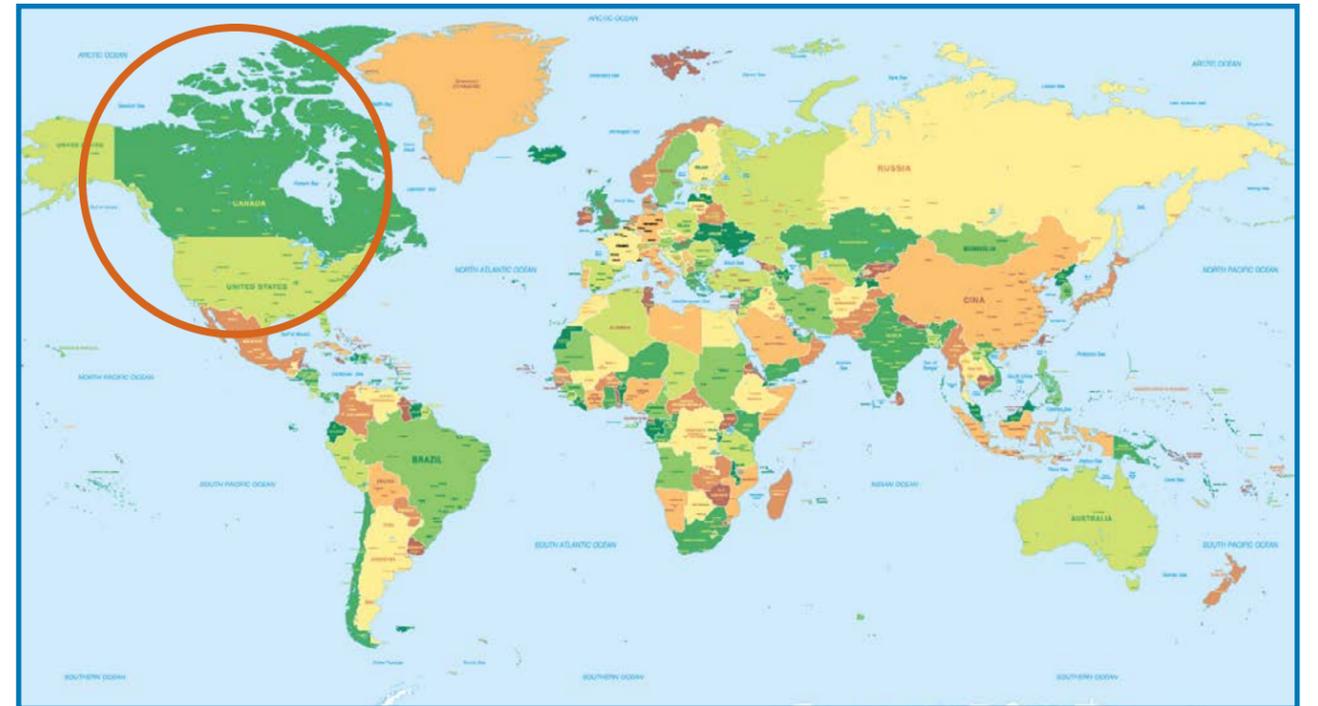


Agriculture has been very successful in the United States for many years, beginning with indigenous crops such as corn and beans raised by southwestern Native Americans. Farming and ranching spread with the arrival of European settlers, who took advantage of the fertile plains in the midwest and beyond.

The United States is by far the largest producer of corn in the world, and most of this corn is grown to make feed for livestock. Other crops grown in large amounts include soybeans, wheat, cotton, hay, sorghum, and rice.

Livestock is also important, with some of the world's largest industries of dairy cattle, beef cattle, pork, and poultry.

World Map





Pasta Traditions

CANADA

- Pasta consumption has been growing in Canada steadily over the last few decades. Canada produces more than 170,000 tons of pasta per year. High-quality Canadian durum wheat is grown in the western provinces of Saskatchewan, Alberta, and Manitoba, creating the main source of ingredients for pasta manufacturing.
- Pasta has become one of Canada's staple foods. Canadians eat about 6.5 kg per capita per year.
- The climate and growing conditions in the Canadian prairies are ideal for growing high-protein, low-starch wheat.
- Pasta is one of Canada's favorite comfort foods and has a tradition of being honest, delicious, and satisfying.
- Diversity has been a characteristic of Canadian cuisine from the beginning of settlement. Ethnic immigrant groups often settled in regional pockets where they maintained their language and their culinary traditions, and pasta from Italians was incorporated into Canadian cuisine.

UNITED STATES

- Pasta came to the United States in various forms via the many different immigrants from Europe and Asia. President Thomas Jefferson enjoyed pasta in the White House, and even designed a pasta machine! Today, pasta is a very popular staple food in the United States, enjoyed in hundreds of different ways.
- The first industrial pasta factory in America was built in Brooklyn in 1848, where spaghetti strands were laid out on the roof to dry in the sunshine.
- Top-quality pasta is made from durum wheat, which is grown in North Dakota, South Dakota, Montana, Minnesota, California, and Arizona.
- The United States produces 2 million tons of pasta every year, making it the second largest pasta-producing nation.
- The most popular pasta shapes in the United States are spaghetti, thin spaghetti, elbows, rotelle, penne, lasagna.
- The United States' annual per capita consumption is 8.8 kg per year.



Steps for hand-made pasta.

Recipes



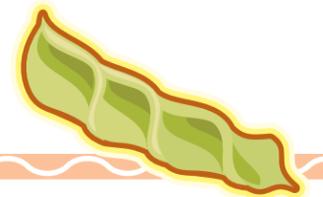
CANADA: Whole Wheat Rotini with Tomatoes and Zucchini



- 375 grams (¾ pound) whole wheat rotini
- 1 onion, chopped
- 1 garlic clove, chopped
- 1 medium zucchini, diced
- 4 tablespoons olive oil
- 12 cherry tomatoes, cut in halves
- Salt and pepper
- Grated Parmesan cheese to taste

1. Cook the rotini according to package instructions.
2. Meanwhile, sauté the onion, garlic, and zucchini in the olive oil over medium-low heat until tender. Add the tomatoes and heat through.
3. Toss the cooked rotini with the vegetable mixture and serve topped with the cheese.

Makes 4 servings



UNITED STATES: Fresh Pomodoro Pasta, White Beans and Olives

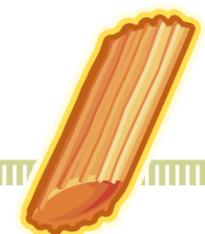


- 225 grams (½ pound) whole-wheat pasta shells, tubetti, ziti or rigatoni
- 2 tablespoons extra-virgin olive oil
- 1 15-ounce can cannellini beans, rinsed
- 1 large garlic clove, minced
- 450 grams (1 pound) diced ripe tomatoes (about 3 cups)
- ¼ cup pitted (see Tip) and chopped oil-cured black olives
- ½ cup sliced fresh basil
- ¼ teaspoon kosher salt
- Freshly ground pepper to taste
- ¼ cup grated Pecorino Romano cheese

1. Put a large pot of water on to boil. Cook pasta, stirring occasionally, until just tender, 8 to 10 minutes or according to package directions. Drain.
2. Meanwhile, heat the oil in a large skillet over medium heat. Add the beans and garlic. Cook, stirring frequently, until the beans are just heated through, 2 to 3 minutes. Remove from the heat. Add the tomatoes, olives, basil, salt, and pepper. Stir gently to combine. To serve, divide the pasta among 4 plates and top with sauce and cheese.

Tip: Press down on olives with the side of a heavy knife to split them open and make removing the pits easier.

Makes 4 servings.





CANADA

Capital: Ottawa

Language: English, French

Food Facts

- Canadian cuisine varies widely from region to region. Generally, the traditional cuisine of English Canada is closely related to British and American cuisine, while the traditional cuisine of French Canada has evolved from French cuisine. The cuisine includes a lot of baked foods, wild game, and gathered foods.
- A food traditionally associated with Canada is maple syrup, made from the sap of certain kinds of maple trees. It takes 30-50 gallons of sap to make one gallon of maple syrup!

Fun Facts

- Canada is the second largest country in the world, behind Russia. But Canada is the ninth-most sparsely populated nation in the world
- Canada has the longest coastline of any country in the world at 151,600 miles.
- Canada is also home to the longest street in the world. Yonge Street in Ontario runs for almost 2,000 kilometres.



UNITED STATES

Capital: Washington D.C.

Language: English

Food Facts

- The United States' cuisine is truly a blend of many countries' influences and tastes. There are many differing regional dishes. In general, dinner, when family and friends can meet, is the most important meal in the United States.
- Typical "American" dishes include hamburgers, hot dogs and sausages; fruit pies made with apples, blueberries, or rhubarb; potatoes cooked in a variety of ways; a wide variety of salads, and vegetable indigenous to the Americas, such as corn.

Fun Facts

- The world's highest roller coaster is located in Ohio.
- Montana has 3 times more cattle than people.
- Alaska has a longer coastline than all the other 49 states put together.
- All modern trees are descendants of California's state tree, the redwood.

What You'll Need

CANADA: Whole Wheat Rotini with Tomatoes and Zucchini

Utensils

Hot plate
Pot for pasta
Colander
Frying pan
Plastic utensils
Plastic plates
Knife
Measuring utensils
Cutting board

Ingredients

375 grams ($\frac{3}{4}$ pound) whole wheat rotini
1 garlic clove
1 medium zucchini
1 onion
4 tablespoons olive oil
12 cherry tomatoes
Salt and pepper
Grated Parmesan cheese

UNITED STATES: Fresh Pomodoro Pasta, White Beans & Olives

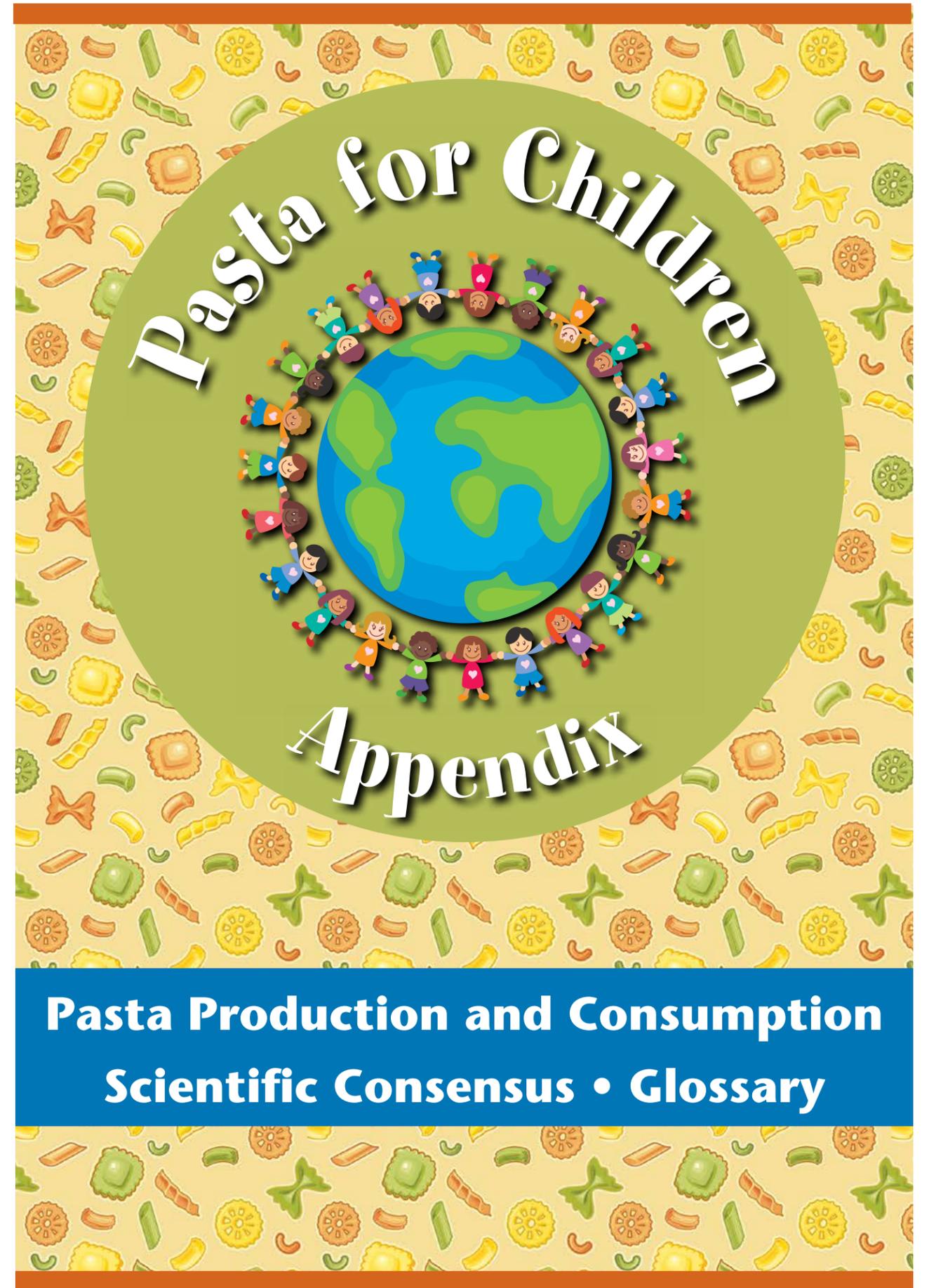
Utensils

Hot plate
Pot for pasta
Large skillet
Colander
Plastic utensils
Plastic plates
Knife
Cutting board
Measuring utensils

Ingredients

225 grams ($\frac{1}{2}$ pound) whole-wheat pasta shells, tubetti, ziti or rigatoni
2 tablespoons extra-virgin olive oil
1 15-ounce can cannellini beans
1 large clove garlic
450 grams (1 pound) diced ripe tomatoes (about 3 cups)
 $\frac{1}{4}$ cup oil-cured black olives
 $\frac{1}{2}$ cup sliced fresh basil
 $\frac{1}{4}$ teaspoon kosher salt
Freshly ground pepper
 $\frac{1}{4}$ cup grated Pecorino Romano cheese





Pasta for Children



Appendix

**Pasta Production and Consumption
Scientific Consensus • Glossary**

Pasta Production and Consumption

World Pasta Production (tons)

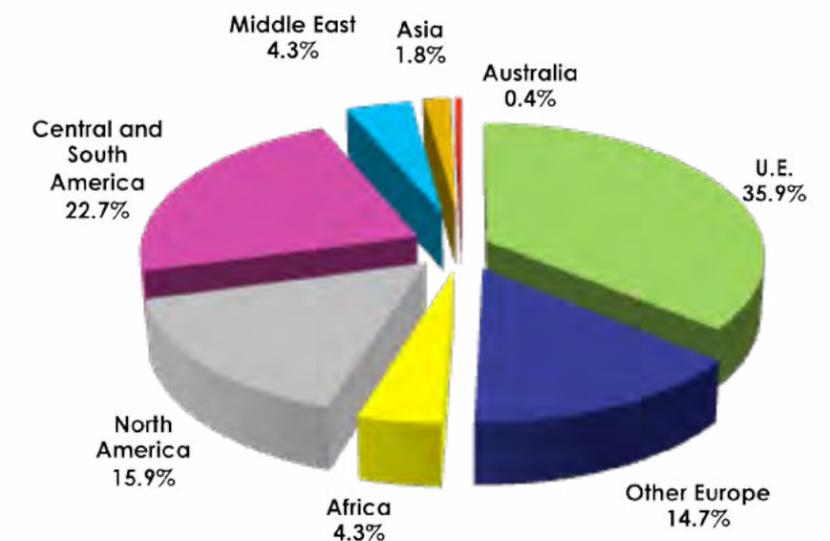
Italy	3.316.728	Hungary	66.000
United States *	2.000.000	Rep. Dominicana	65.000
Brazil	1.300.000	Ecuador	56.000
Russia	1.083.000	Austria	54.778
Turkey	851.830	Romania	52.600
Iran	560.000	Australia	50.000
Egypt	400.000	Switzerland	46.470
Venezuela	341.554	Bolivia	43.000
Germany	334.179	Guatemala	38.000
Mexico	330.000	United Kingdom	35.000
Peru	297.162	Netherlands	23.335
Argentina	324.437	Slovak Republic	22.000
Spain	252.208	Costa Rica	20.873
France	241.933	Sweden	20.200
Tunisia	183.000	Jordan	20.000
Canada	170.000	Croatia	13.000
Poland	160.000	El Salvador	13.000
Greece	145.000	Syria	9.005
Japan	144.500	Slovenia	6.261
Colombia	131.270	Lituania	5.976
Chile	126.080	Panama	4.364
India	100.000	Latvia	1.845
Portugal	76.000	Estonia	1.400
Czech Republic	70.000		

World Pasta Consumption (tons)

United States	2.700.000	Chile	144.000
Italy	1.540.846	United Kingdom	135.000
Brazil	1.195.000	Greece	115.000
Russia	1.128.188	Hungary	74.000
Germany	650.000	Switzerland	73.600
France	513.008	Portugal	69.000
Turkey	448.309	Austria	61.111
Iran	360.000	Czech Republic	60.000
Venezuela	350.213	Ecuador	54.800
Argentina	321.225	Croatia	30.216
Peru	243.000	Slovenia	10.672
Spain	236.424	Costa Rica	14.444
Poland	190.169		

World Pasta Consumption (kg per capita)

Italy	26.0	Spain	5.0
Venezuela	12.3	Slovak Republic	5.0
Tunisia	11.9	Bolivia	4.8
Greece	10.5	Netherlands	4.4
Switzerland	9.3	Lituania	4.4
Sweden	9.0	Poland	4.4
United States	8.8	Latvia	4.1
Iran	8.5	Dominican Rep.	4.0
Chile	8.4	Australia	4.0
Peru	8.2	Israel	4.0
France	8.1	Ecuador	3.9
Germany	8.1	Panama	3.8
Argentina	7.9	Costa Rica	3.2
Russia	7.8	Finland	3.2
Hungary	7.5	Colombia	3.0
Uruguay	7.5	Mexico	2.7
Croazia	7.3	Romania	2.7
Austria	7.0	United Kingdom	2.5
Slovenia	6.7	Guatemala	2.0
Portugal	6.6	Denmark	2.0
Canada	6.5	Libya	2.0
Brazil	6.2	Japan	1.7
Turkey	6.1	Egypt	1.2
Czech Republic	6.0	Ireland	1.0
Belgium - Lux.	5.4	El Salvador	1.0
Estonia	5.3		



About 13.6 million tons of pasta are produced worldwide

Source: Survey carried out by IPO – 2012

* The figure includes dry pasta production for retail, foodservices and industrial use (dry pasta used as an input into value-added products, such as soups, prepared frozen foods, boxed pasta dinners, ect.).

Healthy Pasta Meals

SCIENTIFIC CONSENSUS STATEMENT & SIGNATORIES

IV World Pasta Congress

Agreed in Rio de Janeiro, 26 October, 2010

Healthy Pasta Meal

Scientific Consensus Statement

- 1 Scientific research increasingly supports the importance of total diet, rather than individual foods and nutrients.
- 2 Pasta is a key component of many of the world's traditional healthy eating patterns, such as the scientifically-proven Mediterranean Diet. Traditional dietary patterns confer greater health benefits than current Western dietary patterns.
- 3 Many clinical trials confirm that excess calories, and not carbohydrates, are responsible for obesity. Diets successful in promoting weight loss can emphasize a range of healthy carbohydrates, protein and fat. All these three macronutrients, in balance, are essential for designing a healthy, individualized diet anyone can follow for their whole life. Moreover, very low carb diets may not be safe, especially in the long term.

Refeições Saudáveis com Massas Alimentícias Declaração Científica de Consenso

- 1 Pesquisas científicas apóiam cada vez mais a importância da dieta como um todo ao invés de alimentos ou nutrientes individualmente considerados.
- 2 As refeições saudáveis com massas alimentícias são um componente chave de muitos padrões alimentares saudáveis em todo o mundo, como a Dieta Mediterrânea, já comprovada cientificamente. Os padrões alimentares tradicionais conferem mais benefícios para a saúde do que os atuais padrões ocidentais.
- 3 Muitos ensaios clínicos confirmam que é o excesso de calorias, e não de carboidratos, o responsável pela obesidade. As dietas com sucesso em promover a redução de peso baseiam-se em proporções variáveis, adequadas e saudáveis de carboidratos, gorduras e proteínas. Todos estes três macronutrientes em equilíbrio são essenciais para uma dieta individualizada e que pode ser seguida ao longo da vida. Além disso, dietas muito pobres em carboidratos podem não ser seguras a longo prazo.

La Pasta

Dichiarazione di Consenso

- 1 La ricerca scientifica sostiene sempre di più l'importanza del regime alimentare nel suo complesso, piuttosto che dei singoli alimenti e nutrienti.
- 2 La pasta è una componente chiave di molti modelli alimentari tradizionali, come ad esempio la Dieta Mediterranea, la cui validità è stata scientificamente provata. I modelli alimentari tradizionali conferiscono maggiori benefici per la salute rispetto agli attuali modelli occidentali.
- 3 Molti studi clinici confermano che non sono i carboidrati, bensì le calorie in eccesso, ad essere responsabili dell'obesità. Anche nel caso in cui si debba perdere peso una dieta a ridotto apporto calorico deve comunque prevedere, nel giusto rapporto, l'introduzione di carboidrati, proteine e grassi. Questi tre macronutrienti, ben bilanciati, sono essenziali per impostare un regime alimentare salutare e personalizzato che possa essere seguito per tutta la vita. Inoltre, le diete a ridotto contenuto di carboidrati potrebbero non essere salutari, soprattutto nel lungo periodo.

La Pasta: un alimento saludable Consenso del Comité Científico

- 1 La investigación científica defiende la importancia de la dieta como un "todo", más que como los alimentos o los nutrientes individuales.
- 2 La pasta es un componente esencial de muchos estilos tradicionales de dieta saludable, tales como la científicamente demostrada Dieta Mediterranea. Los patrones de alimentación tradicionales aportan mayores beneficios de salud que la actual dieta occidental.
- 3 Muchos estudios científicos han confirmado que el exceso de calorías es responsable de la obesidad, y no los carboidratos por sí mismos. Las dietas que son efectivas para la pérdida de peso promueven un rango saludable de carboidratos, proteínas y grasas. Estos tres macronutrientes en equilibrio, son esenciales para el diseño de una dieta saludable e individualizada que pueda ser mantenida durante toda la vida. Más aún las dietas muy bajas en carboidratos no son saludables, especialmente a largo plazo.

English (continued)

- 4 At a time when obesity and diabetes are rising around the world, pasta meals and other low-glycemic foods may help control blood sugar and weight especially in overweight people. Glycemic index is one of many factors that impact the healthfulness of foods.
- 5 Pasta is an affordable healthy choice available in almost all societies. Promoting the affordability and accessibility of pasta meals can help overcome the misperception that healthy foods are too expensive.
- 6 Healthy pasta meals are a delicious way to eat more vegetables, legumes and other healthy foods often underconsumed.
- 7 Pasta meals are enjoyed in cultural traditions worldwide, as they are versatile and easily adaptable to national / regional seasonal ingredients.
- 8 Doctors, nutritionists and other health professionals should recommend varied and balanced pasta meals for good health.

Italiano (continua)

- 4 In un'epoca in cui sono in aumento in tutto il mondo l'obesità ed il diabete, la pasta ed altri alimenti a basso indice glicemico potrebbero contribuire al controllo della glicemia e del peso, in particolare per le persone in sovrappeso. L'indice glicemico è uno dei molti fattori che caratterizzano gli alimenti dal punto di vista nutrizionale.
- 5 La pasta rappresenta una scelta alimentare economicamente accessibile e nutrizionalmente valida, per tutte le categorie sociali. Valorizzando l'economicità e l'accessibilità della pasta si può sfatare l'errata convinzione che i cibi sani siano anche troppo costosi.
- 6 Un piatto di pasta è un buon sistema per consumare più alimenti di origine vegetale, compresi i legumi ed altri cibi salutari spesso poco consumati.
- 7 La pasta è presente nelle abitudini alimentari di tutto il mondo, grazie alla sua versatilità e alla facilità con la quale essa si abbina ad ingredienti stagionali tipici delle varie regioni e nazioni.
- 8 I medici, i nutrizionisti e gli altri operatori sanitari dovrebbero raccomandare il consumo di piatti vari e bilanciati a base di pasta per una sana e corretta alimentazione.

Português (continuação)

- 4 Num momento em que a obesidade e diabetes aumentam em todo o mundo, as refeições com massas alimentícias e outros alimentos de baixo índice glicêmico podem ajudar a controlar a glicemia e o peso corporal, especialmente em indivíduos com sobrepeso ou obesidade. O índice glicêmico é um dos vários fatores que influenciam a saúde dos alimentos.
- 5 As massas alimentícias constituem uma alternativa saudável e econômica em quase todas as sociedades. Promover a acessibilidade e o baixo custo das massas alimentícias pode ajudar a combater o preconceito de que alimentos saudáveis são demasiadamente caros.
- 6 As refeições saudáveis com massas alimentícias são uma deliciosa maneira de se incluir ou aumentar o consumo de vegetais, leguminosas e outros alimentos considerados saudáveis e que não são consumidos em quantidades e ou frequência suficiente.
7. As refeições saudáveis com massas alimentícias são apreciadas em várias culturas no mundo inteiro, uma vez que são versáteis e facilmente adaptáveis a ingredientes locais ou sazonais.
8. Médicos, nutricionistas e outros profissionais de saúde devem recomendar refeições saudáveis com massas alimentícias que sejam variadas e balanceadas.

Español (continúa)

- 4 En estos tiempos en que la obesidad y la diabetes están aumentando en todo el mundo, las pastas y otros alimentos de bajo índice glicémico pueden ayudar a controlar los niveles de azúcar en sangre y el peso, especialmente en personas con sobrepeso. El índice glucémico es uno de los muchos factores que hacen saludable a los alimentos.
- 5 La pasta es una elección saludable que está disponible y accesible en casi todas las sociedades. Promover la disponibilidad y el acceso a las pastas puede ayudar a superar la percepción errónea acerca de que los alimentos saludables son muy caros.
- 6 La pasta es una forma deliciosa para consumir más vegetales, leguminosas y otros alimentos saludables que generalmente son de bajo consumo.
7. Las pasta se disfruta en la cultura tradicional mundial ya que es un alimento versátil y fácilmente combinable con todo tipo de ingredientes propios de cada país o región.
8. Es aconsejable que médicos, nutricionistas y otros profesionales de la salud recomienden una dieta variada y equilibrada que incluya pasta.

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Glossary

A
Agriculture The science, art, and practice of growing food crops or raising livestock animals.

Al dente An Italian phrase which means “to the tooth”. This term is usually used to describe pasta that is cooked, but still firm and not soft.

Altitude The vertical elevation or height of an object, such as a mountain, above the level of the sea.

Aquaculture The “farming” of fish or shellfish for food.

Arable An adjective for land that is good for or used in growing healthy crops.

Arepas (right) A type of flat bread common in South America, made of corn flour, water and salt, sometimes filled with cheese and cooked on a griddle.



Arid An adjective for very dry land that has too little rainfall for crops to grow well.

Arroz guacho A Costa Rican dish of sticky rice.

Artisan A method used to describe something made by hand rather than in large amounts in a factory. Examples include some types of cheese, pasta, or wine. Often times artisan food products have excellent quality.

Asado A method of cooking meat that is popular in South America. The meat, usually beef, is roasted or grilled over an open fire.

B
Bacalhau A fish dish made with salted and dried cod, popular in Portugal and Brasil.

Baguette (below) A long, thin, hard-crust loaf of French bread.



Bandeja paisa A Colombian dish with red kidney beans, rice, grilled steak, an egg, and an arepa.

Barbudos A Costa Rican dish made of green beans wrapped in scrambled eggs.

Biftek A Turkish term for beef in the form of steaks.

Blanche To plunge food into boiling water briefly, then in to cold water to stop the cooking process. This method is often used with cooking green vegetables.

Border The dividing line between two countries.

Braise A cooking method by which food (usually meat or vegetables) is first browned in fat, then cooked, tightly covered, in a small amount of liquid at low heat for a long period of time.

Brown To cook quickly over high heat, causing the surface of the food to turn brown while the interior stays moist - gives the food a rich flavor and color.

C

Caldeirada A hearty stew consisting of a variety of fish and shellfish with potatoes, tomato, garlic and onion.

Capital The important city of a country where the government is centered.

Carbohydrates A broad category of sugars, starches, fibers and starchy vegetables that the body uses for energy. Pasta is a carbohydrate-containing food.

Cavatelli A type of pasta about three centimeters long with a rolled edge.

Cazuela A Chilean dish of clear broth with rice, potato, corn on the cob, plus a piece of beef or chicken.

Cebolletes Scallions or green onions.

Ceviche An appetizer popular in Latin American consisting of raw fish marinated in citrus juice. The acid in the citrus “cooks” the fish. Often onions, tomatoes and green peppers are added to the marinade.

Glossary

Chick peas Slightly larger than the average pea, these round, irregular-shaped, tan legumes have a firm texture and mild, nutlike flavor, and are also called garbanzo beans.

Chiles A hot pepper with many varieties, noted for their flavor and spiciness.

Chirimoya fruit (right) A heart-shaped fruit with green, leather-like skin with white flesh inside that tastes like a blend of strawberry, mango and pineapple.



Chivitos A Uruguayan dish of large steak sandwiches topped with eggs, cheese, bacon, lettuce and tomato.

Choripán An Argentinean sandwich of chorizo, which is a spicy sausage, served on crusty bread, with tomato, lettuce, and mayonnaise.

Citrus fruits A large family of tart fruit, originally from Asia. Most citrus prefers tropical, hot temperatures for growing. Examples include oranges, lemons, limes, and grapefruits.

Climate The average type of weather at a place over a period of time indicated by temperature, wind, and rain or snow fall.

Coastal plain A large, level, usually treeless area of land located next to coastal waters.

Corn An important grain food crop originally from the Americas, corn is raised for feeding humans and animals alike. It is a main food for many people in South America.

Cuisine The style of cooking or the type of cooking done in a certain location.

Cultivate To prepare and use for the raising of crops.

D

Dairy The department of farming focusing on the production of milk, butter and cheese.

Dams A body of water, usually from a river held back by a manmade barrier.

Day of ñoqui Every 29th of the month in Argentina, people remember their Italian ancestors by eating ñoqui (a small tomato dumpling eaten with tomato or pesto sauce).

Döner kebab A Turkish dish of a fillet of meat stacked on a vertical spit and roasted at high heat over a grill.

Dressed To put a sauce, oil, cheese, or other ingredients on food. An example of this is putting a tomato sauce and parmesan on cooked pasta for serving.

Dumplings Mounds of dough that are usually dropped in liquid and cooked sometimes stuffed with cheese or meat.

Durum A type of wheat high in gluten most often ground into semolina and used for making pasta.

Dykes A manmade bank of earth, built to control water flow.

E

Economy The management of a country's finances and expenses.

Elevation The height above the level of the sea.

Empanada gallega A Uruguayan dish of fish pies with made with sauce, onions, and green peppers.

Empenadas Fried flour tortillas filled with cheese, meat, or seafood.

Equator An invisible, horizontal, circular line dividing the surface of the earth in to 2 equal parts of the northern and southern hemispheres.

Erosion The process of an object or surface being slowly worn down by the action of wind, water or glacial ice.

Etruscans The ancestors of modern day Italians, believed to have been one of the earliest creators of pasta.

Exporter A wholesaler who sells food or other products to merchants or industrial consumers in foreign countries.

Glossary

F

Farfalle (right) Pasta shaped like small butterflies or bow ties.



Fats One of the basic nutrients which provides energy and is made up of a combination of fatty acids. Fats are in variety of foods such as dairy, nuts and meats.

Feijoada A Brazilian dish of a stew of fresh and cured pork, black beans, sausage, and often collard greens, oranges, chilies, garlic, onion, and celery.

Fertile An adjective used to describe land that is excellent for growing large amounts of healthy crops.

Food processor An electric kitchen appliance with a set of different blades that revolves to blend, chop, and mix the food.

Fritanga Barbecued meat from Colombia.

G

Gallo pinto A Costa Rican dish that translates to "Spotted Rooster". It is a breakfast dish made of fried rice and beans.

Geographical region A broad land mass or area distinguished by similar features.

Gözleme A traditional Turkish dish of pastry that is folded and filled with spinach, cheese, lamb or mashed potato, and cooked in a pan.

Grassland An large area of land where most of the natural plants are grasses.

Grazing The activity of various kinds of livestock feeding on growing grass and plants.

Grilled To prepare and cook food on a metal grate over hot coals, wood fire, or other heat source.

Grove A planting of fruit or nut trees in one area, such as olive trees or oranges trees.

Guayanés A soft, salty white cheese originally from the Guayana Region in the south east of Venezuela.

H

Highland Elevated or mountainous land.

I

Indigenous Native to or originally from a particular area. For example, corn is indigenous to the Americas.

Industry A department or branch of craft, art or business employing many people and enough money to achieve business.

Inland Areas of land that are not next to the coast lines.

Instrumental An important means or tool in order to achieve something.

K

Köfte A Turkish dish of ground meat (lamb or mutton) mixed with crumbled bread, onions, spices, shaped into cylinders and cooked. It is often garnished with parsley, paprika and served with yogurt.

L

Lagoon A shallow channel, or pond near a larger body of water.

Lasagne A wide, flat pasta noodle with ruffled edges. It is also a dish made by layering lasagna noodles with various cheeses and sauces, and occasionally meat.

Lavas A traditional Turkish flat bread cooked on a griddle.

Leveche winds A type of dry wind common in the Mediterranean, which blowing from the Sahara desert.

Linguini Narrow, flat type of pasta.

Livestock Animals kept and raised for food and profit.

Llanos A huge area of tropical grassland in north-western South America.

M

Macaroni Short, rounded tube shaped pasta made with semolina and water.

Glossary

Main dish The primary course meal where several types of food or dishes are served.

Marshes An area of soft, wet, low-lying land, filled with grassy vegetation.

Mechanized To introduce machinery into and industry in order to replace people. Mechanizing is the opposite of artisanal in regard to pasta making.

Mediterranean diet Refers to the healthy food and drink traditionally eaten by people living in countries bordering the Mediterranean Sea.

Mining The process of extracting metals, ores, coal, and other valuable natural resources from the earth's mines.

Mole Poblano A traditional Mexican sauce made of dried chili peppers, ground nuts and/or seeds, more than a dozen spices, Mexican chocolate, salt, avocado leaves, onions, and garlic, slowly cooked for hours.

Mondongo A soup popular in South America and the Caribbean, made of tripe (clean beef stomach) and peppers, tomatoes, garlic, and onions.

Morcilla A sausage made of pig's blood, popular in South America and the Caribbean.

Mountain ranges A series of mountain ridges alike in their form, direction, and origin.

Muscatel A rich, sweet dessert wine created from the Muscat Grape, which ranges from golden amber to pale amber-red.

N

Nance A small shrub or tree producing small, sweet, yellow fruit found in grassy areas in Central and South America.

Nutritious An adjective to describe foods or ingredients that are nourishing and supply necessary nutrients for the body's healthy function and growth.

O

Olive oil A flavorful, oil obtained by pressing tree-ripened olives. Olive oil used for cooking and is a healthy part of the Mediterranean diet.

P

Pabellón A Venezuelan dish made of rice, shredded beef, black beans, and fried plantains.

Paella A Spanish dish of rice cooked with fish, shellfish, tomatoes, garlic, peppers, and saffron.

Paila marina A traditional Chilean seafood stew usually served in an earthenware bowl, and made with shellfish.

Pamonhas A Brazilian dish of a paste made from corn and milk or coconut milk, boiled, and wrapped in a corn husk, served salty or sweet. Pamonhas can be filled with meat, cheese, or chiles.

Pan amasado A thick, dense Chilean bread that is baked in a wood-fired oven.

Pancetta An Italian bacon that is cured with salt and spices but is not smoked.

Parmigiano Reggiano A hard, dry cheese made from skimmed or partially skimmed cow's milk. Made in Italy, it is considered the best parmesan cheese and is often aged for 2 years to develop flavor and texture.

Pascualinas A Uruguayan dish of spinach pies.

Pasta Dough made by combining durum wheat flour called semolina with water, and shaped into many different types of shapes. Pasta can also be made with egg and other ingredients. It is a well-known food across the entire world, and each country has its own special way of preparing pasta.

Pasta consumption The act or process of consuming or eating pasta on an individual or large scale (please see Pasta Consumption in Resources Section).

Pasta production The creation or making of pasta, whether by a mechanized method or an artisanal method.

Pastel de choclo A Chilean dish with chicken, beef, olives and vegetables in a corn casserole.

Pemmican A traditional Canadian food made of dried mixture of lean meat and bone marrow fat. The Native Americans of Canada showed European settlers how to make and eat pemmican.

Glossary

Peninsula A portion of land surrounded by water and connected with a larger body by a small land bridge. The country of Italy is an example of a peninsula (see map in Italy lesson).

Penne A large, straight tubes of macaroni cut on the diagonal.

Picoroco A large edible barnacle that is widely used in Chilean cooking and is now being “farmed” in Chilean aquaculture.

Pilaf A rice dish originated in the Near East and always begins by first browning the rice in butter or oil before cooking it in stock or water.

Plain An extensive area of level or rolling treeless land.

Plantains (right) A large, firm variety of banana that is known as a “cooking banana”, popular in Latin and Latin America.



Plantations A large group of plants or tree crops that being farmed.

Plateau An area of broad, flat land.

Polenta A porridge-like dish of slowly cooked grains such as cornmeal. Polenta is a staple food in northern Italy and is often served alongside vegetables or meat.

Pollo The Spanish word for “chicken”, a widely used culinary term in South America.

Port A sweet fortified wine most often served after meals, and is often called a “dessert wine”.

Portions The size of a serving of food. It is important to eat portions of food that are the right amount for your body.

Pozole A thick hearty Mexican soup consisting of pork, broth, hominy (white corn), onion, garlic, dried chilies and cilantro

Producer A person or company who grows agricultural crops or manufactures goods and products.

Proteins Composed of amino acids, proteins perform many essential body functions including supplying energy, and building and repairing tissues. Protein is found in meat, eggs, and fish.

Q
Quibebe A Brazilian dish of winter squash soup.

Quince A yellow-skinned fruit that tastes like a cross between an apple and a pear, grown in large quantities in Iran, Turkey, Chile, Argentina, and Uruguay.

R
Rain forest A tropical woodland with a rainfall of at least 100 inches per year. Rain forests have many large leaved evergreen trees forming a continuous canopy.

Rifts A clear space or break in the land in the earth.

Romans A native or citizen of ancient Rome or the Roman Empire.

Rotini A type of pasta that is shaped in short, spaghetti spirals.

S
Salumi Refers to any type of cured meat that is popular throughout Italy.

Sancocho A thick stew made across South America, with large pieces of chicken, plantain, cassava, and fresh tomato and onion sauce.

Sauerbraten A German dish of roast beef marinated with vinegar and sweetened with beet syrup, apple syrup or sugar, and flavored with cloves or juniper.

Sauté To cook quickly in a small amount of oil in a skillet or sauté pan over direct heat.

Savanna A flat grassland of tropical or subtropical regions.

Sea level The level of the surface of the sea in contrast to the land.

Season To add flavor (such as salt, pepper, spices, or herbs to foods in order to improve their taste.

Glossary

Semolina Durum wheat that is more coarsely ground than normal wheat flours and is used to make pasta.

Side dish Food or dishes served separately with the main course.

Sorghum A cereal grass that has broad, corn like leaves and huge clusters of cereal grain at the end of its stalks. It is the third leading cereal crop in United States, but it is typically used for animal feed.

Soybeans A nutritious legume ranging in size, low in carbohydrates and high in protein and used to make soybean oil.

Spätzle A German dish of tiny egg noodles that serve as the base for many meat dishes.

Spaghetti Long, thin strands of pasta that are round and solid and made from semolina and water.

Spargel White asparagus which is grown locally in Germany.

T
Tajadas Fried plantains, popular in South America.

Temperate A climate that is not usually very hot or very cold.

Terrain The physical features of a tract of land.

Tortellini (right) A small pasta with various fillings, folded over and shaped into a ring or hat shape.



Traditional diets The types of food consumed by the native population of an area, using the area or region’s natural resources as a food source.

Tributaries A stream feeding a larger stream or lake.

Tuber A short fleshy, usually underground stem, bearing small leaves which bear buds that are capable of producing a new plant. Examples of tubers that we eat include potatoes, parsnips, radishes, yams, and ginger root.

U
Uplands Land elevated above the lowland, along rivers, or between hills.

V
Valleys A low point or depression of the earth’s surface, usually found between hills or mountains.

Vermicelli Italian for “little worms,” it is the name for a pasta shaped into very thin strands and is much thinner than spaghetti.

Vineyard A planting of grapevines in one area or field.

Vinaigrette A sauce usually made of oil, vinegar and seasonings, and is used on salads, meats or fish.

W
Wetlands Land or area (marshes or swamps) that are covered often with shallow water or have soil that is very moist.

Whole wheat pasta Pasta made entirely of ground whole wheat flour rather than semolina, containing all parts of the wheat grain (bran, germ, endosperm).

Y
Yucca Root (right) A plant root ranging in size, with tough brown skin, when peeled, reveals a crisp, white flesh. There are two main types, sweet and bitter (the bitter plant is poisonous unless cooked), and is mainly grown in South America.



