**The Great Canadian Cookbook**

<http://www.foodnetwork.ca/food-network-insider/blog/lynn-crawford-and-noah-cappe-to-host-food-network-canadas-great-canadian-cookbook/33669/>

<http://www.foodnetwork.ca/shows/great-canadian-cookbook/video/>

This past fall, the Food Network set out to gather a collection of recipes that would make up the Great Canadian Cookbook.  Chef Lynn Crawford traveled across Canada, visiting big cities and remote locations looking for the foods that make us Canadian.

Food always comes with a story and it is an important part of our heritage.  Each of us will be attempting to write about our favourite recipe and showcasing why it is important to our family heritage.  We will also be attempting to explain how it fits into the diversity of Canadian cuisine.

**The Assignment:**

1. It is difficult to sum up a whole country’s food heritage in a few words, but some have made valiant attempts to do so.  **Read and respond** to “Food in Every Country: Canada” <http://www.foodbycountry.com/Algeria-to-France/Canada.html> .
   1. How accurate is her description?  Where could the author have been more accurate?  (2)
   2. Is the summary a true reflection of our Canadian Heritage? Explain (2)
   3. What do you think of the comments left at the bottom of the page? Do you agree with any of them? (2)
2. **Watch** the four episodes of The Great Canadian Cookbook and **explain** how Canadian Heritage is represented in each of the areas of Canada visited.
   1. What nationalities are represented?  (4)
   2. How many of these recipes have you tried?  How many would you like to try?  (2)
   3. What was the most meaningful story behind one of the recipes? (2)

**Questions /14**

1. Considering the information highlighted throughout the episodes of The Great Canadian Cookbook, **choose a recipe** from your family that is significant to your heritage.

 Write a paragraph that explains why this food is significant to your family and how it has become a part of your family traditions.

If your recipe originally came from another country, describe the adaptations (ingredient substitutes, process due to cooking methods, etc.) that needed to take place to make this recipe work with the foods available here in Canada. If it did not explain what about it makes it uniquely Canadian.

Now, **put together a page that would appear in The Great Canadian Cookbook** that outlines your story about the recipe, why the recipe is significant to your family, how it fits into Canadian cuisine, and describe and include the complete recipe (image, ingredients and directions, nutrition information if available.)  (check out the website)

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| **Category** | **Grade** | **Comments** |
| **Knowledge**: student demonstrates an accurate understanding of Canadian foods, heritage and cuisine |  |  |
| **Thinking:** Student is able to identify and explain why the recipe is significant |  |  |
| **Communication:** ideas are organized and clear. Spelling and grammar are accurate. |  |  |
| **Application:**  Recipe includes all required parts (ingredients, method, cooking time, temperature, yield, title)  It is organized, flows, is easy to follow and includes all required information |  |  |