COLUMBIAN EXCHANGE TIMELINE ACTIVITY

Description

Students will receive a recipe that highlights an area from the American South. They must obtain all of the ingredients in their recipe by listening to a chronological presentation on the Columbian Exchange and checking off the food ingredients as they arrive to the American South. Then, they will draw what they believe their dish looks like prepared, based on the ingredients.

Learning Objective:

Students will know how and when particular foods arrived in the American South via the Columbian Exchange.

Instructional Materials & Resources:

- Copies of recipe cards (one per student)
- Teacher script
- PowerPoint presentation (optional)
- Writing & coloring utensils for students

Preparation

- Copy the recipe cards so that there is one per student.
- Read over the script as well as the recipe cards. You will see that the recipes will be completed at different times during the activity. Use your discretion as to which students receive certain recipes.
- Prepare writing and coloring utensils for students.
- Set up the PowerPoint presentation.

Procedures:

- Instruct students to take everything off of their desks.
- Explain that students will be receiving a recipe card that highlights a dish from the American South. Once they receive the card, they should spend a couple of minutes reading their recipe to acquaint themselves with both the ingredients and the cooking techniques involved.
- Pass out the cards.
- After students acquaint themselves with the cards, explain that the teacher will read aloud the dates when ingredients, spices, and cooking techniques started to become
popular in the American south. The students should mark off their ingredients as they arrive in the New World by writing who brought them to the South. Example: 1492, Spanish brought pigs to America where they became wild and repopulated quickly throughout the Southern region (anyone with pork product can check off the ingredient and write ‘Spanish’).

- Begin reading the script and showing the related PPT presentation.

**Closing & Assessment**

- Ask students to discuss their recipes as well as show what they believe their dish to look like.
- Show the students what the dish actually looks like.
- Ask the students to discuss the following questions:
  - Why did some recipes take longer to complete than others?
  - What are some ways that the ingredients in your recipe got to the American South?
  - Based on this activity, what do you think the Columbian Exchange is? How did it impact the American South?
Teacher Script:

In front of you is a dish that is specific to a different region in the American South. You will see a map of where your dish is popular, along with facts on the climate and geography of the region. Some of your recipes are from historic cookbooks and look a bit different than what you would see in a modern cookbook.

I am going to read a timeline and you will need to listen carefully for when your ingredients arrive in the South. When you hear your ingredient arrive, you will need to write next to it which culture brought it to the South. Once all of your ingredients have arrived, your dish is complete and you will shout “Dinner’s Ready!”

I will call on several of you from each group and ask you questions about your recipe, such as the name, the region it comes from, and other facts on your sheet to share with the group. While you are waiting for the other groups to collect their ingredients, you will see an empty box on the paper to draw what you think your dish looks like.

Take the next couple of minutes to read through your recipe.

Let’s get started!

The Old World includes Europe, Asia, and Africa, where civilization and cultures have been trading control of territories for millennia. Rice, apples, cows, carrots, onions, and chickens are originally from Asia, but have been grown, domesticated, and cooked in Europe for centuries before Europeans discovered and colonized the New World. Sorghum and millet have been cultivated from Africa, and the sesame seed is now an important part of Asian food.

European settlers have yet to arrive in North, Central, and South America and call it the New World. North America is inhabited by thousands of Native American tribes; some who have built permanent settlements, some who migrate between regions during the warm and cold months, but all are cultivating the plants and animals native to the land. Native Americans have learned how to plant, prepare, cook, and eat corn, squash, and beans. They’ve discovered they can grind corn into cornmeal to make breads. They’ve invented ways to catch and hunt catfish, shrimp, oysters, and crabs. They knew that salt could be used to flavor food and preserve it during the winter months. Some Native Americans, specifically in Texas and the Gulf Coast area were cooking with chili pepper, which came from Mexico. They also used wild onions, much smaller than the bulbs you think of today, for flavoring.
Early 1400s- Polynesians introduce the chicken to South America and it spreads to North America. They are used for their meat and eggs.

1492-1502- Christopher Columbus discovered the Americas in the name of Spain and it was called the New World. The Spanish were introduced to sweet potatoes, peppers, tomatoes, vanilla, cocoa beans, peanuts, and brought them to Europe. Potatoes became a staple in Britain, Tomatoes in Italy, Peppers in Asia, and Peanuts in Africa.

1493- Christopher Columbus brought cows to Mexico, which made their way into the Southern United States. This includes beef, cream, milk, butter, and modern day half and half.

1593- Hernando de Soto, a Spanish explorer, brought 13 pigs to Florida. By the time he died 3 years later, the number of pigs in the South was said to be 700. Pigs became valuable for salt pork, ham hocks, bacon, and they were able to live in almost any condition, swamp or a mountain, and in almost any weather, hot and humid or high altitude, which made them perfect for the South.

1607- Jamestown, Virginia is founded by the British. The British, like most Europeans, used wheat and brought it to the New World to grow and to make flour.

1648- British pilgrims at Plymouth began planting onion bulbs.

1685- First record of rice being planted in North America; coastal lowlands and islands of South Carolina. Most likely brought be European colonists.

1710-1775- Scots-Irish migrated from Ulster region of Ireland to the US. They brought with them kale and other cabbages, and went into the Appalachian mountain region.

1718- New Orleans is founded by the French.

1719- First African slaves brought to New Orleans, bringing West African food traditions and cooking techniques with them, specifically from Senegambia region. This includes one-pot cooking, fermenting, cooking underground, and frying. Slavers brought over food that was common in Africa specifically to feed slaves. Okra, black-eyed peas, watermelon grew well in the Southern climate and were from Africa. While from South America, slavers also brought peanuts into the United States.

1722- First recorded Germans arrive in New Orleans.
1757- First recorded history of sorghum used in the United States; Benjamin Franklin wrote about using it to make brooms.


1791- Slave uprising in Saint-Domingue leads many French slave owners to flee Haiti. Coffee, sugar, tropical fruit like papayas and mangos, all came to the United States through the Caribbean.

1803- Louisiana Purchase, Louisiana becomes American.

1868- McIlhenny Company begins bottling hot sauce, becomes Tabasco. Mixture of chili peppers and vinegar. Both Native Americans and formerly enslaved Africans had been using it as a medicine for centuries.
“Fried Cornmeal-Crusted Catfish”

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**Peanut Oil**

**Catfish**

**Salt**

**Flour**

**Eggs**

**Half and Half**

**Hot Sauce**

**Cornmeal**

**Mississippi River Delta**

**Southern States Included**- Kentucky, Tennessee, Mississippi, Louisiana, Arkansas

**Geography**- Rolling hills and flat lying areas, rivers, lakes, and creeks. Forested.

**Climate**- Tropical and sub-tropical, hot humid climate. Rainy. Mild winters with rare snowfall.

**People**- Native American, French, Spanish, Cajun, German, Sicilian, African, Caribbean, English

**Jobs**- Oil and gas, fish farming, agriculture farming, shipping and transportation.

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Columbian Exchange Recipe Activity

Read the recipe and draw what you think Fried Cornmeal-Crusted Catfish looks like!
“Hopping John”

Cow peas/Black-eyed Peas

Rice

Salt

Bacon

Onion

Low Country and Gullah Region

Southern States Included: Low Country- South Carolina; Gullah region- North Carolina, South Carolina, Georgia, Florida

Geography- Sea Islands, sandhills, marshes, creeks

Climate- Humid and temperate during the summer, Tropical and subtropical. Mild winters with some snow.

People- Native American, African, English, Dutch, Scots-Irish, Caribbean.

Jobs- Fishing industry, artisan crafting, tourism, farming (rice), industrial, port, and military.

Read the recipe and draw what you think Hopping John looks like!
“Summer Southern Succotash”

3 Tomatoes__________
Fresh Corn__________
Okra_______________
Chili Pepper________

Chesapeake Bay

Southern States Included- Maryland, Virginia, Washington D.C.

Geography- Rivers, marshes, creeks, and bays

National Parks- Great Smoky Mountain, Cumberland Gap, Shenandoah, and Blue Ridge Parkway.

Climate- Very humid summers, mild to cold winters.

People- Native Americans, Scots-Irish, African, English, Welsh.

Jobs- Seafood production (oysters, blue crabs, fishing)

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Read the recipe and draw what you think Summer Southern Succotash looks like!
**Columbian Exchange Recipe Activity**

**“Braised Greens & Pot Likker”**

4

Salt Pork__________________
Kale_____________________
Salt_______________________
Sorghum___________________
Onion_____________________
Columbian Exchange Recipe Activity

Name________________________________

Read the recipe and draw what you think Braised Greens and Pot Likker looks like!

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“Simple Okra Gombo”

Chop a pound of beef and half a pound of veal brisket into squares an inch thick; slice three dozen okra pods, one onion, a pod of red pepper, and fry all together. When brown, pour in half a gallon of water; add more as it boils away. Serve with rice as usual.

**People all over Louisiana make gumbo, especially those in the Acadiana region, or Cajuns, but this recipe is distinctly Creole.**

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Read the recipe and draw what you think Simple Okra Gombo looks like!