

## **REGIONAL FOODS NONVERBAL TEACHING**

These states include Maine, Vermont, New Hampshire, Massachusetts, Rhode Island, and Connecticut.

These states were settled by many nationalities as people moved west.

The region is very rocky, mountainous, forested, and has long winters.

Corn and wheat were the major crops in these states.

For basic survival, the people were frugal, conservative and didn't waste.

Iron pots, or a Dutch ovens, were used in large fireplaces located along one wall of the kitchen.

The Dutch who settled here introduced cookies, doughnuts, molasses cake, gingerbread figures, waffles, coleslaw, cottage cheese, and pancakes.

These states are called the breadbasket of the nation because of their rich soil and good climate.

Iron hooks kept the food at the proper height in the fireplace.

The pot-luck dinner came from these states.

Corn was used in Johnny cakes, corn sticks, and Indian pudding.

The people came up with dishes to use all that they had, i.e. pigs' feet, smoked beef tongue, stuffed heart, sausage, and bologna.

Each meal included 7 sweets and 7 sour - pickled vegetables, fruits, relishes jams, preserves, salads, and apple butter.

These states include New York, Pennsylvania, New Jersey, Delaware, and Maryland.

Indians taught the people to soak dried beans and sweeten with molasses.

Foods were made during the summer and stored during the winter.

A dinner which consisted of corned beef, potatoes, onions, carrots, beets, and cabbage was the most common; it allowed the mother to the work while the food was cooking.

Red Flannel hash was ground up and fried from leftovers so that food was not wasted. The beets turned the mixture red like underwear.

Shoofly pie is from this region.

These states include North Dakota, South Dakota, Nebraska, Kansas, Oklahoma, Minnesota, Iowa, Missouri, Illinois, Wisconsin, Indiana, Michigan, and Ohio.

Sea foods and vegetables were cooked together for chowders.

The Indians taught the people to tap sugar maple trees for syrup.