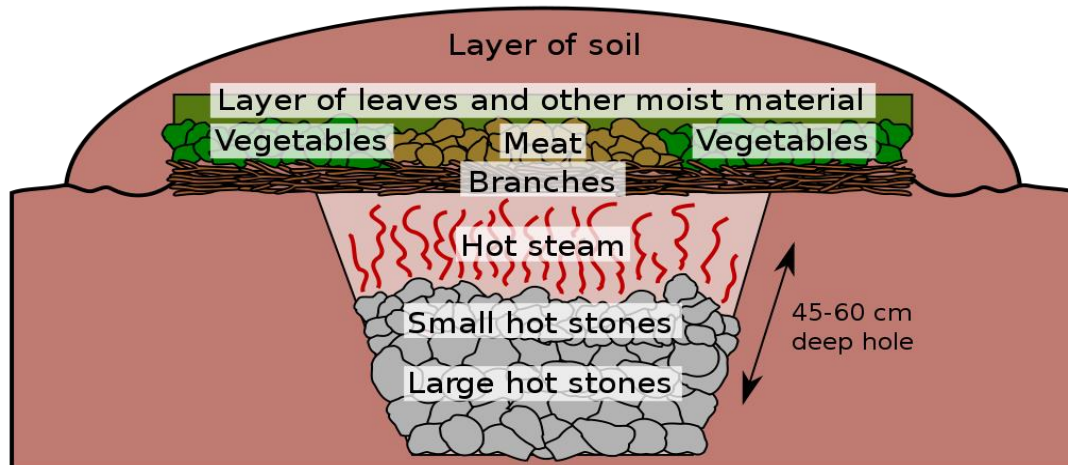


Food and Culture –

Week 5: Lesson 1 – The Hangi and Maori Food Tourism



Success Criteria

Students will gain an understanding of the Maori Hangi – a Maori method of cooking food using heated rocks buried in an oven pit.

Activities:

1. Read and writing.

Task 1: Watch the video on the creation of a Hangi at Tinwald High School in New Zealand.

<https://www.youtube.com/watch?v=B8sKQeLmax0>

(stop at the 7:50 sec. mark).

1. Which people are not allowed to be near the Hangi fire? Why?
2. What type of rocks are used to heat the Hangi? Why?
3. How long are the rocks heated for before they place them into the pit?
4. Once placed into the pit with the food, how long does it take to cook?

Task 2: Read the article on the cultural significance of a Hangi for Maori people, “**Traditional hangi more than a Maori meal**” by Robert Virtue of ABC News Australia.

<https://www.abc.net.au/local/stories/2015/03/30/4207394.htm>

Create key dot-points on the key message of the article.

Homework: What you do not complete in class is homework.

Week 5: Lesson 2 & 3 – Weird Foods from Different Cultures

Success Criteria

Students will become familiar with a variety of unusual foods that are accepted in other cultures and basic vocabulary associated with these foods.

Activities:

1. Reading and writing.

Task: Open the Reading titled '**Weird Food.**' Once you have read the article, answer the questions and complete the vocabulary words.

Strange Foods – Remember, it's only strange to people who did not grow up with it, but if you grew up eating spiders and brain sandwiches, it would be perfectly normal.

1. Crispy Tarantula Spiders

Fried tarantulas are a popular snack in Cambodia. During the dictator Pol Pot's regime, food was scarce and so the people resorted to eating these gigantic spiders. The head and body contain white meat, but the abdomen contains a brown coloured paste made up of eggs, excrement and organs. But they have proved to be well-liked and these days Cambodians eat them like candy.



Thousand-year-old Eggs: These eggs aren't as old as they sound. The process takes from a few weeks to a few months. The eggs are preserved in a saline solution and the whites turn into a dark brown colour while the yolks turn to a dark green and grey colour. The eggs smell like a mixture of ammonia and sulphur.



Balot: A **balot** is a developing duck embryo that is boiled alive and sold on the streets in Southeast Asia. Around 9 days after fertilisation the baby duck begins to form. They are cooked and then stored in sand to keep the eggs warm. Some countries prefer the ducks to be more developed. For example, in the Philippines the perfect egg is 17 days-old and the chick has not developed its beak, feathers or claws.



Hakarl - Dried Shark Meat

The rotting carcass of a basking shark is buried underground for a few months. Stones are placed on top of the shark so that the poisonous body fluids leak out. These fluids help the sharks survive the extreme cold waters, but are unsafe for human consumption until it has been hung out to dry for a few more months. The result? Rotten flesh that smells like a mixture of ammonia and fish.



Bird's nest soup: One of the most expensive foods in the world is a Chinese dish that involves using a real bird's nest. Instead of using twigs to make a nest, this particular bird uses its own saliva. These red nests can cost up to \$10,000.



Fried-brain sandwich: Thinly sliced calves' brains were hugely popular in the United States. That is until people became worried about catching Mad Cows Disease (BSE). Cows' brains older than 30 months are no longer permitted in human food, though some restaurants still offer this dish. Chefs are now turning to pigs' brains instead, but as pigs' brains are smaller, they take longer to prepare and produce fewer slices.



Ikiziuri: One of the most brutal dishes created is known as “Dead and Alive”. The recipe comes from Taiwan, where it is now illegal to serve it. Chefs cut open a fish and preserve the vital organs while they deep fry it. The fish is still alive as it is being cooked. Diners poke the head and eyes of the fish to watch it moving, alternatively you can ask the chef to put the filleted fish back into the tank to let it swim around until you are ready for seconds. Chefs claim it proves how fresh the fish is.



Nakji: This dish is quite dangerous and causes several deaths a year - it is not a meal for the faint-hearted. A live octopus is chopped into pieces in front of you and served with sesame oil. The octopus continues to squirm on your plate, but watch out! If you don't chew the poor creature properly, then the suckers on the tentacles can stick to your throat and cause you to choke.



The United Nations Food and Agricultural Organisation estimates that 2 billion people rely on up to 1900 insects for food on a daily basis. Most people in the western world would not consider eating bugs as part of a healthy diet, but insects can be raised in small spaces without growth hormones and are low in fat and high in protein.

Reading Comprehension Questions

1. Name the dishes that are dangerous to human health?
2. Name the foods that mention a strong odour?
3. Which dish (if any) do you find the most disgusting?
4. If you had to eat a dish mentioned in the text for your next meal, which would you choose?
5. What's the weirdest thing you've eaten?
6. Do you think any of the foods you eat would be considered strange by foreigners?
7. If you had to choose between eating a rat & your pet, which would it be?

Vocabulary Words:

- saline-
- beak-
- feathers-
- claws-
- saliva-
- twigs-
- filleted-
- squirm-
- suckers-
- choke-

Extension exercise - Optional Vocabulary Match

(the first 2 have been done as an example)

1. choke	small tree branches
2. rotten	twisting and turning movements
3. scarce	the mouth of a bird
4. saline	the liquid your mouth produces
5. beak	very small in amount or number
6. feathers	the toe of an animal
7. claws	salt water
8. saliva	a large container for water
9. twigs	2. decomposing or decaying
10. brutal	what covers a bird
11. poke	extremely cruel
12. filleted	organs that allow a fish to stick to a surface
13. tank	to push your finger at something
14. squirm	boneless fish
15. suckers	1. to be unable to breathe because of an obstruction in the air pipe

What do the following food-related sayings mean?

1. Half-baked –
2. Eat us out of house and home -
3. Couch potato -
4. Variety is the spice of life -
5. There is no such thing as a free lunch -
6. Spill the beans -
7. Cool as a cucumber -
8. Bitter pill to swallow –