



5-8 Breaking It Down: New World vs. Old World Ingredients

Think about your three favorite meals and using the list of foods below, break each meal down into its New World and Old World ingredients.

Old World (Asia, Europe, Africa)

Barley, wheat, millet, rice, garbanzo beans, peas, lentils, cantaloupe, pomegranate, red cherry, red grapes, raspberries, apple, pear, onion, spinach, carrot, asparagus, garlic, cucumber, radish, walnut, pistachio, saffron, basil, cows milk, butter, cheese, yoghurt, sesame seeds, pigs, goats, sheep, chickens, beef, banana, broccoli, cauliflower, mint, almonds, beets, cabbage, cashews, celery, cinnamon, cloves, coconut, cucumber, dates, figs, ginger, kiwi, lemon, orange, peaches, mango, mustard, oats, olives, pepper, plum, rosemary, soybeans, sugarcane, oysters, clams, shrimp, fish.

New World (North and South America)

Cacao, chilies, corn, pumpkin, pineapple, potatoes, squash, black cherry, sunflower seeds, tomatoes, avocado, blueberries, cranberries, strawberries, grapefruit, guava, papaya, concord grapes, bell peppers, acorn squash, spaghetti squash, tomatillo, green beans, wax beans, kidney beans, lima beans, peanuts, maple syrup, vanilla, sweet potato, pecans, macadamia nuts, pecans, wild turkey, buffalo, sunflower seeds, lobsters, scallops, clams, shrimp, fish, duck.

Your Favorite Breakfast:

Old World Ingredients

New World Ingredients

Your Favorite Lunch:

Old World Ingredients

New World Ingredients

Your Favorite Dinner:	
Old World Ingredients	New World Ingredients
Your Favorite Dessert:	
Old World Ingredients	New World Ingredients

What recipe could you make with only Old World ingredients?

What recipe could you make with only New World ingredients?