

## What's Cooking?

(Recommended for grades 2-5)

**The Columbian Exchange brought about many changes to the New World and Old World still seen today. The Columbian Exchange introduced some the foods we eat everyday as commodities traveled back and forth between Old World and New World. Would we be able to enjoy all the popular foods we do without the Columbian Exchange?**

### **Instructions:**

**Part 1:** Pick a food that you like.

**Part 2:** Think of one of your favorite foods and break it down into its ingredients. Example: Hamburgers (Flour, water, beef, cheese, lettuce, tomatoes, etc.). List the ingredients for each part in the table below.

**Part 3:** Research where the ingredient is from. *Hint:* Search “Where is \_\_\_\_\_ native to” to get the best search results. Some ingredients are found in both the New World and Old World, so write “both.” Use your search results to fill out the two other columns below.

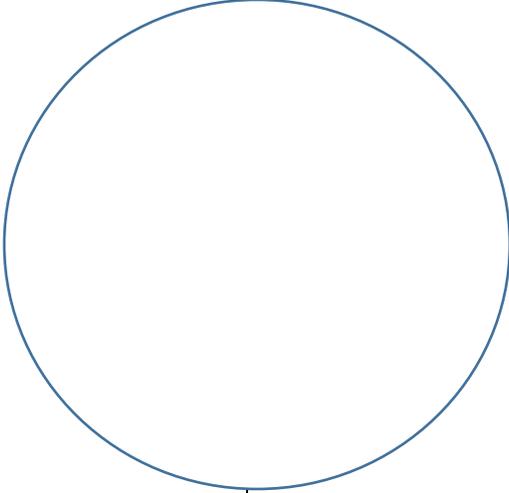
**My favorite food is** \_\_\_\_\_

<b>Ingredients</b>	<b>What continent/region is it native to?</b>	<b>Is that place in the Old World or New World?</b>

# COULD I EAT \_\_\_\_\_ WITHOUT THE COLUMBIAN EXCHANGE?

## Part 4: Sort and Draw

Sort and draw each ingredient into the correct column and draw a picture of the meal in the middle circle.

OLD WORLD	NEW WORLD
	

Could you eat this meal without the Columbian Exchange? \_\_\_\_\_