

Poultry Dishes Around the World

Grade Level: 4-8

Lesson Overview

What's your favorite way to eat chicken? Is it chicken nuggets dipped in honey mustard, a spicy chicken sandwich, or crispy fried chicken? What impact do your family traditions have on what you like to eat? This lesson engages students in geography as it celebrates the cultures of ten different countries.

Student Objectives

1. Show knowledge of the use of poultry throughout the world.
2. Read to find information.
3. Make and discuss personal opinions concerning the written information.
4. Locate cities and countries on a world map.

Materials

- ✓ Poultry Dishes Throughout the World worksheet
- ✓ Poultry Dishes Throughout the World information sheet

Vocabulary

- **poultry** - domestic fowls, including chickens, turkeys, geese and ducks, raised for the production of meat or eggs. Or, the flesh of these birds used as food.
- **culture** - the customs, arts, social institutions, and achievements of a particular nation, people, or other social group.
- **tradition** - the passing on of customs or beliefs from generation to generation,

Background Information

Archaeologists believe the time of domestication of chickens was from 7,000 to 10,000 years ago. This domestication was originally for the purpose of cockfighting, the male bird being the fighter. By 4,000 years ago, chickens seem to have reached the Indus Valley and 250 years later, they arrived in Egypt. They were still used for fighting and were regarded as symbols of fertility. A recent report from an archaeological dig in Israel concluded that they were first eaten in significant numbers about 2,200 years ago

For most of American history, poultry and eggs were luxury foods. Chicken traditionally was far more expensive than beef or pork—after all, you needed grain to feed chickens, but cows could grow on grass and pigs could grow on garbage. For the first half of the twentieth century, the average person ate twenty pounds of chicken or less per year (approximately six chickens). By 1964, chicken had become more of a staple and

people were consuming over a half pound per week—up to twenty-five to thirty pounds per year.¹ Since then, we have continued to increase our chicken consumption almost every single year. As a result, chicken is now the number-one meat in the nation, with the average person consuming an estimated two pounds per person per week, or roughly one hundred pounds (thirty chickens) per year.

Procedure

1. “What’s your favorite way to eat chicken?” Students could share their answers while the teacher makes a list on the board.
2. Discuss how different cultures eat different foods. Brainstorm as to why this is so. Have students read the passage and then do the worksheet.

Extension Activities

Children could use drama to act out the circumstances that lead to the different dishes.

Additional Resources

- <https://youtu.be/KsuesiVJgtI> History of use of chickens in the world
- For additional perspectives on modern poultry production, please check out the Hen House Engineering STEM lesson at: <https://www.agclassroom.org/matrix/lesson/799/>

Standards

Illinois Social Science Standard

SS.G2.6-8.MC: Evaluate how cultural and economic decisions influence environments and the daily lives of people in both nearby and distant places.

Illinois English Language Arts Standard

RL.6.1 Cite textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.

The **M**ultidisciplinary **A**gricultural **I**ntegrated **C**urriculum (mAGic) was created in 2004 under the leadership of the Illinois State Board of Education (ISBE) and the Facilitating Coordination in Agricultural Education Project (FCAE). Funding was made available through the FCAE grant budget from the agricultural education line item of the ISBE budget. This revision, as printed, was developed in September 2021.



These mAGic lessons are designed to bring agriculture to life in your classroom. They address the Illinois Learning Standards in math, science, English language arts and social studies.

Poultry mAGic project update writers/reviewers: Rhodora Collins – Dekalb County; Suzi Myers – Kane County; Connie Niemann – Montgomery County; Debbie Ruff – Livingston County; Jennifer Waters – Sangamon County; and Dawn Weinberg – Hancock County.

Poultry Dishes Around the World Information Sheet

Poultry has an interesting history throughout the world, especially in the way that various cultures have cooked and eaten it. The methods of cooking poultry and the spices used depended upon what was available for the people in the area.

During the 10th century, the wealthy Chinese began eating a dish called “Peking Duck”, named after the capital of China. (The Chinese Capital’s name has been changed to Beijing.) Peking Duck is a roasted duck that has crisp, brown skin and tender meat, which is cut into very thin pieces. The pieces are then put on a pancake with spring onions, cucumbers and a special sauce, then rolled up and eaten with the fingers. Peking Duck is still enjoyed today by Chinese people.

Like many cultures based in warm climates, Filipino natives developed various methods of preserving food. Adobo utilizes the acid in the vinegar and the high salt content of soy sauce to produce an undesirable environment for bacteria. When the Spanish invaded and settled in the Philippines during the 16th century, they witnessed this traditional Filipino cooking method and called it adobo, which is the Spanish word for marinade. When chicken is the meat of choice, it is called *adobong manok*,

During the 1500’s, Mexico was a Spanish Colony. In the state of Puebla, Mexico, a new dish was invented that combined the Mexican and European styles of cooking. The dish was called Tinga de Pollo, shredded chicken cooked in a tomato sauce and served on rice or tostadas.

In England in 1769, people were eating a dish called “Pigeons in a Hole.” This dish was made by putting four pigeons into a pie pan, pouring over a batter made from eggs, flour, and milk and then baking for an hour or so in an oven.

The Chinese also are known for a dish called “Beggars Chicken.” The chicken is coated with mud and then baked in a fire, the mud is broken off and the moist chicken is eaten. Legend is that a Hangzhou thief invented the dish, as he had no stove, so he wrapped a stolen bird in clay and baked it in the ground. Beggars Chicken is a famous type of chicken still served today in China and Chinese restaurants throughout the world.

In Japan before the 17th century, chicken was thought of as something you could not eat. Today, the Japanese eat chicken in many different ways, including Teriyaki. Teriyaki is a special glaze applied to the meat in the final stages of grilling or pan-frying. This glaze is sweet and is made up of soy sauce, Sake, and Mirin. “Teri” means gloss and “yaki” means grilling or pan-frying.

“Chicken Marengo” had its beginnings at Marengo, Italy after Napoleon defeated the Austrians in June of 1800. Napoleon had not eaten before the battle and was hungry due to the intensity of the battle. His cook was without supplies, so he sent out foragers

to find what they could. They came back with a chicken, four tomatoes, three eggs, a few crayfish, a little garlic and even a frying pan. After cooking, he served the dish to Napoleon who found the dish excellent and ordered that it be served after every battle. Chicken Marengo is still served today.

Southern Fried Chicken began in the United States in the 1800s. A very similar dish is made in Vietnam, called GaXao; in Italy, it is called Pollo Fritto and in Austria it is called Weiner Backhendl.

There are many different stories of how the dish “Chicken á la King” came about. One story is that George Greenwald, the head chef at the old Brighton Beach Hotel just outside of New York City first made it for the owners of the hotel, Mr. and Mrs. E. Clark King. They thought it was delicious, so the next day it appeared on the menu, selling for \$1.25. Today, unlike in 1912, the creamy chicken sauce garnished with both mushrooms and pimientos would definitely cost more than \$1.25.

The French farmers used an old cooking method of slowly simmering meat in a broth to make Coq Au Vin in the early 1900’s. Since the farmers would not kill their roosters until they were old and useless, their meat was very tough. The name, Coq Au Vin, means a cock or rooster in wine. Today, this dish is famous all over the world.

Lastly, is the American tradition of turkey for Thanksgiving. Of course, some people believe this tradition began at the first Thanksgiving with the Pilgrims and Indians. Most of the time, the turkey is served with stuffing or dressing. (The word stuffing first appeared in English print in 1538 and comes from the verb “stuff”. During the Victorian times in America, the term dressing was more acceptable.)

Historically, poultry has been eaten all over the world by different cultures. As times go on, there will certainly be even more ways to eat poultry. No matter what your taste, there has to be a poultry dish that will satisfy your palate.

Name _____

Poultry Dishes Around the World Worksheet

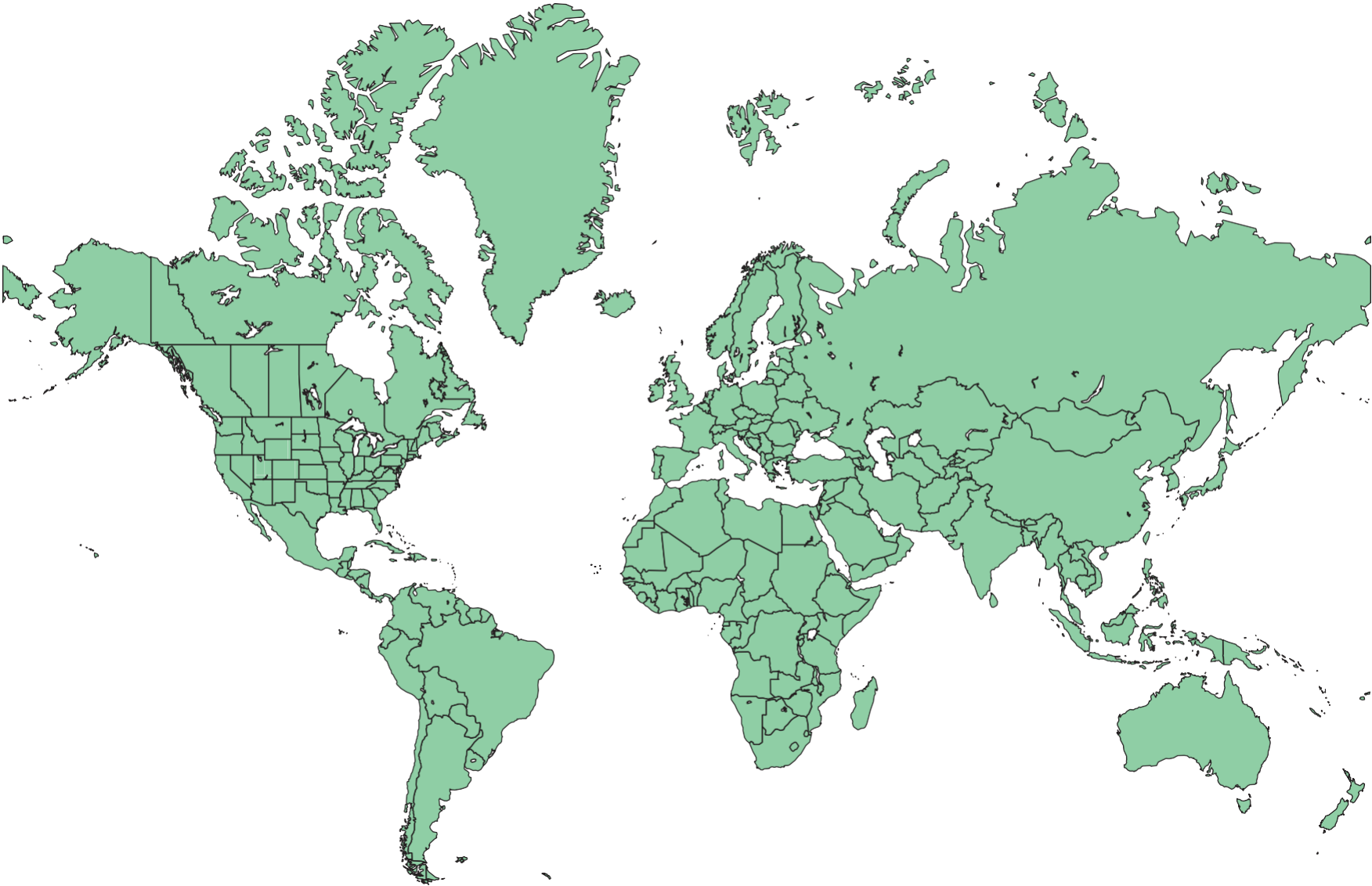
1. Write the site of origin for each of the poultry dishes listed below. Use both city and state or country, if known.

- A. Peking Duck _____
- B. Pigeons in a Hole _____
- C. Teriyaki _____
- D. Chicken Marengo _____
- E. Chicken Adobo _____
- F. GaXao _____
- G. Tinga de Pollo _____
- H. Weiner Backhendl _____
- I. Chicken á la King _____
- J. Coq Au Vin _____

2. Using the world map provided, put the letter of each poultry dish as listed above at the location of origin.
3. Which of the poultry dishes did you find to have the most interesting background?
4. Explain why you chose your answer to question number 3.
5. Why do we Americans eat dishes from so many different cultures?
6. Have you ever eaten any of these dishes? If so, which ones and how did you like them?

Name _____

Poultry Dishes Around the World Worksheet



Poultry Dishes Around the World Worksheet ANSWER KEY

1. Write the site of origin for each of the poultry dishes listed below. Use both city and state or country, if known.

A. Peking Duck	<u>Beijing, China</u>
B. Pigeons in a Hole	<u>England</u>
C. Teriyaki	<u>Japan</u>
D. Chicken Marengo	<u>Italy</u>
E. Chicken Adobo	<u>Philippines</u>
F. GaXao	<u>Vietnam</u>
G. Tinga de Pollo	<u>Mexico</u>
H. Weiner Backhendl	<u>Austria</u>
I. Chicken á la King	<u>New York City, USA</u>
J. Coq Au Vin	<u>France</u>

2. Using the world map provided, put the letter of each poultry dish as listed above at the location of origin.

3. Which of the poultry dishes did you find to have the most interesting background?

Answers will vary.

4. Explain why you chose your answer to question number 3.

Answers will vary accept any reasonable explanation.

5. Why do we Americans eat dishes from so many different cultures?

We consider our country the “melting pot” because we have so many different cultures within the USA. With all these cultures come the different foods.

6. Have you ever eaten any of these dishes? If so, which ones and how did you like them?

Poultry Dishes Around the World Worksheet ANSWER KEY

