Foods and Nutrition
Regional Cooking Research Project

OBJECTIVE:
To investigate foods and the way of life from different parts of the United States and report your findings to the class.

ASSIGNMENT:
1. Select one of the following regions of the United States (Chap. 23 p. 626-645)
   a. Northeast
   b. Midwest
   c. South
   d. Southwest
   e. Pacific Coast and the Northwest
   f. Hawaii

2. Each student is to select and prepare one recipe at home to be brought in for the class to sample. This recipe needs to be a food that is typical of that region and can be from any of the states within that region. You will need to also turn in TYPED copies of your recipes to either Ms. Merlo or Ms. Emberson. Due on ____________________
   a. Entrée (main dish for a meal)
   b. Dessert
   c. Breads or side dish

3. Creatively present the information about the region. Include the following:
   a. Ethnic groups of people who settled this area. (Irish, Russians, Spanish, etc.)
   b. Climate and temperatures of this area
   c. Occupations of people or large business or industries found there
   d. Tourist attractions (what makes this region special for people to visit)
   e. Foods that people typically eat there (common foods of the area)
   f. Foods that are grown or raised there (example: from a foreign country we get bananas from South America and Africa)
   g. Misc. information of interest to the class (professional athletic teams, Olympics, famous colleges, Super Bowls held there, reasons for people moving there to live)

4. Presentation
   a. Time allotment will be 30 minutes includes setup, presentation, and take down
   b. Must talk for a minimum of 10 minutes and serve your food after you talk
   c. Bring food prepared and ready to heat up (if needed)
   d. All the people in the group will talk and present information
   e. All people will prepare and contribute to food presented
   f. Include a well designed, clear, and thoughtful power point presentation. You may also bring in pictures, books, artifacts, or souvenirs from the area to make the presentation more interesting.
5. Guidelines for the Power Point Presentation
   - Must include an introduction that is interesting and attention getting.
   - Information should be presented NOT read.
   - Follow the rule of 7. No more than 7 bullets per slide and 7 words per bullet.
   - Each person in the group must present/have a speaking part in the presentation.
   - Clip art should be used but be careful not to overwhelm the slides with pictures.
   - Should include a conclusion that summarizes the information in the presentation.

6. Have fun with the presentation and teach us something about the area that will stay with us and encourage us to travel to the area when the opportunity comes along!
   a. Show creativity
   b. Be enthusiastic
   c. Make it interesting and exciting
Foods and Nutrition
Regional Cooking Power Point Presentation
Research Outline

I. Main Topic: ____________________________
   a. Supporting Detail: ___________________
   b. Supporting Detail: ___________________
   c. Supporting Detail: ___________________
   d. Supporting Detail: ___________________

II. Main Topic: ___________________________
    a. Supporting Detail: ___________________
    b. Supporting Detail: ___________________
    c. Supporting Detail: ___________________
    d. Supporting Detail: ___________________

III. Main Topic: __________________________
    a. Supporting Detail: ___________________
    b. Supporting Detail: ___________________
    c. Supporting Detail: ___________________
    d. Supporting Detail: ___________________

IV. Main Topic: __________________________
    a. Supporting Detail: ___________________
    b. Supporting Detail: ___________________
    c. Supporting Detail: ___________________
    d. Supporting Detail: ___________________
V. Main Topic: __________________________________
   a. Supporting Detail: __________________________________
   b. Supporting Detail: __________________________________
   c. Supporting Detail: __________________________________
   d. Supporting Detail: __________________________________

VI. Main Topic: __________________________________
    a. Supporting Detail: __________________________________
    b. Supporting Detail: __________________________________
    c. Supporting Detail: __________________________________
    d. Supporting Detail: __________________________________

VII. Main Topic: __________________________________
     a. Supporting Detail: __________________________________
     b. Supporting Detail: __________________________________
     c. Supporting Detail: __________________________________
     d. Supporting Detail: __________________________________

Sources:
__________________________________________  ________________________
__________________________________________  ________________________
__________________________________________  ________________________
__________________________________________  ________________________
Introduction:


Conclusion:


Reminder:

- Do not type any information in all caps
- Summarize your information, don’t use complete sentences
- Do not use punctuation at the end of your key points
- Use a consistent design for all slides
- Use a consistent transitions for all slides
- Don’t forget graphics
- Think about your audience
- Follow the 7x7 rule (No more than 7 bullets per slide and 7 words per bullet)
- Be creative

Now go and prepare and awesome presentation!
BRAINSTORMING ACTIVITY
REGIONAL COOKING PROJECT

GROUP NAMES:

DIRECTIONS:
NOW THAT YOU HAVE COMPLETED THE CHAPTER IN THE
TEXTBOOK ON REGIONAL COOKING...

YOU SHOULD BRAINSTORM 5-10 WORDS THAT COME TO
MIND WHEN YOU THINK OF YOUR CHOSEN REGION.

REGION NAME ________________________

KEY WORDS: