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English 1010

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### Regions and Food

Barnes-Svarney, Patricia. *Zimbabwe*. Main Line Book Co., 1999. Print.

About 87 percent of Zimbabwe people are black Africans; the other 13 percent are Europeans. Many village women share the communal cooking and beer-brewing tasks. Beer is made from corn and goes with most meals served in the countryside. Zimbabwe is rich in agriculture and cattle-grazing country. After the arrival of European settlers, great farmers were established throughout the country. The big farms were meant to produce large quantities of cash crops. The main crops are millet, corn, citrus, yams, and rice. There was also crops that were sold for profit, those crops included corn, cotton, tobacco, and tea. The main source of income for 70 percent of the labor force is farming. The farming industry is still dominated by white landowners. The most important crop is corn. More than 80 percent of the annual harvest is exported to other nations, the rest is consumed by the people of Zimbabwe. One of Zimbabwe's major exports is beef. Other important crops that are important are cotton, tea, and tobacco.

Bial, Raymond. *The Choctow*. Tarrytown. Marshall Cavendish Corporation. 2003. Print.

The Lifeway books show the reader what life is like in the eyes of a Native American. It shows the struggles of everyday life, what the land is like, the struggle for survival that the face, as well as dignity. One of the struggles they face and what they greatly depend upon is their gardening and their crops to do well. They also

have to depend upon their hunting and fishing skills so that they can have food for their families. When the first corn is harvested, they hold a festival with a giant feast called, “the Green Corn Dance”. It lasts for five days and each town varies from time to time.

Blauer Ettagale and Laure Jason. *South Africa*. Canada. 2006. Print.

South Africa’s regions hold great contrasts. Regions vary from extreme dry, tremendous rainfall, and fierce winds. Farming once occupied most of South Africa. Today it is only four percent of the country’s economy. Now people in the rural areas, grow food for their own use. Because of the little rainfall, this can be difficult for many people. Large-scale farmers on the other hand, mainly white farmers, have a better time because of the equipment and they have access to better land. These farmers grow huge amounts of food and sale them at local markets.

D’Aluisio Faith and Menzel Peter. *What The World Eats*. Berkeley. Tricycle Press. 2008. Print.

*What the World Eats* is a book full of food from all over the world. Great Britain, India, Guatemala, Kuwait, Japan, Poland, Chad, Bosnia and Herzegovina, and etc. The whole book is full of what the people eat along with why they eat that and a little history on why that particular food. Many places have fresh markets where the people buy all of their food. Many have to drive as far as many as 3 hours over dirt roads to get to their local market. Some grow their own food in a field just ten minutes away from their homes. Throughout the book there are multiple recipes so that you can experience some of the culture and food in your own home. At the beginning of each chapter or section, there is a picture of a family gathered around their table with one week’s amount of food. On the page next to it is a list and the

pricing of it. Of each of the special dishes prepared in that region of the world, there is a picture showing you of what the dish looks like and even just the main ingredients that are produced there. There is also a chart of how much Freshwater is accessible to that region and to the percentage of the population. There is a lot of diversity in each region, yet there are a few similarities to each. Many get their food from fresh markets either 3 hours from home or just a walk down the street. Some regions are poorer and have to really conserve and only buy what they will eat.

Foley Erin and Rafiz Hapipi. *El Salvador*. Tarrytown. Marshall Cavendish Benchmark. 2005. Print.

El Salvador is a land full of ruined temples and ancient Mayan Cities. It is more densely populated than any other mainland country in the Western Hemisphere and is the smallest country in Central America. Throughout *El Salvador* it talks about the culture and how many live. How eating out is a very rare occasion that many can't afford. The main diet for most Salvadorans is beans, rice, and tortillas because that is all that they are able to afford. Malnutrition is a leading cause of death because they don't receive the nutrients that they need. They are well known for their Chinese, French, and Italian restaurants. Their most delicious and interesting food is the pupusa. They are small, thick corn tortillas filled with sausage, cheese, or beans and are served hot with salad or salsa. Pupusa's are very popular during holidays and family gatherings.

Heale Jay, and Angleine Koh. *Portugal*. Tarrytown. Marshall Cavendish Benchmark.

2006. Print.

Jay Heale and Angeline Koh show what life is like in Portugal. It has a variety of scenery and geography. During one of the national holidays that the Catholic Church has, they have giant feasts. The food they cook is “as adventurous as its explorers were.” The food they use is from all over. India, Europe, and Africa play a major role in their food industry. The meals are shared as a family and are very important to their daily life. Fish, fresh, or dried are popular.

King C. David. *Azerbaijan*. New York: Tarrytown. Marshall Cavendish Benchmark.

2006. Print.

Azerbaijan is a little mysterious city just South of Russia and on the dividing line between Europe and Asia. It is a mix of old buildings that often look forgotten about, other parts have the mix of the 21<sup>st</sup> century and is very modern. It may be a small country, but it holds striking beauty and variety. It has a subtropical climate and there is a considerable amount of variation across the region. They have both religious and secular (showing pride for their history as democratic republicans) holidays. Muslims practice Islam very loosely. They are known for the many different varieties of foods that they have. It shows how many different kinds of foods can be grown in the different climate zones. For example: colder regions produce better grapes and nuts, subtropical areas produce pomegranates and citrus fruit. The most famous and traditional dish are lamb kebabs. The Soviet had an influence on the food and culture in Azerbaijan. A popular western fast food place has also had an impact, there are two McDonalds in Baku.

Morrison Marion. *Costa Rica*. Canada. Children's Press. 1998.

Print.

For nearly two centuries, cacao beans were used as currency and in 1709 were known as the "coin of the realm". Costa Rica was the first Central American country that grew bananas. Because the coffee barons had little interest in the banana business, it was often largely controlled by foreigners. Costa Rica was also the first country in Central America to grow coffee. By the middle of the nineteenth-century, politicians realized that coffee crops were going to be a big success. Homeowners were instructed to plant a few bushes and trees near their homes. Even farmers with just a modest amount of land, soon found that they could make an adequate living from the plant. Beans and rice are the basics of many Costa Rican dishes and the best known as casado. Many dishes are prepared as soups and stews known as olla de carne, la olla, and another favorite is known as sopa negra and picadillo. Tortillas are often eaten during a main meal but can also be served as a snack and filled with meat or cheese.

Sheehan Sean. *Romania*. Tarrytown. Marshall Cavendish Benchmark. 2005.

Print.

In Romania, food is a rare commodity and very few can afford it. During the last ten years of Ceausescu's regime, food was very precious. The number one thing on people's minds, was looking for food for their families. Since 1989, food has become readily available, but still people can't afford it. During the hard times, the majority of Romanians didn't know supermarkets existed with a variety of food, it was just for the wealthy. Now a few supermarkets have sprung up in bigger cities. Another idea that was very foreign was fast food. Now many people enjoy eating out

at fast-food restaurants. During the summer months, markets flourish with all types of vegetables and fruits, but during the winter it is hard to obtain fresh fruits and vegetables as well as bread and cheese. A standard for many families was a thin broth made up of rice and chicken or pig's bones.

Sheehan Sean and Jui Lin Yong. *Trinidad and Tobago*. Tarrytown. Marshall Cavendish Benchmark. 2001. Print.

Trinidad and Tobago are part of the Caribbean islands where Europeans, Africans, Indians, and Chinese have settled and have made their homes there. Because of all these cultures coming together the food reflects the diversity of cultures. There is no one dish that is represented as their national cuisine. The food has a blend of tastes and different styles that are African, Indian, South American, European, Chinese, and Caribbean. The term creole is applied to the food and dishes that are from Africa. One of the popular drinks that they make is made from the petals of the sorrel flower, another drink is called Mauby and is from the bark of the mauby tree. Trinidad and Tobago has a variety of fruits and choices to make and produce fruit juices.

Shelley Rex, Yong Chuu Teo, Mok Russell, and Ong Jacqueline. *Japan*. Tarrytown. Marshall Cavendish Benchmark. 2002. Print.

Japan is the third-largest economy in the world and plays a major role in the international community. It is a small, mountainous country where the towns and cities have accustomed themselves to live between the slopes. The Japanese love to eat boiled rice. For breakfast, it is a tradition for them to eat boiled rice, miso soup, and pickled vegetables or tsukemono. The main meal is the evening meal; dinner. Instead of having a home cook meal for all three meals, the Japanese culture only has one meal that is home cooked. For dinner they have several different dishes.

The main part of the meal is rice along with a protein based food such as a meat or fish dish served next with, a vegetable dish or another protein based dish. The Japanese cuisine is based on a high-protein, low-fat diet. During a meal there are many rules for presentation. For instance, a whole fish is always placed before a guest with the head facing left. Although rice is one of the main things, noodles are also often eaten.

Spilling, Jo-Ann and Wanasundera Pethiyagoda Nanda. *Sri Lanka*. Tarrytown: Marshall Cavendish, 2012. Print.

*Sri Lanka*, gives the history, religion, lifestyles, the environment, and the type of food they eat. It talks about the climate and how things grow and when it is the most productive time of year for the food to be harvested. One tradition that the Tamil and Sinhalese parents do is, for the babies first meal, they feed them boiled rice in the section of food, it goes through some of the main foods that they eat, as well as the fruit and how productive it is, drinks, their table manners, their beliefs they have on the food, eating out, and they also give recipes so that the reader could bring a little bit of the Sri Lanka culture into their home.