

Week 3: Regional Cuisine – Self Directed Project

May 4th – 10th

WEEK ONE of Regional Cuisine

You will research a region of your choice and explore its cuisine. This is an expository writing assignment with regards to the research portion and must be typed out touching on all necessary points.

“**Regional cuisine** is [cuisine](#) based upon national, state or local regions.^[1] Regional cuisines may vary based upon [food](#) availability and trade, varying [climates](#), [cooking](#) traditions and practices, and [cultural](#) differences.^[2] One noteworthy definition is based upon *traditional cuisine*: "A traditional cuisine is a coherent tradition of food preparation that rises from the daily lives and kitchens of a people over an extended period in a specific region of a country, or a specific country, and which, when localized, has notable distinctions from the cuisine of the country as a whole."^[3] Regional food preparation traditions, customs and ingredients often combine to create dishes unique to a particular region.^[4] Regional cuisines are often named after the geographic areas or regions that they originate from.”

- https://en.wikipedia.org/wiki/Regional_cuisine**Part A: Written Assignment**

Choose a Region to Research answer and submit the following questions

1. What makes the cuisine of your region unique; (you may want to include examples of climate, fuels available, trade, economic conditions, common use of major foodstuffs)
2. Explain the effect of wars, redrawn borders and ethnic migration and how it has affected your region
3. How does religion affect cuisines of your region
4. Explain its climate and geography.
5. What is the Infrastructure like in regards to its food production.
6. How and where does your region export and import its foods?
7. What are some food preparation and preservation techniques used there?
8. How do values and religion play in your region?
9. Do superstitions, taboos and beliefs play a part in foods that are eaten there?
10. What makes this country's cuisine unique?
11. Are there celebrations? if so, what is eaten, what is not eaten and when?
12. Are there traditional gender roles in the acquisition and preparation of foods?
13. Describe the way the food in your region considering the seasonings and food and flavour combinations

This Part is Due May 11, 2020