










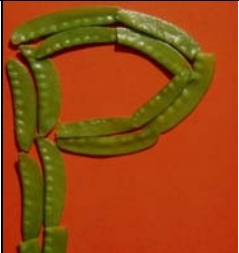



Kitchen cultures

How and what do islanders eat? Is there more seafood than in other places? Explore the wonderful world of island kitchen cultures.

STRATEGY	Suggested Ideas:
ANALYSIS	<ul style="list-style-type: none"> ▪ Exchange an island recipe with students on another island, record your preparation of it, and give feedback to the original island on the taste test results! ▪ Look at the menus for a sample of about 10 restaurants / food outlets on your island. What percentage of food is seafood? Other food? ▪ Analyse the types of restaurants that are on your island; e.g. Indian, Italian, Vietnamese. Graph the results and compare the results with the restaurant diversity on other islands. ▪ Are there any recipes unique to your island? For example a soup, unique to the Bahamas is called 'souse', consisting purely of water, onions, lime juice, celery, peppers and meat. Can you make this soup? Provide feedback to students in the Bahamas about the soup. Share one of your recipes. ▪ Are there any islands in the world without fast food chains? Map your findings.
SYNTHESIS	<ul style="list-style-type: none"> ▪ Develop and undertake an online or actual survey of class mates to find out how often they and their families eat seafood. Synthesise your findings and present them in a report. ▪ Keep a diary of what you eat during one week. Share the diary with students on other islands around the world. What might some of the differences and similarities be? Undertake a survey to see what is the most typical food eaten by everyone at your school during one week. Compare your findings with that of students on other islands? ▪ Start with some tomato, some cheese and some flour. Create a dish using only additional ingredients found on your island. Give your dish a name and share it with others, via photographs and the recipe. <div style="text-align: center;">  </div>
PARADOX	<ul style="list-style-type: none"> ▪ Is your island self sustaining or does it need to import much of its food? If so, what foods are imported? Draw a chart of the imports and show changes over time. ▪ Islands might not have ready access to fresh water supplies or fresh food grown locally. Investigate how people on islands such as Singapore, have overcome these problems.
ATTRIBUTE LISTING	<ul style="list-style-type: none"> ▪ Are there any foods which are unique to your island? ▪ Find recipes which utilise local produce. Can you create a menu which only includes food from the island? ▪ List the items that are found in your school canteen. Compare this with a similar list from students on other islands around the world. ▪ List all the locally grown fresh food in your local market, supermarket or shop. Illustrate the list and share it with students from other islands. Is there any food in your supermarket or shop that originates from other islands around the world? Identify the food and the island it came from. <div style="text-align: right;">  </div>
ANALOGY	<ul style="list-style-type: none"> ▪ What island/s around the world has the most similar food and cooking to that on your island?
DISCREPANCY	<ul style="list-style-type: none"> ▪ Traditional West Indian recipes include fungi, docouna, fritters, kallaloo, goat water and cassava bread, along with dessert favourites such as stewed gooseberries on a stick, tie-tie sugar cake, dunderstloe, jawbone and soursop ice cream. What might these foods look like? ▪ Make and assemble a typical three course meal on your island. Label and annotate each

	meal with its details and photograph it to show to students on other islands around the world.
PROVOCATIVE QUESTION	<ul style="list-style-type: none"> Are island people healthier than those people not living on islands? Discuss this question using specific data.
EXAMPLES OF CHANGE	<ul style="list-style-type: none"> Research what food was popular on your island 10 years ago, 50 years ago (oral history). Has the kitchen culture changed? Have outside influences changed the way people on your island eat? Share this information in an illustrated timeline.
EXAMPLES OF HABIT	<div style="display: flex;"> <div style="flex: 1;">     </div> <div style="flex: 2;"> <ul style="list-style-type: none"> Identify foods that are traditional to specific islands and explore how those foods are reflective of that island's environment and climate. Interview any islanders either by email or mail to assist your research. Present your findings in a dramatic performance. A 'one pot meal' is a favourite way of cooking on the island of Grenada. Cooking on the island of Foa is outdoor and communal and in the Greek Islands, cooking in the sand is still a preferred method for some people, as is the New Zealand hangi. Photograph the method that is used to cook your meal on your island. Share this with others. Record some imaginative ways of cooking on an island; for example cooking over a volcano on the Canary Islands. What if you could cook your food any way you liked on your island? Describe in words and illustrations how you might do this. Prepare typical food that you would have at a celebration or festival on your island. Photograph this and share it with others. Using scrapbooking, create a recipe book of your island's recipes and present to students on another island. </div> </div>
SKILLS OF SEARCH	<ul style="list-style-type: none"> To what extent is food that is grown and caught on islands available locally? Examine the advantages and disadvantages of international demand for local produce. Imagine that you were no longer able to eat any food produced from the sea. What would your main diet consist of then? Would you be able to rely on other food from the island or would you need to import food from elsewhere? Develop and undertake an online poll with students at your school to discover the most popular food. Repeat the poll with teachers and parents. Compare the findings and share with students from other islands. Share recipes with students on other islands around the world. Have an international island cooking day at your school.
TOLERANCE FOR AMBIGUITY	<ul style="list-style-type: none"> What if you were one of the original inhabitants of your island? What would you have eaten and how would you have cooked it?
INTUITIVE EXPRESSION	<ul style="list-style-type: none"> Imagine you are the super chef of your island. Create a multimedia object or an animation that best advertises your most famous dish.
ADJUSTMENT TO DEVELOPMENT	<ul style="list-style-type: none"> Some kitchens are very traditional, e.g. a fire cooking area on the island of Rhodes. Photograph your kitchen and share it with others. Identify the main cooking areas and what they are. <div style="display: flex;"> <div style="flex: 1;">   </div> <div style="flex: 2;"> <ul style="list-style-type: none"> List the cooking appliances that your grandparents may have used. What new developments are there to cook and prepare food? Show your findings in an illustrated timeline. Consider futuristic cooking environments that may appear on your island, e.g. sensory responsive kitchens. How might these kitchens affect traditional island cooking? http://www.dexigner.com/forum/index.php?showtopic=5992 <p>Design a futuristic cooking space and equipment. Think about current cooking and eating trends and how people's lifestyles impact on kitchen design.</p> </div> <div style="flex: 1;">  </div> </div>
STUDY CREATIVE PROCESS	<ul style="list-style-type: none"> Create an original recipe for a fish dish (a fish / crustacean that is found locally). Give the recipe a name, make the dish and share it. Take a photograph of it and add it to an online

	<p>'original recipes book'.</p>
EVALUATIVE SITUATIONS	<ul style="list-style-type: none"> This is a typical meal on the island of Uovela. Locate Uovela on a map. What do you think the dishes might be? Create a page of photographs of 'mystery food' from your island. Can students on other islands guess what they are? Describe the best meal that you have ever had. Draw or paint a picture of it, describe it in words and share with others. Do students on other islands have a similar meal? 
CREATIVE READING SKILLS	 <ul style="list-style-type: none"> Read <i>Before we eat: A delicious slice of Tasmania's culinary life</i> by Paul County and Bernard Lloyd. This is not a cookbook and there is not a recipe in sight. Instead a wonderful tale of what makes Tasmanian cuisine, the people who make it, and in slices of history, the people who helped make it — from the Aboriginal earliest inhabitants to the early settlers, determined to create another England, to today when immigrants from all around the globe have added their touch of individuality. List 10 things about the kitchen culture on Tasmania that you have learned and can share with other students on other islands. View some photographs from the book at: http://www.leatherwoodonline.com/arts/2004/eat/index.htm Create a similar photographic essay of your view of your island's culinary life.
CREATIVE LISTENING SKILLS	<ul style="list-style-type: none"> Put your favourite island recipe into a rap format. Perform the rap and tape it. Share it with others.
CREATIVE WRITING SKILLS	 <ul style="list-style-type: none"> On many islands such as the Greek Islands, sharing a meal with friends, either at home, at a restaurant or a taverna, is a time revered by all the inhabitants of the country and is a very social event. Food preparation often has its own special rules. Describe the traditions of cooking and eating that you have or that are typical on your island. Also include the times for eating and names of the meals. Create an alphabet book of local island food. Can you find a food for each letter of the alphabet? Illustrate your book creatively.
VISUALISATION	<ul style="list-style-type: none"> Create a class online recipe blog or website. Make your own short video island cooking show and present to an audience. Look at a range of recipe books. Notice how some include photos of fresh food as well as prepared food. Prepare a series of photographs for a cookbook. Include fresh food and the final cooked product. On a paper plate, use papier maché or clay to depict your favourite meal. Photograph and load it to the web for others to comment on. Video yourself and / or a partner demonstrating how to cook a traditional island recipe. 
STUDY OF PEOPLE	<ul style="list-style-type: none"> Identify the most famous cooks on your island. Interview them about how and what they cook and what is their speciality. Research influential Tasmanian chefs at: http://www.leatherwoodonline.com/arts/2004/eat/index.htm How did they influence the food and restaurant industry in Tasmania? Study the cooking and food of the indigenous people on your island. Describe their traditional foods. <p>Design an Island Food Festival and outline in a brochure the type of food that will be available that reflects your island. Eg Big Island Festival on Hawaii. http://www.bigislandfestival.com/chefs-and-guests.asp.</p> <p>With your class, conduct an island food festival in your local area. Describe any food festivals that your island does have and share these with others.</p> 