

Feast Date:

## Rain Forest Feast

Only a few of the world's plants have ever been used as a human food source on a large scale. There are thousands of plants known to be edible, but only about 150 are important commercially, and fewer than 20 supply most of the world's food. One of the reasons we rely on so few plants for food is that countries generally export only a few key species. Yet, the products chosen for export are those that are already popular and promise a reliable consumer demand, so it is an unfortunate cycle. Many delicious tropical plants are not used because they are not available; yet these plant species are not available because they are not widely used. Can this cycle be broken?

Consumers can help by developing a taste for diverse tropical foods, by actively searching for tropical rain forest foods in stores and by requesting such products from grocers and other food suppliers. In this activity you should explore kitchen shelves, grocery stores, markets, health food stores, and ethnic restaurants to find samples of tropical foods.

We will have a rain forest feast next week. You will be responsible for bringing one type of food that is **native** to the **tropical rain forest**. This activity will count as **lab**, so you must bring a tropical food to receive a grade.

On a piece of paper, you must include the following TYPED information in this order (number them!!):

- 1) Common names of your food sample.
- 2) Where your food came from (in which countries is it grown? Where did your actual food come from?)
- 3) Where you got/bought your food sample (what store).
- 4) How your food can be/was prepared or used. What did you do with it? What is the final product? How could you this plant into a prepared food?
- 5) At least 3 interesting facts about your food: how it's grown, what it's typically used for, anything different about it.
- 6) Should the USA bring in more types of foreign plants for food? Why would this be good?
- 7) Why do we have so many restrictions on foreign food products being brought into the USA? Should this be changed? Why or why not?
- 8) Illustration (photo, drawing, etc...) of your food in its raw state. This may be a copy/paste picture from the internet.
- 9) Your name and period.

Remember that this activity will count as a lab, so you must bring in samples (**enough for the whole class to try your food**) and the paper with the above information TYPED.

\*\* Try and purchase/find a food that was grown in a rain forest country, if possible. Your bonus will be partially based upon how unusual your food sample is. Common foods can only get a maximum score of 100 points, uncommon foods can get a maximum of 105, and rare foods can get a maximum of 110. If your food can not be eaten raw (spices, peppers, etc...) use it in or on a food.

Make sure your food is ready to eat. If it needs to be cut, sliced, mashed, or in any other way prepared, it needs to be ready before you get to school. Do NOT come to school and ask to borrow a knife to cut your fruit. Yes, you may bring in more than one version of your food (a cooked and non cooked example). If you bring foods from more than one category, you get the bonus points for the higher category.

On the back is a list of foods that are native to the tropical rain forests that you may look for. Don't limit yourself to foods on this list; ask the produce department for other suggestions. But anything not on this list must be approved by your teacher.

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**FOODS NATIVE TO TROPICAL RAIN FORESTS**

<b>Common Foods</b>		<b>Uncommon Foods</b> (5 bonus points)		<b>Rare Foods</b> (10 bonus points)	
Avocado	onions	Brazil Nuts	Macadamia Nuts	Amaranth seeds	Patara palm
Bananas	Peanuts	Cashew	Mace	Babassu palm	Poi
Black Pepper	Pineapple	Carambola	Mango	Breadfruit	Pummelo
chocolate	Red Pepper	Cassava	Mangosteen	Buriti palm	Pupunha
Coconuts	Rice	Durian	manioc	Caimito	Quinoa
Coffee	Sugar	Guanabana or	Papaya	Feijoa	Sapodilla
Corn	Sweet Potatoes	soursop	Passion Fruit	Mamey Sapote	Uvilla
eggplant	tapioca	Guava	Plantains	naranjilla	
Ginger	Tomatoes	kola nut	Tamarind		
Nutmeg	Vanilla	Lychee			