



# Welcome History Chefs!

Put on your apron and get set to go back in time. Examine the birth of America through a delicious lens: FOOD! This history-themed recipe book is the third in a scrumptious series and proves that cooking never gets old. Historically-inspired recipes complement stimulating stories of how this country grew as a nation. From the arrival of the Pilgrims to the end of the Revolutionary War, readers will have a chance to discover amazing things about our past while thinking about—and maybe even sampling yummy food. The activities in this guide are all classroom-friendly (no cooking necessary). In this all-new sequel to Eat Your Math Homework and Eat Your Science Homework, we think you will agree on at least one thing: The story of America has never been this tasty!

-Ann McCallum & Leeza Hernandez

#### About the Author: Ann McCallum

Ann McCallum is the award-winning author of several children's books, including the Eat Your Homework series. She is also a mom and high school teacher in Maryland. She started her teaching career in a one-room schoolhouse in northern Canada (Where she once crossed paths with the neighborhood bear). She also taught in the United Arab Emirates where she went sand-skiing on the dunes behind her school. Ann enjoys reading, traveling, writing, and walking through leaves. Her family keeps her happy and busy. You can find her on

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Leeza Hernandez is an illustrator, author and graphic designer whose art has been featured in books, magazines, and newspapers. She is a winner of the Society of Children's Book Writers and Illustrators (SCBWI) Art Showcase and a recipient of the SCBWI Tomie de Paola Portfolio Award. She lives in Central New Jersey, with her family, Jasper the kitten, and Hermie, the hermit crab. You can follow her on Twitter and Instagram @leezaworks

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### CHECK OUT MORE BOOKS IN THE SERIES

#### Eat Your Math Homework: Recipes For Hungry Minds Eat Your Science Homework: Recipes For Inquiring Minds

Our books have been featured on radio, TV, and in various newspapers and media outlets. They've received awards such as a Book Links Lasting Connection and being made a Junior Library Guild selection.



For more fab reviews, visit: eatyourhomeworkbooks.com

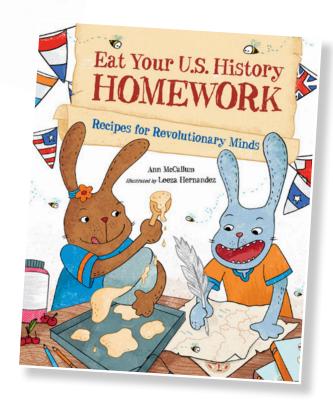
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# **Getting Started**

FACT: No matter where you come from or who you are, every person has to eat.

FACT: The kind of food people ate in the past tells a lot about what was happening around them.

- 1. How has the type of food we eat currently changed from 400 years ago, when the country we know today was just getting started? (Hint: Early Americans had never even heard of Caesar Salad or chicken nuggets—both of these foods were invented in the 20th century.)
- 2. Look at the illustrations in the book. What clues do they show you about America's history?
- 3. Look at the terms in the glossary. Can you fit each term in this chart?

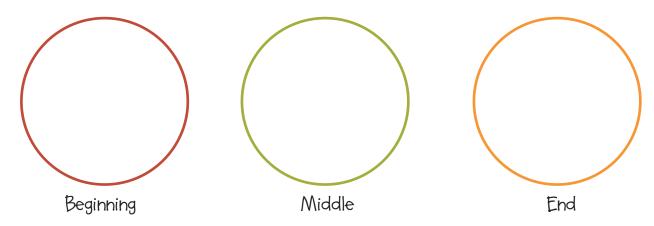


Events	People	Things	Actions	Places



#### First Things First

Before you begin, set out three hula hoops or string circles on the floor, labelling them beginning, middle, and end. Cut out the cards on the opposite page for this activity.



#### What to do:

Share the section entitled Thanksgiving Succotash. Hand out the following cards to individual students (or pairs of students). Have students determine what happened at the beginning, middle, and end of the first couple of years after the Pilgrims landed at Plymouth.

Children take turns putting the cards in the appropriate circle. Ask those watching to participate by showing a thumbs up or thumbs down to indicate if they agree on the placement. Discuss the timeline for the Pilgrims and ask children to make any necessary adjustments to where the cards are placed.

## First Things First: Playing Cards

The Pilgrims sailed for 65 days in a cramped ship called the Mayflower:	A Native American called Squanto helped the Pilgrims. He taught them how to grow corn by placing a seed in the ground along with a dead fish.
The Pilgrims finally had enough to eat. They celebrated by having a 3 day feast.	A group of 102 Pilgrims left Europe. They were heading for Virginia.
When the food ran out and people got sick, almost half of the original group of Pilgrims died.	The Wampanoag people showed the Pilgrims how to hunt and grow food.
A version of succotash may have been served at the celebration we now call Thanksgiving.	One reason the Pilgrims left their homes in Europe was because they wanted to be free to practice their own religion.
The Pilgrims used a kind of homemade whistle to catch wild turkeys.	Squanto showed the Pilgrims which berries were safe to eat.
The Pilgrims landed their ship further north than they had planned to. They settled in Plymouth.	The Wampanoag and Pilgrims shared a feast that may have included stewed pumpkin, deer meat, and wild turkeys and ducks.



#### Pick a Side

Before you begin, write YES on a piece of paper and tape the paper to one wall. Write NO on another piece of paper and tape it to the opposite wall.





#### What to do:

Explain that like anything, food has a history. For example, during the time of the Pilgrims, ice-cream wasn't available in America. It wasn't until over 100 years later that the first ice-cream shop in the United States opened in New York City.

Ask participants to name a popular restaurant or food they think was not available 50 years ago (You may encourage them to ask their grandparents or an older friend about this if possible). For example, Five Guys Burgers and Fries was founded in 1986 and Chipotle didn't exist until 1993.

Have everyone stand in the middle of the room. Explain that you will name some foods we have today. You will ask children to guess whether the food was also available to the Pilgrims in the 1600s. If they think it was—children move to the YES side of the room. If they think the food wasn't available to the Pilgrims, they move to the NO side of the room.

FOOD ITEMS* (Share in random order)				
Chicken nuggets	Corn			
/ce-credm	Deer			
Pizza	Rabbit			
Hamburgers	Duck			
Ketchup	Bbeans			
Tea	Turkey			
Mashed Potatoes	Peas			
Hotdogs	Cranberries			
Cereal	Ppumpkin			
Marshmallows	Blueberries			
Graham crackers	Grapes			
Cherries	Fish			
Chocolate	Salt			
Jello	Onions			
Marine Marine	was			

<sup>\*</sup> Please note that the left column includes foods NOT available to the Pilgrims. The right column includes foods the Pilgrims likely had at their celebration feast with the Wampanoag.

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# Colonial Cherry-Berry Grunt

#### Game On!

Learning to live comfortably or even survive in the early American colonies was not easy. See what hardships—or luck—might have come to the colonists by playing this game. Before you begin, please copy and cut out a set of the cards on page X. Place them on the game board facedown. You will also need a die to take turns moving forward. When you land on a square with a star on it, take one of the cards below and follow the directions.

Trade for fur	Build a dug-out	Build a one-room cabin
from some Native	home to use for	with a stone fireplace
Americans.	temporary shelter:	for warmth and cooking.
Move ahead 2	Move ahead 1	Move ahead 2
Gather wild	Experiment by eating	Eat some honey!
berries, grapes, and	new foods like deer or	Honeybees were brought
crabapples.	bear meat and corn.	to America in 1622.
Move ahead 1	Move ahead 1	Move ahead 1
Your home is full of insects and spiders.  Move back 1	You look for gold instead of growing food. You don't find gold. You're hungry! Move back 2	A spark from the fireplace lands on your clothing and burns a hole before you put it out. Move back 1
Cold wind blows through the cracks in the cabin walls. Move back 1	There is no rain and your corn crop dries up and dies.  Move back 2	The rabbits and deer eat the food you grow in your garden.  Move back 2





## Lost Bread

Mine! No, mine! By the middle of the 1700s, both England and France had large colonies in America. Neither considered the original inhabitants—the Native Americans who had lived in America for thousands of years. Instead, they fought to see who would control the American continent.

#### It's a Toss Up

Today, America is an amazing blend of people from all over the world. City names in the U.S. reflect this diverse history. But where do the names of cities and other places come from exactly? For example, it was a toss-up whether Portland, Oregon, was going to be named Portland or Boston. In 1845 two men were deciding on the name. Asa Lovejoy wanted to name the settlement Boston. However, Francis Pettygrove won a coin toss—two out of three times—and he decided to name it Portland. (Make a chart like the one shown below. Use the internet to find out how these places got their names and fill out your chart.)

Name of modern city	How this city got its name
Portland, Oregon	Asa Lovejoy and Francis Pettygrove wanted to rename the settlement known as "The Clearing" after each of their hometowns. Francis won a coin toss and named the new settlement after his hometown, Portland, in Maine.
Baltimore, Maryland	
Charlotte, North Carolina	
Denver, Colorado	
Los Angeles, California	
Louisville, Kentucky	
Memphis, Tennessee	
Miami, Florida	
San Antonio, Texas	
Your Choice:	

\*BONUS: Find out how the states listed above got their names.

# Southern Plantation Hoe Cakes

The population of Colonial America was a mixture of different cultures. For example, African people were forced to come to America as early as 1619. These original Africans were kidnapped from their homes and were sold as slaves. Today it's hard to imagine how difficult and painful their lives must have been.

#### What was it like?

How was life different for each of these groups who were living in Colonial America? Make a chart like the one shown below and fill it out.

Group of people	What was their life like?	Would you like to be part of this group? Why or why not?
Native Americans: the original inhabitants of North America.		
Frontier Settlers: people who lived away from towns and cities		
Merchants: business people who sold or traded goods and lived in populated areas		
Craftspeople: people who worked to produce things to sell		
Indentured servants: Europeans who paid for their passage to America by promising to work for a number of years		
Small farmers: people who owned land and who were able to sell some of their extra crops to other colonists		
Plantation owners: rich landowners who ran enormous and profitable farms		
Slaves: people forced from their homes in Africa to work in America for free		

# Revolutionary Honey-Jumble Cookies

In 1773 something was rumbling in America. Colonists were upset with the way Britain was governing the colony. Britain was upset with the colonists who weren't following their laws. To protest Britain's tax on tea, for example, people in America started drinking coffee instead. New ideas—and new foods—became the flavor of the day.

#### **Inventing Food**

New food recipes are continually being invented. Check out these popular foods that were invented in America. What can you find out about each one?



#### Map it Out

Mark each of the foods listed above and its corresponding state on the U.S. map opposite. What foods are popular in the various regions of the United States today?



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#### Be The Inventor

Try inventing your own food. Maybe it's a sandwich, a special salad, or a new topping for ice-cream. Plan your recipe below...then, head to the kitchen after school or when you get hungry and try out your new creation. Yum!

Nama of Pasina	Chantad by
Name of Recipe:	Created by:
Ingredients:	
11191 00101100	
Method:	



# Independence Ice-Cream

In 1776 America declared it was an independent country, free from British rule. This led to war. George Washington led the American army and King George III and his government organized British soldiers to fight them. Making sure there was enough food for every soldier was a big problem. Finally, with terrible losses on both sides, the war was officially over in 1783.

#### Survey Says?

Around the same time that America declared its independence from Great Britain, the first ice-cream shop opened in New York City. Ice-cream was an instant hit! Food, like anything, goes through periods of popularity. For example, fondue or Jell-O salad were much more popular several years ago than they are today. And, let's not even talk about squirrel stew—a common dish on early colonial tables.

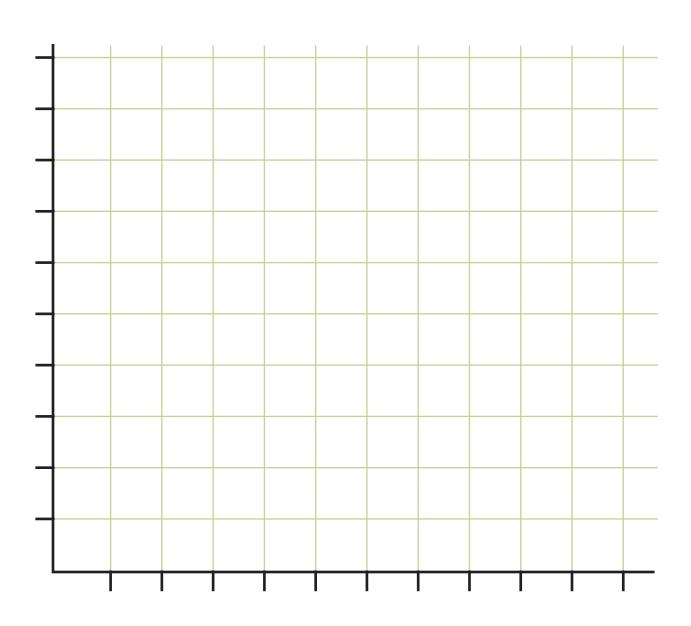
• What foods are the most popular now? Take a survey of 10 people (or as many as you can). Ask each person what their favorite main dish is and what they love best for dessert. Record the answers on the sheet below. Then, tally up the answers. Are there any foods that earned more votes? Use the bar graph on the next page to show your results.

Person's name	Favorite main dish	Favorite dessert

#### Bar Graph

Make a bar graph of the results of your food survey. Fill in what you discovered below.

OTALS



**FOODS** 

# Summing It Up



#### Find Someone Who...

Provide one bingo grid for each student. The task is for each student to find someone who knows the answer to one or more of the questions on the grid. That person should sign his/her name in the box (one person can sign a maximum of two boxes). After children attempt to find the answers on their own, they can use EAT YOUR U.S. HISTORY HOMEWORK to help with any questions they don't know.

#### US. HISTORY BINGO Find someone who can name:

one thing that was taxed by the British in colonial America.	the group of people who were forced to leave their homes in Africa to come to America to work for free.	an important battle in the French and Indian War. Here, the British defeated the French on September 13, 1759.	the first president of the United States.
an amendment to the Constitution that made slavery illegal in the United States.	a document signed on July 4, 1776 declaring that the United States was now a separate country from Britain.	the name of the modern city that grew from the British held Fort Pitt.	what army the colonists were fighting in the American Revolution.
the Europeans who agreed to work for a certain period of time in exchange for the cost of the passage to America.	the Native American man who helped the Pilgrims Survive by Showing them how to cultivate corn.	the dessert that became popular in America around the same time as the US. declared its independence from Britain.	the people who were already living in America when the first European settlers came.
the United States president who proclaimed that Thanksgiving would be a national holiday.	the number of natural teeth George Washington had left when he began his first term as president.	the name of the colony where the pilgrims landed.	the number of original colonies in America.



What are some vocabulary terms you discovered in each section of the book?

Name:	Date:		
Word/Phrase	My Definition	Actual Definition	Picture or Example



# Take A Picture!

After making some of the recipes in this book, don't gobble them up immediately (tempting as that is!). Take time for a food picture to share online or with your friends and family. Food photography is fun and can produce some amazing results. Use these tips to snap the best pictures possible—no fancy camera needed.

- Turn off your flash.
- Use natural light. Take the picture during daylight hours and near a large window or even outdoors.
- Think about the background.
   The food itself may be front and center, but include a colorful or interesting tablecloth, a nice serving dish, or even a prop for the background.
- Take the picture from different angles. Try snapping the picture from above. Then, take a picture from different sides and various angles. Which one looks best?
- Include color. If the recipe creates something all of one color (Southern Plantation Hoe Cakes, for example), place the food on a colorful dish or include some color in the background.
- Have fun and don't forget to share your photos!

