

Basic Food Prep: Vegetable Research

Your Vegetable:

You will research a vegetable, submit a typed report and a 5-10 minute presentation.

The report should include: Basic botanical information, indigenous region & ideal growing conditions, notable folklore & history, best suited preparation and cooking methods including the recipe names of more classical dishes.

12 pt font, double spaced, separate sheet of references/bibliography

The presentation should include: Presentation of interesting and useful information, use of visual aids such as powerpoint or handouts, physical example of the product, overall professional and organized demeanor.

Content & Grading Breakdown

<u>Basic Botanical Information:</u> Where is it from? What are the general growing conditions and climate needed? What are the commonly available varieties of this item? What global environmental factors currently or potentially threaten the growth and availability of this item?	20pts
<u>Cultural Impact:</u> How does this food item fit into various cultures, histories, and folklore? Does this item serve as a key crop for any specific country or region? If this item is indigenous to a specific region, how (& when) did it find its way into other regional foodways?	20pts
<u>Cuisine:</u> How is this item used in various regional and cultural cuisines? What traditional dishes use this item as a main component? Does this item appear in cultural holidays, celebrations or events? (Names, pictures, and brief description of dishes required, do not include recipes.) What are the nutritional benefits of this food item?	30pts
<u>Sustainability:</u> What sustainability issues does this item present? Are the current growing methods environmentally sustainable? Does this food item have high levels of pesticides and chemical fertilizers? (Clean 15/Dirty Dozen)	20pts
<u>Format:</u> Works Cited/Bibliography; Research paper 12pt font double spaced; Presentation clear and concise, use of images and bulleted information	10pts