



FOOD HISTORY – INQUIRY PROJECT

GRADE LEVEL – 4 to 12

BC FOOD CULTURES

DID YOU KNOW?

- The eating habits of today's British Columbians are a reflection of changes in demographics throughout time.
- In British Columbia, there are over 200 distinct First Nation communities and a strong Métis presence - more than in any other province or territory in Canada - and each has its own art, language, culture and food traditions.
- Being a settler province, British Columbia's cuisine has been shaped by waves of *migration* that have modified locally grown or harvested ingredients from land and sea according to their backgrounds.
- The favorite foods of British Columbians vary slightly from region to region, and are strongly influenced by their family heritage, especially in relation to holiday celebrations.

Learning about and tasting the foods of others is a powerful way of exchanging ideas and traditions. Your Food History inquiry is to explore the culture and traditions of the citizens of British Columbia by investigating food.

- Choose a specific group that is located in your community **or** choose a cultural tradition related to food in your own family. You could focus on everyday foods and how they are prepared and eaten **or** you could choose a food associated with special occasions, celebrations, seasons, or religious events.
- Determine the foods consumed and the growing, gathering, preserving and cooking methods used.
- Gather more information by interviewing a representative or family member of the group; visiting the local museum or cultural center; examining cookbooks or other references.
- Include in your report information about why was this food important, how has it been modified over time, interesting facts about the food, how was it served, what rituals or ceremonies were associated with serving and eating the food
- Consider including a map or pictures of the area, someone preparing, serving, and eating the food, the recipe, the stories of the people (how they came to be living in the area).