

Name:

Date:

Period:

Pegasus California School  
World History

**Columbian Exchange and You**

**Step 1: List the at least 2 dishes that you ate recently and break down as many base ingredients as possible. Then, find out the ingredients to your favorite dish.**

	Meal/Dish	Base Ingredient(s)
<b>Ex.</b>	<i>Ex. Egg and Tomato</i>	<i>Chicken Egg, Tomato, Soy Sauce, Corn Oil, Salt</i>
<b>1</b>		
<b>2</b>		
<b>Favorite Dish</b>		

**Step 2: Highlight (with different colors) the base ingredients that are from the OLD WORLD and base ingredients from the NEW WORLD. Use the chart provided or use the three websites I provided to find out where your ingredients come from.**

**Answer the following questions in complete sentences to complete this assignment:**

1. Were there any foods that you listed that was from the Americas that completely surprised you was not from the “Old World”?
  - a. If yes, what was the ingredient, what dish is it used in, and tell me something about the dish
  - b. If no, list a food that is a typical part of Chinese cuisine that is from the New World, name a dish that uses that ingredient, and tell me something about it
  
2. Besides animals and foods, what other things were likely exchanged with the connection of the ‘Old World’ and the ‘New World’? List at least two items. (Think about both material and non-material things.)
  
3. Look up an ingredient from the New World (the Americas) on the CIAT website that you are not familiar with. **Find out:** where it mainly comes from, how it is typically used, and which parts of the world uses it:

## Old World/New World General List

More ingredients and the origins can be found at the following link:

[https://en.wikipedia.org/wiki/List\\_of\\_food\\_origins](https://en.wikipedia.org/wiki/List_of_food_origins)

or use your search engine and type, “Are \_\_\_\_\_ from the Old World?”

<b>Old World (Asia, Europe, Africa)</b>	<b>Category</b>	<b>New World (The Americas)</b>
Apples, bananas, citrus fruits (oranges, lemons, etc.), grapes, melons, peaches, pears, watermelon	<i>Fruits</i>	Pineapples, Cranberries, tomatoes, papaya, strawberries
Broccoli, cabbage, cauliflower, carrots, cucumber, Eggplant, lettuce, onions, radishes, turnip	<i>Vegetables</i>	Avocados, green beans, pumpkins, squash
Barley, oats, rice, rye, wheat, Sesame	<i>Cereals and Grains</i>	Corn (Maize), Quinoa
Taro, yam	<i>Starchy Roots</i>	Manioc (cassava/tapioca), peanuts, potatoes, sweet potatoes
Chickpea, lentils, peas	<i>Legumes</i>	Beans, lima beans
Black pepper, cinnamon, cloves, ginger	<i>Spices</i>	Chili peppers, vanilla
Cows, chickens, donkeys, goats, horses, pig, sheep, duck, rabbit	<i>Animals</i>	Guinea pigs, llamas, turkey
Coffee, Tea, Sugar (Sugar Cane), Olives	<i>Other</i>	Chocolate, Quinine, tobacco, rubber

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