

Part One: Where Is Your Food From?

Directions: Choose three of your favorite, most elaborate meals. Think: when you get to choose your birthday dinner, what are you eating? Use the internet to find the origins of all of the ingredients of your favorite foods. For this activity, you need to research where all of the ingredients of your food originally came from. See the example below: **(BE SPECIFIC)**

	Main Food Items	All Ingredients/Origins	
Meal Example #1	<ul style="list-style-type: none"> ● Turkey Sandwich ● Potato Chips ● Greek Yogurt ● Coca-Cola 	<i>Turkey: North America</i> <i>Lettuce: Egypt</i> <i>Avocado: Mexico</i> <i>Mustard Seed: Europe and Asia</i> <i>Wheat: Mesopotamia (Iraq)</i> <i>Potato: Peru</i> <i>Black Pepper: India</i> <i>Olive Oil: Eastern Mediterranean</i>	<i>Milk: (Cow) Europe</i> <i>Sugar (Cane): India/South Asia</i> <i>Strawberries: Chile/South America</i> <i>Corn: Mexico</i> <i>Vanilla: Mexico</i> <i>Cinnamon: Sri Lanka/India</i> <i>Nutmeg: Indonesia</i>

Complete the chart below:

	Main Food Items	All Ingredients/Origins	
Meal #1			

	Main Food Items	All Ingredients/Origins
Meal #2		
	Main Food Items	All Ingredients/Origins
Meal #3		

Part Two: The Food Map

Directions: Choose one meal from the previous page – preferably the biggest meal / the meal with the most ingredients. Using the information on the previous page:

1. Shade all of the regions of the world in which the ingredients of your meal originated. (Be very specific in your shading – Example: Don't shade all of North America if something originated in Mexico!)
2. Next to the shaded regions, label the map with the ingredients that you have consumed (use arrows / consult Google Maps if necessary!)



The Columbian Exchange Reference Guide

New World (North/South America)	Old World (Europe/Asia/Africa)	
<p>Food</p> <ol style="list-style-type: none"> 1. Artichokes 2. Avocados 3. Beans (Kidney, Lima) 4. Black walnuts 5. Blueberries 6. Cocoa/Chocolate 7. Cashews 8. Cassava 9. Chestnuts 10. Corn (Maize) 11. Crab apples 12. Cranberries 13. Gourds 14. Hickory nuts 15. Onions 16. Papayas 17. Peanuts 18. Pecans 19. Peppers (Chili, Bell) 20. Pineapples 21. Plums 22. Potatoes (White/Sweet) 23. Pumpkins 24. Raspberries 25. Squash 26. Strawberries 27. Sunflowers 28. Sweet Potatoes 29. Tobacco 30. Tomatoes 31. Turkey 32. Vanilla 33. Wild Cherries 34. Wild Rice <p>Domesticated Animals:</p> <ol style="list-style-type: none"> 1. Dogs 2. Llamas 3. Alpacas 4. Guinea Pigs 5. Turkeys 	<p>Food</p> <ol style="list-style-type: none"> 1. Apples 2. Bananas 3. Barley 4. Beans (Broad Bean) 5. Beets 6. Broccoli 7. Cabbage 8. Carrots 9. Cattle (Beef, Milk) 10. Cauliflower 11. Celery 12. Cheese 13. Cherries 14. Chickens 15. Chickpeas 16. Cinnamon 17. Coffee 18. Cucumbers 19. Eggplant 20. Garlic 21. Ginger 22. Grapes 23. Honey 24. Lemons 25. Lettuce 26. Limes 27. Mangos 28. Oats 29. Okra 30. Olives 31. Onions 32. Oranges 33. Pasta 34. Peaches 35. Pears 36. Peas 37. Pigs 38. Radishes 39. Rice 40. Sheep 41. Spinach 42. Sugar 43. Tea 44. Watermelon 45. Wheat 46. Yams 	<p>Domesticated Animals:</p> <ol style="list-style-type: none"> 1. Dogs 2. Horses 3. Donkeys 4. Pigs 5. Cattle 6. Goats 7. Sheep 8. Chickens <p>Diseases:</p> <ol style="list-style-type: none"> 6. Smallpox 7. Measles 8. Chicken Pox 9. Malaria 10. Yellow Fever 11. Whooping Cough 12. Influenza 13. The Common Cold 14. Typhus 15. Bubonic Plague

