Food We Eat

Then and Now

Debbie Croft



PM

Food We Eat: Then and Now

Level 26

Running Words 1639 **Text Types** Information Report (Informative) pages 2–23
Procedure (Informative) pages 24–30

Curriculum Areas Humanities – History; Geography; Intercultural Understanding

Retelling to encourage critical thinking about the content

Ask each student to retell the information report and procedure in his or her own words. Record the retellings for further discussion and reflection.

Think and Talk About …

Fact boxes in the book encourage each student to explore the statements further and to share the information with others.

Questions to reinforce meaning and stimulate discussion

Literal

1 What are some of the reasons people eat different foods now than they did in the past?

Inferential

2 Why was milk delivered early in the morning?
3 How does drying tomatoes prevent them from spoiling?
4 How does couscous change in appearance when it is cooked?
5 Why do many people choose to eat tofu?

Applied Knowledge

6 Which foods spoil quickly when they are not refrigerated?
7 How are people encouraged to try new products at supermarkets?

Vocabulary

Replace the adjective 'essential' in this sentence:
Pepitas are an excellent source of minerals essential for a healthy body.

How to Make a Couscous Salad

Literal

1 Why are two different bowls needed for this recipe?
2 Which ingredients are chopped using the knife?

Inferential

3 Why is the couscous left to stand for 10 minutes in the large bowl?
4 Why does this recipe specify yellow capsicum?

Applied Knowledge

5 Why are the parsley and toasted pine nuts added to the salad last?

Links with other PM Guided Reading Books and Cards

Level 25 Book Information Report/Exposition *A Community Cares and Shares*

For Review Only





Food We Eat

Then and Now

Debbie Croft





Contents

Eating Habits Over the Years 2
Family Food in the Early 1900s 3
Food From the 1950s Onwards 8
Food Today 12
Many Foods to Choose 23
How to Make a Couscous Salad 24
Glossary 31
Index 32



For Review Only

Eating Habits Over the Years

The types of foods that people include in their diets have changed over the past hundred years. Today, a greater variety of foods is eaten. Most of the foods that were eaten in the past are still available and continue to be eaten today. However, a wider **range** of products has slowly been introduced.

Families today enjoy tasting and sharing many different foods.



For Review Only

Family Food in the Early 1900s

During the first half of the twentieth century, people mainly ate very simple foods that could be grown at home or **purchased** at small, local grocery shops. These shops provided only basic foods.

Many families had a vegetable garden in their backyard where they grew food such as carrots, beans, tomatoes, cucumbers and pumpkins. Some people grew fruit trees, which **bore** lemons and oranges, or stone fruits, such as peaches and apricots.

Think and Talk About ...

Sometimes, people exchanged fruit and vegetables with their neighbours.



People spent a lot of time taking care of the family vegetable garden.



For Review Only

During the early 1900s, people often made butter using the cream that floated to the top of the milk. Some families milked cows on their farms; others bought milk from the milkman, and had it delivered by horse and cart early each morning. Women sometimes made their own bread, but some families purchased loaves of freshly baked bread from the baker, who also delivered supplies every day.



Think and Talk About...
Homemade butter was made by beating cream or using a butter **churn**.

Churning butter requires time and energy, but only simple equipment.



For Review Only

Many people ate beef and lamb from animals killed on their farms. Chicken was considered a **delicacy**, so it was only eaten on special occasions. People kept chickens so they would have eggs to eat.

Before people began working in many different industries, lots of families had small farms to grow what they needed.

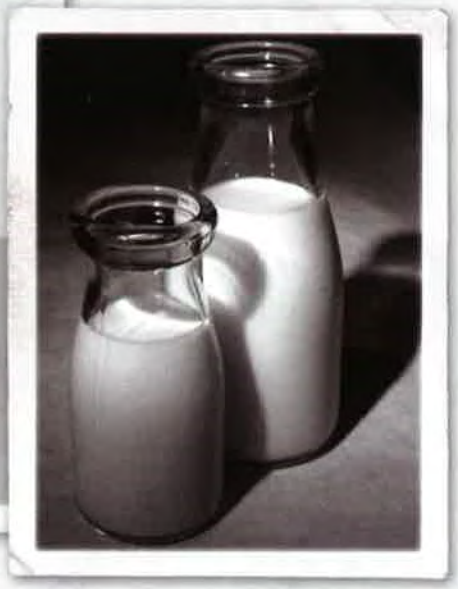


For Review Only

People who lived in town bought meat in very small quantities, as most homes did not have a refrigerator. Some had an **ice chest** that contained a large block of ice, which was delivered by a local supplier. But when the weather was very hot, the ice melted after only one day. Food could not be kept cold for long, so it was often eaten the same day it was bought. When refrigerators became available, people began to shop less often, because food could be stored safely for a longer period of time.



This ice chest is from sometime around 1900.



For Review Only

People bought other basic food items, such as sugar, tea and flour, at local shops. Even without refrigerators, these foods could be kept at home, as they did not spoil. Most women stayed at home during the day. They used wood ovens to bake bread, cakes and biscuits using simple ingredients.



Baking bread takes a long time. First the dough is kneaded, then left to rise and finally it is baked in the oven.



Think and Talk About ...

Food items such as sugar and tea were **rationed** in many countries during the war years of the early 1940s.

For Review Only

15
16
17
18
19
20
21
22
23
24
25
PM Level 26
27
28
29
30

PM

In the past, people had to grow and make a lot of their own food. They could only buy products that were available locally. These days, technology and living in a multicultural society mean that there are many different foods for us to taste and enjoy.



For Review Only

NELSON CENGAGE Learning
For learning solutions, visit cengage.com.au

Text Types:
Information Report (Informative)
Procedure (Informative)

ISBN: 978-0170369053
9 780170 369053