

Unit 3 Project Cultural Cookbook

In this project, you will choose a country and research the traditional cuisine of that country. Your goal is to communicate how the cuisine of that country came to be, and some of the factors that affect food availability in that country. You are also to include traditional recipes, and how to make them.

Contents

Introduction/ Background Information

You should start by introducing us to your country. Your introduction should give us a feel for how the traditional cuisine of this country came to be. What is their climate like, and what crops are they able to grow? What is the economy like in the country, and does it affect the food that they eat? What is the etiquette surrounding meal times in this country, and are there any specific practices around meal times? Specific topics to think about include:

- Geographic location/climate
- Agriculture
- Economic status of the country average cost of meals
- Etiquette/ traditions
- The history of that country's cuisine
- Staple foods

***In this section you MUST include the staple foods of your country!**

Recipes

In this section you should include a minimum of three traditional recipes native to your country. Some stipulations apply

- You should include three **varied** recipes, and one must be a dessert
- All recipes must include full ingredient lists, as well as directions.
- Your recipe must also include an introduction. During this introduction, you must link this recipe back to your country's history. Why do they eat this food? Does it include one of their staple foods? When was this food introduced? Does it serve some other purpose.

Visual Appeal

Remember, this is a cookbook that should be ready to publish. You should include at least 3 pictures, one for each recipe. Consider formatting, various font sizes, adding colour, etc. You are required to create a VISUALLY APPEALING END PRODUCT!