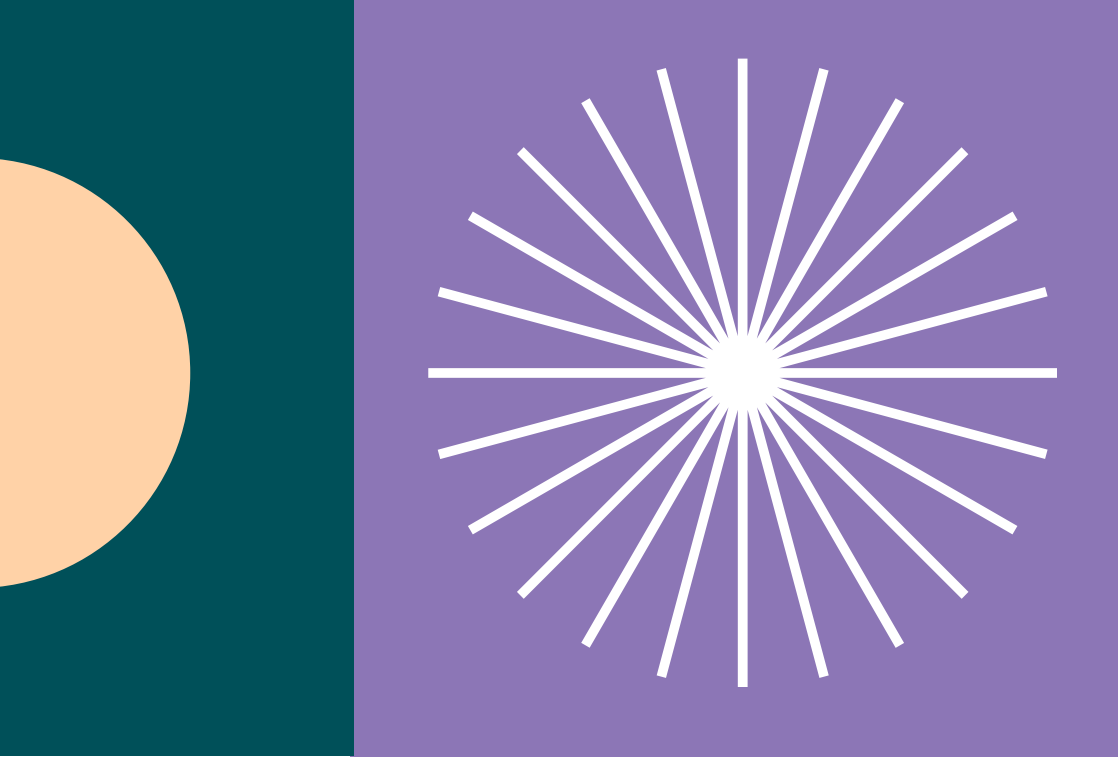


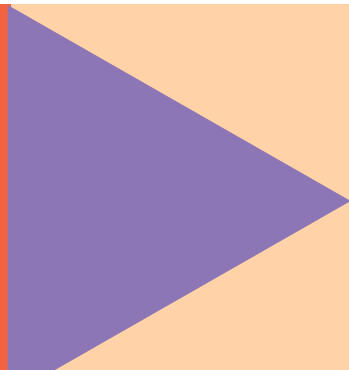


Unit 1

TRADITIONAL FOOD

HISTORY AND MEMORIES

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Getting ready...



**WHAT DO
YOU
KNOW ABOUT
THE FOOD
ABOVE?**





WHAT IS TRADITIONAL FOOD?

The use of particular food ingredients and food preparation methods has been passed on from one generation to the next and are nowadays referred to as "traditional foods".

Traditional foods played a major role in traditions of different cultures and regions for thousands of years including foods that have been consumed locally and regionally for an extended time period. Preparation methods of traditional foods are part of the folklore of a country or a region.

Traditional food is a food with a specific feature or features which distinguish it clearly from other similar products of the same category in terms of the use of "traditional ingredients" (raw material of primary products) or "traditional composition" or "traditional type of production and /or processing method".

Looking into...

1. O que define um alimento como "tradicional"?
2. Qual é o papel dos alimentos tradicionais nas tradições culturais e regionais?
3. Por que os métodos de preparação dos alimentos tradicionais são considerados parte do folclore de um país ou região?
4. O que diferencia os alimentos tradicionais de produtos similares na mesma categoria?

Fonte: <http://srbnutrition.info/english/traditional-foods>



LET'S TALK!

1. What is your favorite food? How often do you eat it?
2. Is your country famous for any foods? What are they?
3. If you could only eat one food for the rest of your life, what would you choose? Why?
4. Which culture's food, apart from your own, do you really like?
5. Pick one food to represent you. Why did you choose it?

1 **TRADITIONAL BRAZILIAN FOOD**

Brazilian cuisine is inspired by a rich blend of influences, primarily stemming from indigenous, Portuguese, African, and immigrant cultures. Each region of Brazil has its own unique culinary traditions, shaped by local ingredients and historical context.



LOOK AROUND

DO YOU KNOW?

2 **TRADITIONAL INDIGENOUS FOOD**

Indigenous cuisine is a type of cuisine that is based on the preparation of cooking recipes with products obtained from native species of a specific area. Indigenous cuisine is prepared using indigenous ingredients of vegetable or animal origin in traditional recipes of the typical cuisine of a place.

3 **TRADITIONAL VENEZUELAN FOOD**

Venezuelan cuisine is inspired by a range of African, European, and Native American influences. Traditional dishes typically vary from one region to the next but the fundamental ingredients include rice, corn, plantains, beans, yams and meat.

4 **TRADITIONAL GUYANESE FOOD**

Guyanese cuisine is widely influenced by traditional dishes and cooking methods from ethnic groups such as African, Creole, East Indian, Portuguese, Amerindian, Chinese and British.

Guyanese staple ingredients include root vegetables like cassava and sweet potatoes. Seafood and fresh fruits also play a major role.



TIME TO PRACTICE!

- **Number the columns on the right with the words on the left:**

- | | |
|---------------|--|
| | () A particular variety or style of cooking, especially as characteristic of a particular country, region, or establishment. |
| 1.Traditional | () Any nutritious substance that people or animals eat or drink, or that plants absorb, in order to maintain life and growth. |
| 2.Cuisine | () A specific preparation of food with its own name, such as a recipe. |
| 3.Food | () Conforming or adhering to tradition; of, relating to, or characteristic of the older styles or customs. |
| 4.Ingredient | () A component part or element of something. |
| 5.Typical | () Representing or exhibiting the essential characteristics of a group or class; serving as a typical example. |
| 6.Dish | () A set of instructions or guidelines for preparing a particular dish or drink. |
| 7.Recipe | |

Exercise



GENRE OF RECIPE

The genre of recipe writing is usually thought of as a very standardized, reliable set of instructions, always consisting of two parts: the ingredients and the instructions. However, this is an overly simplistic view of this genre.

While most recipes are composed of ingredients and directions, sometimes, recipes only include directions (Canora). Additionally, a great recipe is not just a set of directions; instead, great recipes can even tell a story – about a grandma's Christmas cookies, about a lovely Valentine dinner, or about new motherhood (Perelman).

Generally, though, the form of recipes are first, a set of ingredients, followed by a list of directions, but this has slightly transformed over time. For much of history, most recipes actually didn't actually specify precisely how much of an ingredient was needed; instead, recipes would call for a "cupful" or a "drop" (Schofield). Nowadays, though, recipes, especially in baking, usually specify a precise amount needed for each ingredient.

Some write recipes to pass on memories (perhaps a grandma passing on a family-secret biscuit recipe to her grandchild) or some write recipes to expose others to international cultures (perhaps a writer who blogs about her cooking experiences across Japan). The grandma recipe writer may just compose her recipe literature on a piece of napkin or in a family cookbook, while the travelling recipe writer may write weekly blogs and eventually publish a book. No matter the reason or the audience for a recipe, it is clear the recipe genre goes beyond a set of instructions; instead, it truly is a way to tell a story.

PAÇOCA, A TRADITIONAL DISH IN RORAIMA.

RECIPE

Paçoca with banana - Roasted meat

Ingredients

- 01 kg of dried beef
- 01 medium onion in thin strips
- 1 tomato cut into cubes without seeds
- 2 cloves of crushed garlic
- Oil for sautéing and frying the banana
- 1/2 kg cassava flour (fine)
- Green scent to taste
- Pepper or pepper to taste
- 02 plantains

Preparation

1. Cut the meat into small pieces and heat with water to boil for approximately 10 to 15 minutes and then drain the water. (If you think it is too salty, change the water and boil again).
 2. In a pan, sauté the finely chopped onion and garlic. Add the meat and fry until golden, stirring constantly.
 3. In the processor or blender, place the pieces of meat and pulse until shredded.
 4. Return the meat to the heat, in the leftover oil from the braise and, little by little, add the flour of your choice, being careful not to make it too dry.
 5. Add the green scent to finish.
- TIP – In Roraima it is served with banana. I suggest you serve it with fried plantain to add a sweet touch to the mixture.

Roraima, is a state in northern Brazil, that boasts a rich culinary heritage influenced by indigenous cultures, European settlers, and the Amazon rainforest.

Further thinking

1. Qual a característica mais marcante do Gênero Receita?
2. Você já teve acesso a diferentes tipos de receitas? Quais? O que há de parecido e diferente?
3. Analise a receita acima: Qual a estrutura? Que tipo de medida é utilizado? Qual o tipo de linguagem?
4. Como você deixaria a receita mais pessoal? Se fosse uma receita de família.

GRAMMAR TIPS

THE IMPERATIVE:

- The imperative is the base form of the verb. We use it to give instructions, commands or suggestions.
- The imperative does not have a subject because the subject is the listener.
- Add the word 'please' to make the commands more polite.
- The negative form of the imperative uses do not or don't plus the base verb.

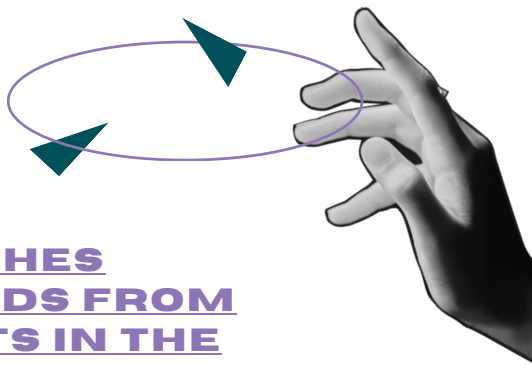
LET'S THINK!



- What is the structure of the negative imperative, and how might it be used in recipes to prevent common mistakes?
- Can you identify examples of imperative verbs commonly found in recipes? How do they guide the reader in the preparation process?
- How does the use of the imperative form in recipes contribute to the clarity and effectiveness of the instructions provided?

- How is the imperative form of a verb typically used in the context of giving instructions in a recipe?
- Why does the imperative form not require a subject, and how does this characteristic make it suitable for recipes?
- How can the word 'please' be utilized in recipe instructions to make them more polite or user-friendly?

In group discuss the questions below, then write the answer:



01.

**WHAT DISTINGUISHES
TRADITIONAL FOODS FROM
SIMILAR PRODUCTS IN THE
SAME CATEGORY?**

02.

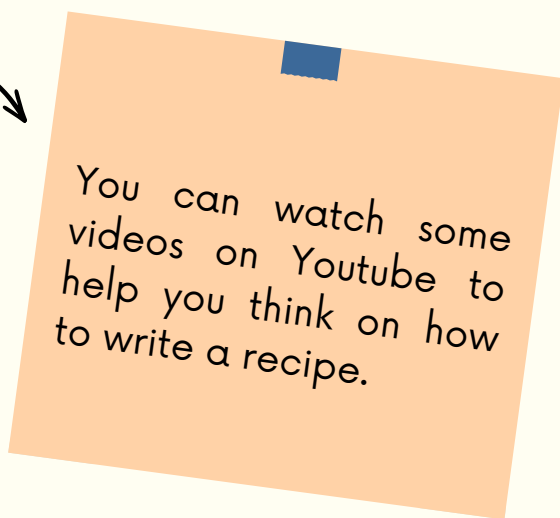
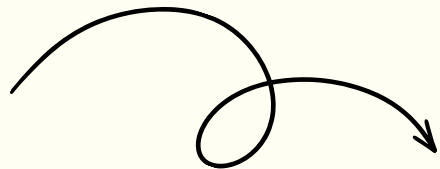
**IS THERE A
TRADITIONAL FOOD
IN YOUR FAMILY ? IF
YES, WHICH ONE?**

03.

**HOW DO YOU FEEL
WHEN YOU EAT
YOUR FAVORITE
FOOD?**

NOW IT'S YOUR TIME!

1. CHOOSE A TRADITIONAL FOOD.
2. WRITE A RECIPE.
3. COOK THE RECIPE AT HOME.
4. BRING IT TO THE CLASS TO SHARE ITS TASTE AND YOUR EXPERINCES.
5. ENJOY YOUR MOMENT.



FOLLOW THE DIRECTIONS

1. Based on what we've discussed about our reading, you will create a "recipe" for:

2. Think of possible ingredients. What characteristics and qualities do you need to include when you write in this genre? Brainstorm a least five below:

- ---

FOLLOW THE DIRECTIONS

3. What amounts of each ingredient will you need?

Examples of Culinary Amounts

cup

teaspoon

tablespoon

dash

scoop

ounce

pound

pint

sprinkle

stick

Write the amount of each ingredient.

FOLLOW THE DIRECTIONS

4. Now, write a directions section, in which you explain how to “make” the genre. A list of cooking verbs appears below:

Cooking Verbs

combine	mix	stir	pour	sift
coat	baste	bake	sauté	drizzle
blend	slice	grate	beat	chop
add	cut	knead	simmer	heat
roll	weigh	juice	dice	wash
puree	spread	cream	serve	grease
melt	boil	whisk	mash	fry
peel	press			

Brainstorming:

_____ Recipe
for _____

Ingredients:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions:

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