The Thirteen Colonies
What do we already know?

THE THIRTEEN COLONIES

[Map of the Thirteen Colonies]
Who were the colonists, and where did they come from?

and what was most important to bring with them?
What did they eat?

Fruits

- Apples
- Pears
- Raspberries
- Blackberries...

Grains

- Oats
- Barley
- Wheat
- Lots of bread!

Protein

- Livestock animals (cows, pigs, sheep, chickens)
- Some game (deer, ducks, boars, etc.)

Dairy

- Milk, butter, cheese (from cows, sheep, and goats)

Vegetables

- Parsnips
- Carrots
- Lettuce
- Peas
- Cabbage
- Eggplant...

Honey, sugar
...plus food that was already here

Native Americans

Fruits
- Maple Syrup

Grains
- Corn
- Wild Rice (Amaranth)

Protein
- Game (deer, turkeys, skunks, etc.)
- Beans

Vegetables
- Squash/Pumpkins
- Beans
- Peanuts
- Peppers
- Tomatoes

Dairy
- Milk, rarely

Cranberries
Blueberries
Pawpaw
Strawberries
Grains

Barley

Wheat

The Whole Grain

Bran: protects seed
- Fibre
- B Vitamins
- Trace Minerals

Germ: nourishment for the seed
- B Vitamins
- Vitamin E
- Trace Minerals
- Phytonutrients

Endosperm: provides energy
- Carbohydrate
- Protein
- Some B Vitamins
Four Teams
You will have the remainder of this class and all of next class to find a colonial-era dish (without meat) that prominently features your team’s grain.

On our third class day, you will have roughly 30 minutes to prepare your dish as a team.

At the end of 30 minutes your dish will be judged on four categories: Taste, Creativity, Presentation, and Historical Accuracy.
GOOD LUCK!