



FCS Food Influences

Tell Me a Favorite Family Food Story . . .

What's your favorite food? Why do you serve certain foods for that special holiday, but your friends pick something very different? What eating habits did your parents have when they were teenagers? Seventh grade students found out the answers to these questions. Usually people only think that hunger and taste are reasons why we make food choices. But after viewing a video and some discussion, students found out that we also select foods because of family and culture, religion, friends, emotions, advertising, conven-

ience, geography and healthy lifestyles. Even the temperature outside has an influence on our food choices. With this information in mind, students selected a favorite adult relative, asked them about their eating habits and traditions when they were teens and together selected a favorite recipe to share with the class.

Bonus points were earned if the food was shared with the rest of the class. Students shared their completed assignments, often selecting to earn bonus points. The following recipes are some of the favorites selected

by each team from this first session. It's also a sneak preview of what will be in the 2011-2012 FCS cookbooks!



Students share family favorites!

Check Out a Few Class Favorites!

After tasting samples of many great recipes, each class voted on their favorites. This was a difficult task, because there were so many! But here are the favorites from both 3rd and 4th periods. Hope you find a few that you will want to try!



Favorites Selected by Students	
One Dish Casserole by Jade	Chocolate Caramel Delight by Brendon
Pork Adobo by Micaela	Cookie Dessert by Taylor
Hot Rolls by Deva	Frozen Pudding Dessert by Eric
Monkey Bread by Kyleigh	Pumpkin Pie by Lindsay
Fruit Loop Bars by Marinda	Strawberry Pizza by Landon
Butterfinger Dessert by Jarrett	



Students enjoy "Bonus" projects!

One Dish Casserole by Jade

- 1 pound hamburger
- 2 Tablespoons oil
- 1/4 cup onion flakes or 1/2 chopped onion
- 1 (8-ounce) can tomato sauce
- 2 1/2 cups hot water
- 2 cups egg noodles, uncooked
- 1/2 teaspoon chili powder
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 2 Tablespoons Worcestershire sauce
- 1 cup grated cheese
- 1 can cream style corn

1. Brown hamburger in oil. Drain.
2. Stir all ingredients in a large mixing bowl.
3. Spoon into a 9" X 13" baking dish. Bake for 40-50 minutes in oven pre-heated to 350 degrees F.

Yield: 4-6 servings

Interview: Jade selected to interview her grandma for this project. Here's what she found . . . "When my grandma was a teen, she ate three main meals a day. She had farm and garden foods and always ate at home."



One Dish Casserole by Jade

Pork Adobo by Micaela

Pork Adobo by Micaela



- 1 medium onion
- 1/3 cup chopped garlic
- 1 medium tomato
- 3 Tablespoons soy sauce
- 1/2 cup vinegar
- 1/2 Tablespoon whole black peppercorn
- 2 teaspoon black pepper
- 2 pounds pork shoulder blade
- 2 Tablespoons cooking oil
- 3 teaspoons ground annatto seed
- 1/2 cup water
- 1 bay leaf



Preparation:

1. Cut onions, garlic and tomato into small slices.
2. Combine soy sauce, vinegar, ground peppers together. Set aside for marinating sauce.
3. Cut pork into cubes and pour them into the marinating sauce. Cook on medium low heat for about 1 hour.
4. Heat the 12 inch pan. Add cooking oil. Sauté garlic and onions until brown. Add tomato. Then add the marinated pork and cook until golden brown. Add the remaining marinated sauce, ground annatto seed, water, and bay leaf
5. Simmer for 30-45 minutes. Serve over cooked rice.

Yield: 6-8 servings

Interview: Micaela chose her mom Victoria for this project. "Mom ate 3 meals a day and in-between meals – meryenda", which are snacks. Her family always ate together. Her favorite recipe is Pork Adobo, which is served for lunch or dinner." Note: Adobo is a popular Filipino dish.

Hot Rolls by Deva

1 cup scalded milk (set aside to cool)

1 Tablespoon yeast

1/3 cup warm water

3 Tablespoons sugar

1 scant teaspoon salt

3 tablespoons vegetable oil

1 egg

3 ½ - 4 cups flour

1. Scald milk. Set aside to cool.
2. Mix yeast and warm water. Add sugar, salt, oil and egg.

3. Add luke warm milk and slowly add flour. When mixed, put onto lightly floured surface. Knead several minutes.
4. Place in greased bowl, turning over once. Cover and let rise until double in size – about 2 hours.
5. Punch down and roll into balls about the size of a walnut or a little larger. Place in a greased pan. Cover and let rise until balls are double in size.
6. Bake rolls at 350 degrees F. for 15-17 minutes or until golden brown.

Yield: 21-25 rolls

Interview: Deva made her grandmother's rolls for this project. Deva said . . . "Every time I go to my Grandma Cindy's home in Iowa, she makes these rolls for us. I look forward to them!"



Hot Rolls by Deva

Monkey Bread by Kyleigh

4 Tubes of biscuits

3/4 cup sugar

2 ½ tablespoons cinnamon

1 cup sugar

1 Tablespoon cinnamon

6 Tablespoon butter

1 Tablespoon milk

1. Cut biscuits into fourths and roll into balls.
2. Dip each ball into cinnamon and sugar mixture (3/4 cup sugar and 2 ½ Tablespoons cinnamon)
3. Place biscuits into angel food cake pan or Bundt pan.
4. Mix together 1 tablespoon cinnamon, 6 tablespoons melted butter and 1 tablespoon milk. Pour over rolls.

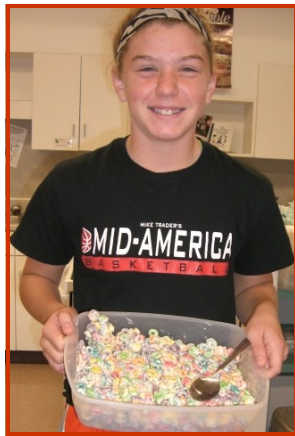
5. Bake for 30 minutes at 350 degrees F.

Yield: 10-12 servings

Interview: Kyleigh picked her mom for this activity. She found out . . . "When my mom was a teen, she ate a bowl of Chili every school day for lunch. Every night my mom's family had supper together. They also ate together for every holiday."



Monkey Bread by Kyleigh



Fruit Loop Bars by Marinda

1/4 cup butter or margarine
6-10 ounces regular marshmallows (about 40 large or 4 cups miniature)
6 cups Fruit Loops

Fruit Loop Bars by Marinda

1. Melt butter in 3-quart saucepan. Add marshmallows and cook over low heat, stirring constantly. Continue until marshmallows are melted and mixture is syrupy. Remove from heat.
2. Add Fruit Loops. Stir until well coated.
3. Press warm mixture evenly and firmly into a buttered 13" X 9" pan. Cut into 2-inch squares when cool.

Yield: 24 bars

Interview: Marinda talked to her mom Karla.

Here's what was learned . . . "I found out that my mom's family did not have lots of money so she had to eat whatever was on the table. If she had a sporting event, they would eat hamburgers because it was easy and quick to make. She always ate a dessert with the meal and would end the day with a bedtime snack."



Butterfinger Dessert by

Butterfinger Dessert by Jarrett

2 cups milk
1 quart vanilla ice cream
2 (3-ounce) packages Instant Vanilla Pudding
1/2 cup butter
1 1/2 - cup graham crackers, crushed

1/2 cup Saltine crackers, crushed
1 (8-ounce) whipped topping
4 (2-ounce) Butterfinger candy bars, crushed
2-ounce) Butterfinger candy bars, crushed

1. Combine milk, ice cream, and dry pudding into a large bowl. Beat until well mixed.
2. Put in refrigerator.
3. Melt butter in saucepan; pour over crushed graham and saltine crackers in a bowl.
4. Stir well.
5. Pour into a 9" X 13" pan, patting into an even layer on the bottom and

6. reserving 1/3 mixture for topping. Pour ice cream mixture over crust.
7. Freeze 1 hour.
8. Spread whipped topping over filling.
9. Mix crushed Butterfingers with the reserve crumb mixture.
10. Sprinkle over top and return to freezer to set.
11. Garnish with chocolate sauce if desired.

Yield: 10-12 servings

Interview: Jarrett interviewed his mom, Tammi. She said . . . "My mom says they didn't eat fast food very often, because families weren't as busy and there were not as many options for fast food."



Chocolate Caramel Delight

Chocolate Caramel Delight—by Brendon

1 large box of vanilla instant pudding (and milk recommended on box)

1 box of 16 ice cream sandwiches

Caramel Syrup

Cool Whip

1. First mix the pudding in a large bowl by adding 2 cups milk. Mix until medium thick.
2. Take ice cream sandwiches and put in the bottom of a 9" X 13 inch pan.
3. Spread the caramel syrup on the top of the ice cream sandwiches.
4. Spread the pudding on top of the ice cream sandwiches and

caramel syrup.

5. Put caramel syrup on top of pudding.
6. Put whip cream on top of pudding and caramel.
7. Put caramel on top of whip cream.
8. Cover pan and freeze until firm. Take out at least 15 minutes before serving.

Yield: 12-16 servings

Interview: Brendon prepared this dessert with his grandma. Comments. . . "I thought the dessert was easy to make and enjoyed making it with my grandma. We had a lot of fun making the dessert together."

Cookie Dessert—by Taylor

- 1 package (18-ounce) refrigerated chocolate chip cookie dough
- 1 package (8-ounce) Philadelphia cream cheese
- 1/3 cup sugar
- 1 Tablespoon unsweetened cocoa
- 2 cups Cool Whip topping
- 2 cups sliced strawberries
- 1/4 cup Semi-sweet chocolate chips

1. Press cookie dough into a 12-inch

pizza pan. Bake in pre-heated 350 degree F. oven for 20 minutes or until golden brown. Cool in pan on wire rack.

2. Beat softened cream cheese, 1/3 cup sugar and 1 tablespoon unsweetened cocoa in a large bowl with an electric mixer on high speed until well blended. Using a rubber spatula, gently fold in the Cool Whip. Spread cream cheese mixture over crust.
3. Top with strawberries and chocolate

chips.

4. Serve immediately or cover and refrigerate until ready to serve. Cut into 16 wedges to serve. Store leftovers in refrigerator.

Yield: 16

Interview: Taylor interviewed her mom. Comments . . . "Mom ate well for breakfast and dinner. They were balanced meals. At lunch time, she ate at fast food places. One tradition was eating goulash and liver with onions at least once a week."

Frozen Pudding Dessert—by Eric

- 36 RITZ crackers
- ½ cup oleo or margarine
- 2 packages instant pudding
- 1 ½ - cups milk
- 6 cups ice cream

1. Crush RITZ crackers. Melt oleo or margarine. Stir together melted oleo and crushed crackers. Pat down in bottom of 8" X 11.5" Pyrex pan.
2. Bake in pre-heated oven at 325 degrees F. for 8 minutes. Cool.
3. Mix in large mixing bowl – 2 packages instant pudding with milk. Add 6 cups ice cream. Blend with mixer. Pour mixture over RITZ cracker crust. Freeze.
4. Take dessert out of freezer 20 minutes before serving to allow dessert to soften some.
5. Cut into pieces and serve. Use your imagination with pudding and ice cream flavors to mix.

Yield: 24 – 2" X 2" servings

Interview: Eric interviewed his Grandma, Nancy. Comments . . . "My grandma lived on a farm with cows and lots of chicken, so she ate quite a bit of beef, eggs and chickens for meals. Her family ate home cooked meals. She can only remember a few times during her childhood and teen years that she ate out at a restaurant, which were always sit down places, not the drive-thru fast food."



Frozen Pudding Dessert by Eric

Cookie Dessert by Taylor



Pumpkin Pie—by Lindsay

- 1 (15- ounce) can pumpkin
- 1(12- ounce) can evaporated milk
- 3 medium eggs or 2 large eggs slightly beaten
- 3/4 cup brown sugar
- 1 tablespoon flour
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 1/8 teaspoon ground clover
- 1/4 teaspoon pumpkin spice
- 1 (9-inch)readymade pie crust

1. Preheat oven to 450 degrees F.
2. Blend all pie ingredients for about 3 minutes. Pour into pie crust.
3. Bake for 25 minutes at 450 degrees F. Reduce heat to 350 degrees F. and bake for 35 minutes longer or until knife comes out clean.

Yield: 8 servings

Interview: Lindsay interviewed her grandma. Here's a little piece of the interview. . .

“Christmas was the only time she ever was able to eat candy, and there was lots of it. She told me all about the fudge, the homemade sweets, the pies and the chocolate. She loved the meals. They didn't just bring the family together again, she remembers the smells. She was so descriptive; I actually started to smell the food cooking, like I was sitting at that exact table, eating with her.”



Grandma's Pumpkin Pie



Strawberry Pizza—by Landon



Strawberry Pizza by Landon

Crust – 1 Pillsbury readymade sugar cookie dough

Filling – 1 (8-ounce) cream cheese softened

- 1/3 cup sugar
- 1/2 teaspoon vanilla

Fruit – Strawberries

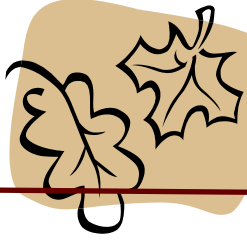
Glaze – 3 tablespoons cornstarch

- 1 cup sugar
- 1 cup water
- 3 tablespoons strawberry
Jell-o

1. Preheat oven to 350 degrees F. Spread cookie dough onto a greased 16-inch pizza pan. Bake 14-16 minutes.
2. Using an electric mixer, beat all of the filling ingredients until smooth. Spread over cooled cookie dough crust.
3. Rinse fruit and dry on paper towels. Arrange sliced fruit on crust.
4. In a small saucepan, boil the glaze ingredients until thick and clear. Cool and pour over pizza.
5. Chill until ready to serve.

Yield 15-20 servings

Interview: Landon interviewed his mom, Ronda. Comments . . . “My mom's eating habits as a teen were eating three meals a day. My grandparents would not let them skip a meal. My grandparents also made sure they had every food group in every meal. They always had homemade ice-cream and homemade birthday cake to celebrate the birthdays. Her favorite birthday cake was a piano and keys that were made out of fudge crisp cookies.”



Favorite Family Food Stories. . .

As you can see just by viewing these few favorites, the students did a good job with this activity. Thanks to all that shared a little taste with everyone in class.

Remember that we eat foods because of taste and hunger, but many other factors also influence our food choices. Hope you enjoy the family eating stories shared by students from BMS!



The plans are that another FCS cookbook will be completed with all recipes shared by the 2010-2011 seventh grade classes. More information about this project will be listed on the FCS web site next fall.



FCS Web site

Go to beatricpublicschools.org

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Left Side—Staff Web sites—Click Smaus

