

Hungry Planet: What the World Eats

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Introduction

This programming guide has been developed to provide educational resources and activity ideas for education curators, docents, and teachers. We hope these materials will provide useful tools to make *title* a success for your organization and your community. This programming guide is yours to keep. Each venue receives a copy, so please **DO NOT** pack this guide into the crates to be shipped to a subsequent venue or return it to ExhibitsUSA. This programming guide is available in Word format located on CD in the front sleeve of the binder, along with select files created in Adobe InDesign or PDF format that can be reproduced. Access to the programming guide is also available through ExhibitsUSA's website at www.eusa.org. Please contact Molly Alspaugh, Exhibitor Relations Coordinator, at 800-473-EUSA (3872), ext. 209, if you have any questions or suggestions regarding the content of this guide.

In order to help us serve you and other venues, please take a few moments to evaluate the strengths and weaknesses of this guide with the form located in the front sleeve of the programming guide. When completed, please return it to us via the provided self-addressed stamped envelope or fax a copy to 816-421-3918. A PDF version is also available at our website.

The sections of the programming guide contain the following information:

Overview

This section provides a brief description of the exhibition, a list of educational materials traveling with the exhibition, and information about how to contact ExhibitsUSA.

Reference Materials

This section provides copies of interpretative materials, including text panels and narrative labels that are displayed in the gallery with the exhibition. Other information includes a bibliography, videography, and suggested websites.

Programming Resources

This section provides ideas and age-appropriate activities to assist in meeting your museum's educational and programming needs. You can also find a speaker list and a list of resources useful in identifying speakers, programming suggestions, and on-site educational museum activities in this section.

Teacher/Docent Resources

This section is designed for a variety of educators, including your museum staff, docents preparing to give tours, and teachers whose classes will visit the exhibition. Materials include docent information to assist them in giving tours of the exhibition, a digital slide show and script of selected images that can also be used by museum educators or docents as a guided tour script, and pre- and post-visit lesson plans. A family gallery guide enhances the exhibition experience for young visitors who are not part of a formal tour group.

How much food do you eat in a day? In a week? If you had to put all your food together on a table for a week, how much space would that take up? *Hungry Planet: What the World Eats* documents the weekly diets and food environments of “typical” families from diverse nations around the globe. It is based on an original exhibition by photographer Peter Menzel and author Faith D’Aluisio that was presented by COPIA—The American Center for Wine, Food & the Arts in 2002.

The success of that exhibition prompted Menzel and D’Aluisio to expand their project, visiting 16 additional countries and publishing a book of the same title in 2005. This exhibition of *Hungry Planet*, an expanded version of that original project, features fifteen families from twelve countries. Each section shows how the family acquires their food and prepares it according to the related cultural traditions. The centerpiece is a family portrait with members gathered around a still life display of a week’s worth of groceries. The exhibition also offers insights into each country’s nutrition and health along with the impact that poverty, conflict, and globalization may have had.

In an era when so much focus is being placed on the American diet and its ramifications on public health, this exhibition provides an avenue for discussing the impact of food on daily life, and for comparing and contrasting the United States with other parts of the world. The exhibition shows how issues such as globalization, mass tourism, and agribusiness impact the connection between diet, geography, economics, and culture.

Photographer Peter Menzel and author Faith D’Aluisio overcame the challenges of thousands of miles of travel, language barriers, and cultural differences. They did more than simply drop in on these families and then move on. In each country they visited, they developed a special relationship with the family through their documentation and the common language of food. Their work opens our eyes to the universally shared ritual of the family meal and to the human bridges that link diverse cultures—as well as to the poverty and abundance that uneasily coexist in the world today.

Overview

Educational Materials Checklist

Several support materials will be traveling with the exhibition. Should any of these materials be missing or fail to arrive, please call Molly Alspaugh, ExhibitsUSA's Exhibitor Relations Coordinator, at 800-473-EUSA (3872), ext. 209, and she will locate or replace the missing items as soon as possible. Please repack these items in the crates before you send the exhibition to the next venue.

Adult

Ableman, Michael. *From the Good Earth: A Celebration of Growing Food Around the World*. New York, NY: Harry N. Abrams, Inc., 1993.

Civitello, Linda. *Cuisine and Culture: A History of Food and People*. Hoboken, NJ: John Wiley & Sons, Inc., 2003.

Harris, Patricia, David Lyon, and Sue McLaughlin. *The Meaning of Food: The Companion to the PBS Television Series*. Guilford, CT: Globe Pequot Press, 2005.

Heine, Peter. *Food Culture in the Near East, Middle East, and North Africa*. Westport, CT: Greenwood Press, 2004.

Mack, Glenn R. and Asele Surina. *Food Culture in Russia and Central Asia*. Westport, CT: Greenwood Press, 2005.

Menzel, Peter and Faith D'Aluisio. *Hungry Planet: What the World Eats*. Napa, CA: Material World Press. 2005.

Menzel, Peter and Charles C. Mann. *Material World: A Global Family Portrait*. San Francisco, CA: Sierra Club Books, 1994.

Schlosser, Eric. *Fast Food Nation: The Dark Side of the All-American Meal*. New York, NY: Houghton-Mifflin, 2001.

Tannahill, Reay. *Food in History*. New York, NY: Three Rivers Press, 1989.

Van Wyk, Ben-Erik. *Food Plants of the World*. Portland, OR: Timber Press, Incorporated, 2005.

Children

Barron, Rex. *Showdown at the Food Pyramid*. New York, NY: G. P. Putnam's Sons, 2004.

Hollyer, Beatrice. *Let's Eat: What Children Eat Around the World*. New York, NY: Henry Holt and Co., 2004.

MacDonald, Fiona. *Discovering World Cultures: Food*. New York, NY: Crabtree Publishing Company, 2001.

Sears, William and Martha. *Eat Healthy, Feel Great*. Boston, MA: Little, Brown, 2002.

Sheen, Barbara. *Foods of Japan*. Farmington Hills, MI: KidHaven Press, 2006.

_____. *Foods of Mexico*. Farmington Hills, MI: KidHaven Press, 2006.

Solheim, James. *It's Disgusting and We Ate It!: True Food Facts from Around the World and Throughout History*. New York, NY: Aladdin, 2001.

Spier, Peter. *People*. New York, NY: Doubleday Books, 1980.

Winner, Ramona Morena. *Freaky Foods from Around the World*. Santa Barbara, CA: Brainstorm Three Thousand, 2004.

DVD & VHS

Gargiulo, Maria and Marcus Samuelsson. *The Meaning of Food*. Alexandria, VA: PBS Home Video, 2005.

If you have any questions or comments, ExhibitsUSA is just a phone call away at 800-473-EUSA (3872). We can also be reached by e-mail at the addresses listed below. For questions about specific topics, please consult the following list.

Frequently asked questions regarding:**Contact**

Scheduling an exhibition, exhibition contracts, general questions, problems, or requests

Ramona Davis
Exhibitor Relations
Coordinator
ramona@maaa.org
ext. 209

Shipping, installation, or packing

Angelette Hart
Registrar
angelette@maaa.org
ext. 216

Educational materials or program resources

Curator of Education
or Ramona Davis
Exhibitor Relations
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ext. 209

Mini-grant program to support education programs

Sherrie Albert
Program Associate
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Proposing an exhibition

Leslie Przybylek
Curator of Exhibitions
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Hungry Planet: What the World Eats

Photographs by Peter Menzel

In 2002, COPIA—The American Center for Wine, Food & the Arts—presented a fascinating exhibition of Peter Menzel’s photographs accompanied by Faith D’Aluisio’s text. In images, narratives and grocery lists, the exhibition documented the weekly diets and food environments of eight “typical” families from diverse nations around the globe. The presentation revealed surprising similarities as well as predictable differences. It also offered a compelling demonstration of the connections among diet, geography, economics, and culture.

Since 2002, Menzel and D’Aluisio have expanded their project by visiting 16 more countries. The result is a truly global, yet intensely personal account of food habits and rituals that were documented in their 2005 book *Hungry Planet: What the World Eats*. Overcoming the challenges of thousands of miles of travel, language barriers, and cultural differences, the pair did more than simply drop in on these families and then move on. In each country they visited, they developed a special relationship with the family through their documentation and the common language of food.

This exhibition of *Hungry Planet*, an expanded version of that original project, features fifteen families from twelve countries. Each section shows how the family acquires their food and prepares it according to the related cultural traditions. The centerpiece is a family portrait with members gathered around a still life display of a week’s worth of groceries. The exhibition also offers insights into each country’s nutrition and health along with the impact that poverty, conflict, and globalization may have had.

We wish to thank Peter Menzel and Faith D’Aluisio for their sensitive images and words. They open our eyes to the universally shared ritual of the family meal and to the human bridges that link diverse cultures—as well as to the poverty and abundance that uneasily coexist in the world today.

Bhutan

Subsistence farming provides most of the occupation and much of the food in the tiny Himalayan country of Bhutan. Nalim and Namgay and their family of thirteen grow red rice, mustard greens, and wheat in their own terraced fields and on land belonging to other villagers in exchange for some of the harvest. Their diet, though nutritious, does not vary much from meal to meal or day to day. They might eat dried pork or fish once a week (if they have money for it) or a piece of dried meat left over from a celebration, but generally their diet consists of grains and vegetables.

The family has a grain mill from the government that they pay for in yearly installments. In turn, they provide grinding services for neighbors in exchange for a portion of whatever is being processed. As with most countries where subsistence farming is the primary occupation, the Bhutanese have a borrowing and sharing culture in which they help one another during times of trouble.

Bosnia and Herzegovina

Throughout war-ravaged Bosnia in the early 1990's, the Dudo family struggled along with the rest of Sarajevo to put food on the table. But while most of the city dwellers had to brave sniper's bullets to stand in line for water rations, the Dudo family drew water from a well they had dug before the war and shared their good fortune with neighbors.

Life is much easier today for Sarajevans although most are still struggling to regain their prewar financial security. Ensada, who works for a Muslim aid organization, and Rasim, a taxi driver, have three children; and all converge on the house for lunch, typically the most important meal of the day. Ensada prepares a meat dish, vegetables, and salad. Dinner might include lunch leftovers along with *ayjar*, a preserved eggplant and red pepper spread, on crusty slices of bread.

Cuba

Ramon and Sandra Costa, their teenaged daughter, and young son live in a narrow two-story makeshift apartment behind Ramon's father's house. Sandra is a secretary in the municipal courts building near their Havana home, and Ramon works for a European importer. His salary is paid to him through the Cuban government at a rate commensurate with what the government pays its workers—a method that, in theory at least, keeps all jobs at equal pay according to the precepts of the country's communist government.

The official food ration cards continue to be a fact of life for Cubans, although for many the economic crisis of the past decades has lessened along with the government's tight control of the money and food supply. The ration cards are used to make subsidized purchases of certain amounts of staple items like bread, yogurt, oil, beans, sugar, and salt.

During the particularly lean years following the dissolution of the Soviet Union and the end of its financial support, the Cuban government allowed citizens to begin using U.S. dollars for purchases. This practice has again been banned and Cubans are limited to using the convertible Cuban peso. Yet times are changing. Individuals can now sell food and make a profit (although they must purchase a license from the government to do so).

Ecuador

The windstorms that whip through the Andean mountains during the dry months of September and October render even the shortest walk a trial. Still, subsistence farmers rely on a good harvest, so no matter the weather, the Ayme family must tend to its fields.

Stiff winds deliver a spray of dirt against the tin roof of the family's earth-walled sleeping room throughout the night. The young couple and their children awaken early—some prepare for school and others pull on their clothes to tend the family's sheep. *Ermalinda* is still breast-feeding her youngest son, so she bundles him closely to her while she stoops to make the cooking fire. She puts water on to boil that daughter Nataly, 8, has fetched from a spring a short walk away. Breakfast is dry parched corn and tiny roasted potatoes eaten from a communal bowl, a bit of *panela* (brown sugar), and hot tea. Orlando and his two older sons walk to their potato field one-half mile away, to ready it for the next potato crop.

Most of the year the family plants root crops that will not get damaged in the fierce winds. They plant grains only during the rainy season. Daughter Jessica, 10, is the family shepherd. The sheep are never eaten by the family. They are raised to be sold during the periods when there is nothing to harvest and all of their food is purchased at a distant weekly market. Their land is less fertile than that further down the mountain “but it's too expensive down there,” says Orlando. Instead, he is paid a stipend by the government to represent the indigenous interests of his small village. Women in the area earn extra money by weaving for the local cooperative, and young and old alike take part in community works projects called *mingas*.

Greenland

Emil Madsen works from a sled pulled by a team of dogs most of the year, hunting polar bear, seals, and musk ox to feed his family. During the short summer thaw, the Greenlander hunts on the water from his speedboat looking for narwhal and seals. At home tonight on Greenland's eastern coast, his family will eat a savory musk ox stew while watching Danish music videos.

Straddling both worlds—that of his indigenous father and forefathers and the one brought by the Modern Danes in the 1700's—Emil is a full-time hunter. Today Danish food is more prevalent than traditional food everywhere in Greenland. But, on the sparsely populated eastern coast Emil Madsen is one of the few full-time hunters remaining.

Emil scans the horizon for the day's catch. At a moments notice, he will drop to his knees and take a shot if an animal comes within range. The family is well trained to anticipate his every need. Emil's nine-year-old son Martin drives his own team of dogs helped by his older brother and cousin. These sled dogs are not pets. They are sorted as pups, according to their abilities, then trained to pull the sledge. They live their lives leashed to the other dogs, and live to run. When they're no longer useful, they're shot and killed—usually between 6 and 8 years of age.

Italy

The Capo market area of Palermo, Italy stirs to life before dawn and thus begins *Giuseppe Manzo's* day on the same street where his father used to sell ice for a living. Giuseppe, a fishmonger, works just downstairs and across the street at a large storefront fish market owned by two brothers. Giuseppe's wife, Pietra Marretta, is up as well, getting their two older boys, Pietro and Domenico, ready for school.

Although fish is actually an infrequent offering at the Manzo's own table (Pietra doesn't like it), the family's everyday life still revolves around the fishmarket. The boys stop by their father's shop for money and then race across the street to a small shop to buy candy and snacks and a juice box each. Meanwhile Giuseppe tosses buckets of ice into shallow bins and his fellow workers lay out the day's catch. He often stays there for lunch, enjoying seafood salad between serving customers. Unlike most of western Europe, large supermarkets have not yet overrun Sicily. The island's limited purchasing power makes it an unappealing site, so traditional shopping areas – like this fish market – still serve most customers.

Japan

Given Japan's seemingly inalienable national penchant for packaging, it's no surprise that even the fresh fruits, fish, and vegetables are wrapped up in plastic. A superficial look at their week's worth of food might lead us to believe that the Ukitas of Kodaira City eat quite a lot of processed foods, but much of it is fresh. This practice of wrapping relates to the Japanese value of presentation, which can be seen everywhere, from the humblest home to the most upscale shop. To many Japanese consumers, the packaging is as important as the food

The food displayed here notably contrasts to that seen in the other family portraits: there is a much greater variety and many more items. Japanese cuisine can be very complex and often includes many ingredients. Food is also quite expensive by American standards. No wonder that the Ukita family's grocery bill for a week is the equivalent of \$317.25.

As witnessed on the island of Okinawa, however, the Japanese can be highly disciplined about the quantity and healthfulness of the food they consume. *Hara hachi bu*—"eat only until 80 percent full"—older Okinawans advise. Moderation and an emphasis on traditional foods may explain why a disproportionately large number of Okinawans are living to age 100 or more. Among the younger generations, however, fast foods are making inroads that promise shorter life spans.

Mali

Breakfast in Soumana Natomo's large household begins before sunrise when his second wife, Fatouma Toure, starts the morning fire in the courtyard of first wife Pama Kondo's home. The Muslim grain trader begins his day with prayer as the children awaken in both of his houses (each wife has her own). Roosters provide accompaniment to the sound of millet being winnowed before breakfast. Water is poured over the grain then sloshed back and forth as debris is picked out by hand. The millet porridge is then cooked in water and tamarind juice over a fire until thickened.

The combined family of 15 (including Natomo's sister-in-law and three children) eats from the cooking pot. Some mornings the family has a rice porridge cooked with sour milk. Other mornings breakfast is a fried cake called *ngome* made of pounded millet or corn, with flour, oil, and salt. Co-wife Fatoumata Toure sells these in the weekend market and also on the street outside her house. Lunch is normally a stew of oil, tomato, onion, salt, and water from the community wells, and dried fish if there is enough money. The stew is eaten with white smoked rice. Dinner is a dish called *to*, a traditional mixture of millet or corn mixed with water; and okra soup made with hot red peppers, salt, and bouillon-type cubes. The children wash the few dishes used in the nearby Niger River.

Mexico

When Peter Menzel visited this family in 2003, *Alma Casales Gutierrez* and her husband Marco ran a small convenience store on the ground floor of their home in Cuernavaca. Their lives revolved around the tiny shop, where one or the other of them would remain throughout the day. The children came there after school and everyone ate their meals behind the counter—rice and beans being a particular favorite.

The Casales family spent a lot of food money on fresh fruits, vegetables, and traditional foods like handmade tortillas, typically purchased daily at the local tortilleria. They also spent a large amount of their limited income on cakes, candy, cookies, and sugary soft drinks. In a week's time, they drank more than 20 quarts of Coca-Cola. This was not how Alma and her husband grew up. "We ate only foods that my mother cooked," Alma recalled.

In 2004, life changed dramatically for the Casales family. As more small stores and big supermarkets moved into the community, their home-based shop could not compete. The store went out of business. Alma and the children moved into her mother's house and Marco left to find work in the United States. "It isn't the best arrangement for our family," says Alma, "but it's okay for now."

Mongolia

Although Mongolia emerged from Soviet-style communism in 1990, many Mongols have found the country's fledgling market economy a slippery slope. Oyuntsetseg (Oyuna) Lhakamsuren and her husband, Regzen Batsuuri, have felt the country's growing pains firsthand. Oyuna's private pharmacy business failed and the family lost both their traditional Mongolian home (a portable tent called a *ger*) and an adjacent newly built wooden frame home—both on the outskirts of Mongolia's capital city Ulaanbaatar. Today Oyuna, Regzen, and their two children all live in a single room, a sublet in a small three-room apartment which they share with two other families. Cows forage freely in the city dumpsters outside their Soviet-style apartment building.

In spite of constant financial strain, the family has always managed to eat well. In part this is because Regzen, an electrical worker, is an accomplished chef. He and their daughter and son prepare dinner most nights so that Oyuna can work at her new pharmacy.

Turkey

The daily markets that move from one Istanbul neighborhood to another remain the primary destination for Turkish food shoppers in Istanbul. *Melahat Çelik*, mother of three and a housekeeper, usually shops at whichever market is closest to one of the houses she is cleaning that day.

Husband Méhmêt eats lunch at the factory where he works, and their children bring food to school from home. This helps keep down costs at a time of wildly high inflation in Turkey. Despite traveling long distances to her jobs around the city, Melahat still manages, with the help of her mother who lives with them, to prepare traditional Turkish meals including *dolma* (spiced meat wrapped in grape leaves), *yahni* (lamb with onion and potato) and a family favorite—fresh arugula and feta mixed together and stuffed inside rice-paper-thin pastry called *yufka*. Youngest son Ayunt's favorite foods are homemade french fries with mayonnaise and spaghetti with ketchup and feta cheese.

United States of America

The United States epitomizes the Good, the Bad, and the Ugly food habits of the modern, industrialized nation. A trip to any supermarket or survey of local restaurants quickly reveals the Good—the abundance, variety, availability, and relatively low cost of food in this country. We can have what we want virtually any time of day and increasingly independent of season, climate or geography. Our food preferences and our food supply are going global, thanks to efficient economic access, our rich multicultural heritage, the increasing ease of travel abroad, and a record influx of immigrants into the United States in the late 20th century.

The Bad and the Ugly of this abundance are the refined and chemically engineered food products along with their fast food meals. We want it when we want it, which, more often than not, means long shelf lives, pre-assembly and pre-cooking. Such foodstuffs have cultivated our taste for fat, starch, sugar, and salt. In tandem with the low levels of calorie burning born of our car culture, predominantly sedentary jobs, and our over-scheduled lives, this abundance has led to record levels of obesity, diabetes, and stress—in short, Americans are on the road to becoming the unhealthiest citizens on the planet.

The three families seen here bear witness to the challenges such abundance creates. The Revises of North Carolina showcase the struggles and ironies of trying to maintain a healthful lifestyle in face of the temptations posed by the ease of fast food and their African-American food traditions. The Fernandezes of Texas illustrate the unexpected multicultural mixes that develop through families and friendships, their marriage uniting Mexican with Creole options. The Cavens of California epitomize parental quandaries about their children's health also registered by the other two families: how to balance out their children's wants with their nutritional needs and how to offset the lure of the TV with safe outdoor play. At the same time we see them striving to maximize the Good—the year-round variety of fresh foods and the organic options of such abundance.

Please see Registrar's packet for suggested display order.

Peter Menzel

The Namgays of Shingkhey Village, Bhutan

Family Portrait

c. 2005

Digital print from original negative

Courtesy the artist

In Shingkhey, a remote Himalayan village of a dozen homes, Namgay and his wife Nalim pose at right alongside their grandson, Geltshin. Their extended family of thirteen gathers in the prayer room of their three-story home for this portrait. As with most Bhutanese, Namgay's family grows much of its own food. Among the foods pictured here are (top row, left to right) mustard greens, tomatoes, eggplant, chili peppers, radishes; and (bottom row, left to right) potatoes, onions, ginger root, dried fish, oranges, bananas, and red rice. The bowl ringed with green leaves and brown pods at left is filled with betel nuts. The leaves, from the betel palm, will be used to wrap the chopped nuts. Namgay's family food expenditure for one week in February amounts to \$5.03 in American dollars, not including their homegrown produce, which would have a local market value of \$29.06.

Peter Menzel

The Namgays of Shingkhey Village, Bhutan

Midday Meal

c. 2005

Digital print from original negative

Courtesy the artist

In Bhutanese culture it is common for neighbors to pitch in and help each other, sharing food and labor when necessary. Here, Namgay, his family, and a few friends all gather on the floor of their village home for a midday meal of red rice and vegetable curry. Visitors often wander into their home during mealtimes. The kitchen and adjoining rooms look dark and smoky because the open-hearth clay stove is inside the house and doesn't vent outside. Respiratory ailments are common. Nalim says that she would like to build a kitchen in a different building but can't afford it.

Peter Menzel

The Namgays of Shingkhey Village, Bhutan

Village Celebration

c. 2005

Digital print from original negative

Courtesy the artist

One day after workers successfully finished wiring Shingkhey village for electrification, visiting dignitaries and other villagers join Namgay (at the end of the table) at a celebration buffet of red rice, potatoes, tomatoes, cucumbers, beef, chicken, and a spicy cheese and chili pepper soup. Villagers stockpiled food so that they could offer this feast. Pepsi-Cola (not pictured) was also served at the event.

Peter Menzel

Wangdi Phodrang, Bhutan

Global Pleasures

c. 2005

Digital print from original negative

Courtesy the artist

Although Bhutan is not at the forefront of global markets (as of 2005 the country still had no American fast food restaurants), commercial products are becoming increasingly available. Spreading globalization is seen in the prepackaged carton of juice enjoyed by this young girl, a Buddhist nun.

Peter Menzel

The Dudos of Sarajevo, Bosnia and Herzegovina

Family Portrait

c. 2005

Digital print from original negative

Courtesy the artist

The Dudo family stands in the kitchen/dining room of their home in Sarajevo with one week's worth of food. Ensada (left), Rasim (right), and their children Ibrahim, Emina, and Amila remained in Sarajevo during the violent civil war of the early 1990s. Although they struggled to survive and put food on their table—Rasim's father died at the front—they were luckier than most Sarajevans. Living in the foothills above the city, they had their own well for water, fruit trees, a vegetable garden, and a milk cow. Today they still live in the same two-family home that was built by Rasim's father before the conflict.

Peter Menzel

The Dudos of Sarajevo, Bosnia and Herzegovina

Doing the Weekly Shopping

c. 2005

Digital print from original negative

Courtesy the artist

Remembering all too well when the city was starving, the Dudos are grateful that they can now fill Rasim's taxi with the weekly grocery shopping. Both Ensada and Rasim work long hours outside the home. While their busy work schedules make family life complicated, they try to preserve the rituals of food and hospitality. Ensada still prepares lunch from scratch and does not rely on many prepackaged or take-out foods.

Peter Menzel
The Dudos of Sarajevo, Bosnia and Herzegovina

Convenience

c. 2005

Digital print from original negative

Courtesy the artist

The names and languages on the labels may be different, but the aisles of this bright new supermarket would still look familiar in other cities throughout the global community. Although such stores offer convenience and variety for time-strapped consumers, they also sacrifice ties to local food producers and products. While Ensada and Rasim buy their non-perishables at the supermarket, they continue to purchase fresh foods like eggs, vegetables, and fruit at Sarajevo's outdoor farm market, the Green Market Ciglane.

Peter Menzel
Bosnia and Herzegovina

Preserved Foods

c. 2005

Digital print from original negative

Courtesy the artist

Along with fresh produce, preserved goods such as these jars of pickled vegetables can also be purchased at the outdoor Green Market Ciglane.

Peter Menzel
The Costas of Havana, Cuba

Family Portrait

c. 2005

Digital print from original negative

Courtesy the artist

This portrait captures a rare moment in the lives of Ramon Costa (center), his wife Sandra (at right), and their children Lisandra and Fabio when they are not in the company of Ramon's parents and cousins, with whom they share a Colonial-era house. Like most Cubans, Ramon, an employee of a government-owned import business, and Sandra, a courthouse secretary, earn about the same government-paid monthly salary that amounts to \$15 in American dollars. All Cubans also receive food subsidies in the form of ration cards.

Peter Menzel
The Costas of Havana, Cuba

In the Kitchen

c. 2005

Digital print from original negative

Courtesy the artist

Daughter Lisandra pares potato-like malangas, which will be cut into wedges to make French fries and cooked in the family's small outdoor kitchen. Son Fabio nightly checks out the alternative dinner menu being prepared in his grandmother's kitchen before deciding where he will dine.

Peter Menzel

The Costas of Havana, Cuba

The Marianao District

c. 2005

Digital print from original negative

Courtesy the artist

The Costas' nephews Javier (with snorkel) and Ariel (lying down) enjoy a day of swimming and fishing with friends along the rocky shore in the Marianao district of Havana. Ariel can be seen cleaning a fresh-caught fish at right. All along Havana's beaches, Cubans spend many off-hours fishing as both recreation and to supplement their meager state food rations.

Peter Menzel

Havana, Cuba

Ration Card

c. 2005

Digital print from original negative

Courtesy the artist

Since 1962, every Cuban family has received ration cards that allow it to purchase set amounts of food for very low prices in the nation's state-subsidized grocery stores and produce stands. The food stocks vary from month to month but typically include one or two pounds of protein such as chicken, coffee, sugar, salt, bread, beans, rice, and oil. The cards, however, usually provide only one-third to one-half of a family's food. As a result, Cubans rely on the very expensive *agromercados*, the open agricultural markets that Castro legalized in 1994, for their additional needs.

Peter Menzel

The Aymes of Tingo, Ecuador

Family Portrait

c. 2004

Digital print from original negative

Courtesy the artist

Wearing traditional felt hats, the members of the Ayme family gather around their week's worth of food in their kitchen house in Tingo, Ecuador, a village in the central Andes. They grow much of their food—potatoes, *oca* (a root vegetable), corn, wheat, broad beans, and onions—in fields located at 11,000 feet above sea level. A few times per year they eat chicken and *cuy* (guinea pig); otherwise, milk from family cows is their primary

source of animal protein. To purchase additional food, they rely on the occasional sale of a sheep from their flock of 50, and husband Orlando's salary of \$50 per month as Tingo's representative to a national political party. Even so, money is tight.

Peter Menzel

The Aymes of Tingo, Ecuador

Market at Zumbagua

c. 2004

Digital print from original negative

Courtesy the artist

Unfortunately, the colorful indigenous market at Zumbagua (shown here) is beyond the reach of the Ayme family. The market is a three-hour drive away over dirt roads and the Aymes, who do not own a vehicle, do not shop there.

Tingo has no shops or markets. Ermelinda and Orlando must hike three miles down steep slopes to the small weekly market in the larger town of Simiatug. Although the market at Simiatug is not nearly as large as Zumbagua's, it does offer some of the same foods. The market stalls become a meeting place for the produce of two different climatic zones. Shoppers can find purple mountain potatoes and bumpy red *oca* tubers from the Andes region alongside tropical avocados, papayas, bananas, and blocks of coarse brown sugar.

Peter Menzel

Zumbagua, Ecuador

Sheep's Head Soup

c. 2004

Digital print from original negative

Courtesy the artist

Street food offers a quick, convenient, take-away option for eating. It is also economical. Historically the street has been an inexpensive site for cooking as well as dining. At the Zumbagua market, street vendors offer sheep's head soup as standard fare.

Peter Menzel

The Aymes of Tingo, Ecuador

Cooking over the Fire

c. 2004

Digital print from original negative

Courtesy the artist

Ermelinda Ayme cooks empanadas over a wood fire while her husband slices onions. Male assistance in the kitchen is unusual among villagers in Ecuador. This photograph was taken in the Aymes' cooking house—one of two separate earth-walled, thatched-roof rooms that make up the family's primary residence.

Peter Menzel

The Madsens of Cap Hope, Greenland

Family Portrait

c. 2004

Digital print from original negative

Courtesy the artist

Inuits Emil and Erika Madsen and their three children, Martin, Belissa, and Abraham, gather in the living room of their home in Cap Hope, which boasts a population of ten and a government shop that sells only nonperishable foods. Grocery shopping means that Emil harnesses up a 14-dog sled, travels two hours to the town of Ittoqqortoormiit (Ittoq for short), which overlooks the Greenland Sea, and shops at a government-owned market. Since there are no roads to Ittoq, all food arrives by boat in the summer and by air or snowmobile in the winter. Interestingly, these geographical challenges pose no serious problem to globalizing diets and communications—as the Madsen’s processed foods and television demonstrate.

Peter Menzel

The Madsens of Cap Hope, Greenland

Butchering a Seal

c. 2004

Digital print from original negative

Courtesy the artist

In the storage room of the family’s wooden frame house Erika Madsen cleans a seal hunted by her husband. She will cook the best meat for the family in her modern kitchen, which has all the conveniences except running water. The remains will be fed to their sled dogs and the seal skin will be dried and sold. Like most Greenland families, the Madsens rely heavily on hunting for their meat. Such hunting trips may stretch over several days. Emil’s efforts for one year yielded one polar bear, some walrus and musk oxen, a few narwhals (a type of whale), several seabirds and hares, and 175 seals.

Peter Menzel

The Madsens of Cap Hope, Greenland

Travel by Dogsled

c. 2004

Digital print from original negative

Courtesy the artist

During a family camping trip to an inland glacier lake, Emil Madsen stops to look for seals, allowing the dogs a momentary rest. The family has been traveling by dogsled for a good portion of the day because it is light around the clock from early spring to late summer. When the snow crust is hard enough to ensure that the dogs won’t break through, they can pull the half-ton weight of the sled for hours at about the pace of a running human. In May, however, when the ice begins to crack, sled travel becomes more treacherous since it’s hard to distinguish between iced-over water and iced-over land.

Peter Menzel
The Madsens of Cap Hope, Greenland
Musk Ox Stew

c. 2004
Digital print from original negative
Courtesy the artist

After setting up their camp site near a frozen lake below a glacier, the tired, hungry family wolfs down Emil's musk ox stew in their canvas tent. Emil's supplemental income as a tour guide during the summer allows the family additional imported treats such as the pasta seen here in the stew. Not surprisingly, the cost of living is high. A week's worth of food for the Madsen family costs \$277.12, not including the hunted meat, which has a local value of \$221.26. Geopolitically part of Denmark, Greenlanders receive a significant income subsidy from the Danish government—\$6,786 per person in 1999—to offset their living expenses.

Peter Menzel
The Manzos of Sicily, Italy
Family Portrait

c. 2003
Digital print from original negative
Courtesy the artist

In their kitchen, fishmonger Giuseppe Manzo, his wife Piera Marretta, and their three sons (left to right) Maurizio, Pietro, and Domenico, are almost upstaged by their week's worth of food, from which fresh fish is noticeably absent. Piera Marretta follows the Italian habit of shopping daily in the markets and grocery shops of Palermo, Sicily. While fish is Giuseppe's favorite food, his wife is less enthusiastic. She prefers shellfish, octopus, and squid to finned fish and feeds her sons frozen fish sticks because they're easy to store and prepare, and they don't smell.

Peter Menzel
The Manzos of Sicily, Italy
At the Fish Market

c. 2003
Digital print from original negative
Courtesy the artist

Preparations for the day's business begin around 7 a.m. at the Capo Market. An hour later, Giuseppe Manzo and his six co-workers have finished setting up the fish stand. In addition to rolling out the red tarps and unfolding the display tables, they must cut and ice the fish. Ten hours later, the crew will reverse the process, storing everything for the night.

Peter Menzel
The Manzos of Sicily, Italy

Pesce Spada

c. 2003

Digital print from original negative

Courtesy the artist

Special attention is devoted to Sicily's beloved—and increasingly endangered—*pesce spada* (swordfish). Giuseppe slices up a human-sized swordfish. The freshly cut chunks will be arranged around its severed head (right foreground), with the head pointed toward the sky for maximum visual impact.

Peter Menzel

Sicily, Italy

Alberto, the Fishmonger

c. 2003

Digital print from original negative

Courtesy the artist

Alberto the fishmonger moves a swordfish in the Capo Market in Palermo, Italy. Fishing is a major part of the Sicilian economy. So while commercial over fishing threatens the fish populations there—as it does in other parts of the world—there is little decrease in the demand for, or sale of, fish. At Tokyo's renowned Tsikiji fish market one large bluefin tuna can go at auction for tens of thousands of dollars.

Peter Menzel

The Ukitas of Kodaira City, Japan

Family Portrait

c. 2003

Digital print from original negative

Courtesy the artist

Sayo (left center) and Kazuo Ukita (right center) pose with children Maya (holding chips) and Mio in their dining room in Kodaira City, Japan, an outer suburb of Tokyo. Their week's worth of food—a wide variety of fresh fish, packaged noodles, and fresh vegetables—are typical of the average Japanese table; so too are the floor seating and the television constantly playing in the background.

Peter Menzel

The Ukitas of Kodaira City, Japan

Shopping for Fish

c. 2003

Digital print from original negative

Courtesy the artist

Sayo Ukita carefully examines her choices at the supermarket. As might be expected in an island nation, Japanese families eat a wide variety of seafood: fish, shellfish, and

seaweed of all kinds. In any given week, the Ukitas will eat at least a dozen different kinds of fish and shellfish, and three varieties of seaweed.

Peter Menzel

Okinawa, Japan

Age and Okinawa

c. 2003

Digital print from original negative

Courtesy the artist

Mr. Akamine, age 100, eats lunch in his Naha City home. Some scientists attribute such longevity to the island's winning combination of healthy eating habits, exercise, and low stress. Okinawans are also committed to maintaining the quality of their older citizens' lives through day care centers and nursing homes that are an integral part of the community.

Peter Menzel

Okinawa, Japan

Fast Food

c. 2003

Digital print from original negative

Courtesy the artist

Fast food chains like McDonald's, both global and Japanese, are frequent stops for busy Okinawans. The island has grown into a beachhead of Western fast food, primarily due to the continuing presence of the U.S. military since World War II. Although the island is being studied for clues to the oldest generation's longevity, research indicates that the younger population will not live as long because their diets are higher in saturated fats and calories.

This and other pictures of meals from around the world seen in this exhibition, apparently so dissimilar, illustrate a trend. As societies grow more affluent, their members eat greater amounts of sugar, refined carbohydrates, and dietary fat. Nutritionists disagree on the impact of each one, but most view the collective impact of this shift as disastrous, leading to a worldwide onslaught of obesity, diabetes, and cardiovascular disease.

Peter Menzel

The Natomos of Kouakourou, Mali

Family Portrait

c. 2005

Digital print from original negative

Courtesy the artist

Soumana Natomo and his family gather on the rooftop of their home in the village of Kouakourou on the Niger River. Their Muslim faith allows husbands to take up to four

wives, provided they are supported and treated equally. Natomo (center, in blue) has two wives seated at his sides: Fatoumata Toure (right) and Pama Kondo (left) and a total of nine children. Soumana's sister-in-law Kadia (left of Pama) and her two children are living with Natomo's family while her husband works in Ivory Coast.

The sparse selection of foods represented in their week's worth reflects the family's low-tech existence. They live in a complex of mud-brick houses lined with high-walled courtyards. Their windowless home is minimally furnished with sleeping mats and possibly a cushion or stool. They have no electricity and their water comes from community wells or the river.

Peter Menzel

The Natomos of Kouakourou, Mali

Breakfast

c. 2005

Digital print from original negative

Courtesy the artist

Twelve-year-old Fourou glances up from a breakfast of thin rice porridge cooked with sour milk. Natomo's two wives alternate cooking at Pama's home, where all meals are prepared and eaten. Like most of their neighbors, Natomo and his family eat outdoors on low stools around a communal pot. Cooking, eating, and daily life in general take place outside in the family's courtyard.

Peter Menzel

The Natomos of Kouakourou, Mali

Market at Kouakourou

c. 2005

Digital print from original negative

Courtesy the artist

By 11:00 a.m. on Saturday morning, the weekly market at Kouakourou has transformed this quiet Niger River shoreline into a bustling center of commerce. Soumana (who can be seen at upper left, the figure in blue with an arm outstretched in front of his rented storefront) comes here every week to buy and sell grain. Both he and Pama are grain traders. Second wife Fatoumata sometimes helps, but she often buys much of the family's other food for the week.

Peter Menzel

Kouakourou, Mali

Slaughtered Cow

c. 2005

Digital print from original negative

Courtesy the artist

A slaughtered cow is rolled on a cart through the village of Kouakourou, destined for sale that day at the Saturday market. Nothing is prepackaged in such village markets; food purchases are determined by what is available. Because the town has no electricity, and thus no refrigeration, this family will sell all its meat by sunset of the same day that the cow was slaughtered.

Peter Menzel

The Casaleses of Cuernavaca, Mexico

Family Portrait

c. 2003

Digital print from original negative

Courtesy the artist

The Casales family poses in the open-air living room of their rented home in Cuernavaca, Mexico, with a week's worth of food. When Peter Menzel photographed the family in 2003, everyone— Marco Antonio (holding baby Arath), his wife Alma Casales Gutierrez, and their two older boys, Emmanuel (center) and Bryan— helped with the family *changarro*, or mini convenience store, which was located on the first floor of their house. Since that time the store has closed, and Marco has become an illegal immigrant working as a fruit picker in the United States. He sends home what money he can to Alma and the family. Their financial difficulties have caused them to cut back on fresh vegetables and fruits but they continue to purchase snack foods and soft drinks. The family's Coke consumption, however, has declined from more than twenty to four quarts weekly. Mexico ranks first in per-person consumption of Coca-Cola.

Peter Menzel

Cuernavaca, Mexico

Taco Stand

c. 2003

Digital print from original negative

Courtesy the artist

In Cuernavaca's city market, a restaurant owner chops cilantro for the day's hungry customers. Small restaurants like this taco stand were once a familiar site in public markets throughout Mexico. But as more and more shoppers choose large supermarket chains like Walmex (the Walmart subsidiary in Mexico), the crowds at the public markets keep shrinking. With fewer customers, small shops like this face an uncertain future.

Peter Menzel

Cuernavaca, Mexico

The Itanoni Tortilleria

c. 2003

Digital print from original negative

Courtesy the artist

This overhead view shows women making tortillas at the Itanoni Tortilleria in Oaxaca, Mexico. The Itanoni Tortilleria (Gourmet Tortillas) sells handmade tortillas cooked on top of clay ovens. Its products are made from native corn grown by local farmers. Oaxaca is a center for genetic diversity in corn, and the Itanoni Tortilleria's owners contract with area growers to produce rare native varieties.

Peter Menzel

Cuernavaca, Mexico

Tortillas for the Week

c. 2003

Digital print from original negative

Courtesy the artist

For Alma Casales, gathering food for the *Hungry Planet* family portrait required buying more of some items that she would ever normally purchase at one time. Tortillas, for example, do not keep well. Instead of buying such a large quantity in bulk, Alma would pick up fresh corn tortillas for the family on a daily basis.

Peter Menzel

The Batsuuris of Ulaanbaatar, Mongolia

Family Portrait

c. 2005

Digital print from original negative

Courtesy the artist

Regzen (left), his wife, Oyuna (far right), and their children Khorloo (left center) and Batbileg pose with a week's worth of food in front of the refrigerator in their single-room apartment in Ulaanbaatar. Although space is very limited in their one small room, Oyuna and the children are happy to have indoor plumbing, running water, and an electric kitchen, which they share with the apartment's two other families. Regzen, in contrast, misses their old homestead, which lacked such modern conveniences.

Peter Menzel

The Batsuuris of Ulaanbaatar, Mongolia

Family Meal

c. 2005

Digital print from original negative

Courtesy the artist

A cousin joins Regzen, Khorloo, and Batbileg for dinner in their apartment. Oyuna often misses family meals when she works evenings at her new pharmacy. Regzen and daughter Khorloo usually cook. On this evening, Batbileg had walked his mother's meal over to her pharmacy before joining the remaining family members at the table.

Peter Menzel

Ulaanbaatar, Mongolia

Cows Foraging in a Dumpster

c. 2005

Digital print from original negative

Courtesy the artist

Life in post-Soviet Ulaanbaatar is tough but slowly improving. In an ironic way, this unappetizing scene of free-range cows dumpster-diving in a parking lot behind one of the city's many apartment blocks is a strange sign of that improvement. Mongolians now have enough food to throw some away.

Peter Menzel

Ulaanbaatar, Mongolia

Ulaanbaatar's Central Retail Market

c. 2005

Digital print from original negative

Courtesy the artist

A vender selling root vegetables (potatoes, onions, carrots) waits for customers at Ulaanbaatar's central market, which is covered but unheated. Mongolia's remote location has kept most fast food and supermarket chains away. The central market is also called the Black Market, a reminder of socialist days when the market operated without stalls; vendors carried their wares and walked around the open space.

Peter Menzel

The Çeliks of Istanbul, Turkey

Family Portrait

c. 2005

Digital print from original negative

Courtesy the artist

The Çelik family gathers in the main room of their three-room apartment in Istanbul. Melahat Çelik (center left) and her husband Mêmhêt met through an arranged marriage, and Melahat's mother Habibe Fatma Kose (far right) has lived with them for most of their married life. In addition to cooking for her family, Melahat also cooks and cleans for six other families during the week. On nights when she works late, she relies on her mother and her sister—who lives in the same building—to help take care of the children, Aykut, Semra, and Mêtin (front to back, at left).

Peter Menzel

Istanbul, Turkey

Morning Meal

c. 2005

Digital print from original negative

Courtesy the artist

Members of a Turkish family from the Golden Horn area of Istanbul enjoy a traditional breakfast: feta cheese, olives, leftover chicken, bread, rose jam, and sweet, strong tea. Just like the Çeliks, this family uses the living room as its primary gathering space.

Peter Menzel

Istanbul, Turkey

Squash Vendor

c. 2005

Digital print from original negative

Courtesy the artist

A market vendor prepares to haggle with the day's customers as he displays wedges of pumpkin squash. While such markets have largely disappeared from the commercial landscape of industrialized nations like the United States, they remain an integral part of the food business in developing nations.

Peter Menzel

The Çeliks of Istanbul, Turkey

Buying Eggs

c. 2005

Digital print from original negative

Courtesy the artist

Melahat and her son Aykut buy eggs at an open-air market near one of the homes where she works. These daily markets are still the primary food shopping source in Turkey, and vendors like this egg salesman move from one neighborhood market to another during the week. Varying their days of operation allows the markets to avoid competition with each other—no two neighboring markets operate on the same day.

Peter Menzel

The Revises of North Carolina

Family Portrait

c. 2004

Digital print from original negative

Courtesy the artist

The Revis family—Rosemary, Ronald, and Rosemary's two sons from a previous marriage, Brandon and Tyron—stand in the kitchen of their home in Raleigh, North Carolina, with a week's worth of food. For the Revises, this family portrait became a catalyst for change. "Everyone was very unsettled by the sheer amount and kinds of food on the table," observed Rosemary. After Rosemary shed 30 pounds with the help of Weight Watchers only to have the weight come creeping back, she decided to join a health club. Her family joined as well and they found themselves dropping excess weight almost immediately. Unfortunately, the new exercise schedule meant they had less time for home-cooked meals "We would pick up fast food. It was the most convenient thing to do," says Rosemary. "That is not the result that we had in mind when we started. . . ."

Now they work out at home—nearer to fresh vegetables, leaner meats, and well-planned meals served at their kitchen table.

Peter Menzel

The Revises of North Carolina

The Revises at Harris Teeter

c. 2004

Digital print from original negative

Courtesy the artist

Brandon accompanies Rosemary Revis on a grocery shopping trip to the Harris Teeter supermarket. Like most American families, the Revises love to eat, and businesses love that they love it. Whether it's tasting free cheese and cookies at the local chain market, or making a quick stop at any of the many fast food outlets that beckon from the roadside, "big food" seems to be reaching out from every direction to tempt them.

Peter Menzel

The Cavens of California

In the Drive-Through

c. 2005

Digital print from original negative

Courtesy the artist

After grocery shopping, Craig Caven of American Canyon, California, stops at the drive-through window of a local McDonald's to pick up Happy Meals for his two children. Although this scene is a common occurrence for most American households, the Cavens are not regular customers of fast food. Craig and his wife Regan try to set a good example. They generally do most of their cooking at home, and take the kids out for a Happy Meal treat just a few times each month.

Peter Menzel

The Fernandezes of Texas

The Bakery Case

c. 2004

Digital print from original negative

Courtesy the artist

Clutching their spending money, Brian and Brianna Fernandez of San Antonio, Texas, head for the bakery case during a Sunday grocery trip with their parents. With a mother who grew up in the Mexican border city of Nuevo Laredo, and a father from Louisiana, the Fernandez children often eat from a global dinner table. "We go from mullet to menudo to egg rolls," says their father, Lawrence. On this day, Brian and Brianna, faced with a bakery case full of sugary treats, opted for a taste of their Mexican heritage. Both children chose giant *pan dulces* (a Mexican sweet bread), which they ate on the drive home.

Peter Menzel

Peter Menzel and Faith D'Aluisio with the Aymes of Tingo, Ecuador

c. 2004

Digital print from original negative

Courtesy the artist

These shopping lists were developed by identifying the food purchased by each family, including quantity, what the items were used for, price per category, and overall cost in each country's currency and American dollars. They are included for curators, educators, and teachers who are interested in learning more about the purchasing details of each family. The shopping lists can be reproduced as interpretive labels or used as educational materials for programming and school tours.

Bhutan: The Namgays of Shingkhey Village

ONE WEEK'S FOOD IN FEBRUARY

* Homegrown; ‡ Not in Photo

Grains & Other Starchy Foods: \$0.25

red rice,* 66.2 lb, *this also feeds the many guests who drop by at mealtimes.*

flour,* 3.1 lb

red potatoes,* 2.2 lb

barley,‡ 2 lb, for toasting

Dairy:

milk,* 2.8 gal, *from family cows. Butter is churned from a portion of this milk; the by-product, whey, is also used. About 1.8 lb of cheese is produced from the milk as well.*

Meat, Fish & Eggs: \$0.08

eggs,*‡ 11

fish, dried, 4.4 oz, *The family eats fish or meat—normally in dried form—once or twice a month. The fish in the photograph represents about three months' worth of either fish or meat.*

The dollar amount represents what the portion they eat costs.

Dried beef is eaten more often than fish.

Fruits, Vegetables & Nuts: \$1.46

Mandarin oranges, 3.5 lb

yellow bananas, 1.4 lb, *fruits are purchased infrequently.*

radishes, 6.6 lb

spinach,* 5 large bunches

mustard greens,* 4 large bunches

eggplant,* 2.2 lb

red onions, 2.2 lb

tomatoes, 1.1 lb

carrots,‡* 1.1 lb

green chilies, fresh, 4.4 oz, *amount in photo represents about three months' worth.*

red chilies, dried, 4.4 oz, *amount in photo represents about four months' worth. Normally, all vegetables are homegrown or borrowed from a neighbor. Vegetables are purchased infrequently.*

Condiments: \$1.27 (Market value of homegrown foods, if purchased locally: \$29.06)

mustard oil,* 2.1 qt

salt, 3.3 lb, *for cooking and feeding to cows for increased milk production.*

ginger, 1.1 lb

bicarbonate of soda (baking soda), 1 small pk, *used to neutralize acid in tea.*

chili powder, 1 handful

Beverages: \$0.76

tea rounds, 2 cakes, *for butter tea.*

Red Label tea, 0.7 oz, *for guests only;*

*water comes in through a plastic hose
from a spring above the house, used
for cooking and boiled for drinking.*

Miscellaneous: \$1.21

betel nuts, 80

leaves for betel nuts, 2 bundles

lime paste, 1 pk

Food Expenditure for One Week:

\$224.93

Ngultrum: \$5.03

Bosnia: The Dudos of Sarajevo
ONE WEEK'S FOOD IN JANUARY

‡ Not in Photo

Grains & Other Starchy Foods: \$17.40

bread, 15.5 lb
flour, 4.4 lb
potatoes, 4.4 lb
white rice, 2.2 lb
jufka (thin pastry sheets), 1.1 lb
Fiamma Vesuviana penne, 1.1lb
Fiamma Vesuviana riso (pasta), 1.1 lb
pastry sheets, 1.1 lb
Embi corn flakes, 13.2 oz

Dairy: \$17.77

milk, 1.9 gal
yogurt, drinkable, 1.1 gal
cream, 1.6 qt, *used on bread or with eggs.*
Zvezda ghee (butter clarified by boiling;
converted into oil),
2.2 lb gouda cheese, 1.3 lb
travnicki cheese (white Bosnian cheese),
1.3 lb
butter, 1.1lb
Iparlat lemon yogurt, 14.1 oz
Paschal pineapple yogurt, 14.1 oz

Meat, Fish & Eggs: \$54.22

ground beef, 4.4 lb
eggs, 30
hot dogs, 4 lb
chicken, baked, 2.2 lb
beef sausage, 2.2 lb
mutton, 2.2 lb
steak, 2.2 lb
veal, 2.2 lb
Argeta chicken pâté, canned, 1.1 lb
hard sausage, 1.1 lb

Sarajevo keep-long sausage, dried, 1.1 lb
sardines, canned, 8.8 oz

Fruits, Vegetables & Nuts: \$28.18

tangerines, 8.8 lb
apples, 6.6 lb
oranges, 6.6 lb
yellow bananas, 3.3 lb
lemons, 1.1 lb
figs, dried, 7 oz
cabbage, 2 heads
carrots, 2.2 lb
garlic, 2.2 lb
kidney beans, 2.2 lb
leeks, 2.2 lb
lentils, 2.2 lb
yellow onions, 2.2 lb
spinach, 2.2 lb
tomatoes, 2.2 lb
mushrooms, 1.1 lb
pickles, 1.1 lb
red peppers, ‡ 1.1 lb
peanuts, 2.2 lb

Condiments: \$8.75

sugar, 4.4 lb
sunflower oil, 1.1 qt
fruit compote, ‡ 1.1 lb
cream, 8.5 fl oz, *for coffee*
Hellmann's mayonnaise, 8.3 oz
peach marmalade, 7.8 oz
mustard, 7.1 oz
sea salt, 7.1 oz
white sugar cubes, 3.5 oz
salt, 1.1 oz

Snacks & Desserts: \$21.74

raisins, 4.4 lb

hard candy, 2.2 lb

Dominos milk chocolate candy, 1 lb

Tops orange and chocolate cookies, 1 lb

Nussenia nut cream (chocolate spread like
Nutella), 14.1 oz

Mars candy bars, 5.9 oz

Gold Flips corn puffs, 4.2 oz

Prepared Food: \$2.47

chicken soup mix, 5.5 oz

chicken bouillon, 4.7 oz

Homemade Food:

Cake, whole, made with ingredients listed
above.

Beverages: \$16.90

Fanta orange soda, 2 2.1-qt bottles

Coca-Cola, 2.1 qt

Dijamant mineral water, 2.1 qt

Frutti blueberry juice concentrate, 2.1qt

Power of Nature blueberry and grape
juice, concentrate, 2 1.1-qt cartons

Sunset orange juice, 2.1 qt

Mljevena coffee beans, 1.1 lb

cocoa, 8.8 oz

Dona pineapple juice concentrate, 8.5 fl oz

orange juice drinks, powdered, 5.3 oz

Nescafe instant coffee, 3.5 oz

tea, 3.5 oz

**Food Expenditure for One Week:
\$334.82****Konvertibilna Marka: \$167.43**

Cuba: The Costas of Havana
ONE WEEK'S FOOD IN APRIL

‡ Not in Photo

Grains & Other Starchy Foods: \$1.08

malanga (potatolike vegetable), 9.9 lb
bread ration, 8.8 lb
potato ration, 6.6 lb
white rice ration, 6.6 lb
pasta ration, spaghetti, 2.2 lb
cornmeal, 1 lb

Dairy: \$6.05

yogurt ration, ‡ 1.9 gal
cheese, 2.2 lb

Meat, Fish & Eggs: \$15.71

chicken, 3.3 lb
pork chops, 2.2 lb
egg ration, 12
fish, ‡ 1.1 lb, caught by Ramon
pork leg, frozen, 1 lb

Fruits, Vegetables & Nuts: \$4.19

watermelons, ‡ 26.5 lb
yellow bananas, 6.8 lb
oranges, 4.4 lb
pineapple, 2.6 lb
limes, 2.2 lb, *for drinks and preparation of fish*
papayas, 2.2 lb
guava, 1.1 lb
white onions, 4.2 lb
green cabbage, 1 head
black beans, 1.7 lb
red beans, 1.7 lb
lettuce, 1.4 lb
cucumbers, 1.1 lb
garlic, 1.1 lb
tomatoes, 1.1 lb
Doña Tina tomato sauce, 1 box
red pepper, 8 oz
green pepper, 8 oz

Condiments: \$4.08

vegetable oil ration, 1.1 qt
white sugar, 2.2 lb
salsa, 12 oz
red and green chili peppers, 8.8 oz
salt, 8.8 oz
Ybarra vinegar, 4 fl oz
mayonnaise, 2.5 fl oz
black pepper, 2 oz
Maggi allspice, 2 oz
oregano, 2 oz
Wong Wing soy sauce, 0.9 fl oz
La Anita bijol (seasoning made from annatto seeds), 0.3 oz

Snacks & Desserts: \$5.00

Cakes, small, 10

Prepared Food: \$3.05

Spaghetti sauce, ‡ 1.1 qt
During the week Lisandra has lunch at school or joins her brother Mario at her aunt's apartment for rice, beans, eggs, and/or fish. Ramon and Sandra eat the same foods for lunch at their places of employment.

Restaurants: \$10.00

Once a week, Sandra likes to go for Chinese food with the whole family; she likes fried rice.

Beverages: \$7.60

Ciego Montero TuKola cola, 2 1.6-qt bottles
Cristal beer, 7 12-fl - oz cans
coffee ration, 1.1 lb
Amor liquor, 8.5 fl oz
tap water for drinking and cooking.

Miscellaneous:

Cerelac ration, † fed to dog.

Food Expenditure for One Week:

\$1,475.88

Cuban pesos: \$56.76

Ecuador: The Aymes of Tingo
ONE WEEK'S FOOD IN SEPTEMBER

* Homegrown

Grains & Other Starchy Foods: \$17.40

white potatoes, 100 lb
white rice, broken, 50 lb, *cheaper than whole rice.*
ground wheat,* 15 lb
corn flour, 10 lb
white flour, fine, 10 lb
green pea flour, 8 lb
white flour, coarse, 6 lb

Note: The Aymes normally grow their own potatoes and corn, but have none to harvest at this time of year.

They have eaten the last of their homegrown barley.

Dairy:

Milk, 1.8 gal, *from family cows; only part of the week's supply is shown in the photograph.*

Meat, Fish & Eggs:

none.

Fruits, Vegetables & Nuts: \$11.25

plantains, 13.4 lb
yellow bananas, 6.2 lb, *purchased over-ripe as they are cheaper that way.*

oranges, 3.6 lb
lemons, 2.5 lb
Andean blackberries, 1 lb
lentils, 10 lb
carrots, 3.6 lb
red onions, 3 lb
leeks, 2 lb
lettuce, 1 head

Condiments: \$2.90

Brown sugar, 11 lb, *purchased as a cake, used for sweetening coffee and eaten as candy.*
salt, 1.5 lb
vegetable oil, 16.9 fl oz
cilantro, 1 bunch

Beverages:

stinging nettle, 1 small bunch, *gathered wild for tea.*
corn silk, 1 handful, *boiled in water for both tea and medicine.*
spring water, *carried by hand, for drinking and cooking.*

Food Expenditure for One Week: \$31.55

Greenland: The Madsens of Cap Hope
ONE WEEK'S FOOD IN MAY

* Hunted

Grains & Other Starchy Foods: \$34.07

brown bread, 2 loaves
High Class white rice, 2.2 lb
Ota sol gryn (muesli-like cereal), 2.1 lb
Finax fruit muesli, 1.7 lb
hard biscuits, 1.5 lb, *tucked into pockets for quick snacks.*
hard bread, 1 loaf
Bellaroma farfalle, 1.1 lb
Bellaroma fusilli, 1.1 lb
Foodline rice, 1.1 lb
Quaker Oats Guldkorn (corn cereal), 1.1 lb
Foodline mashed potato mix, 15.5 oz
Dagens white bread rolls, frozen, 12

Dairy: \$4.87

Arinco milk, powdered, 4.4 lb, makes 1.9 gal
Lurpak butter, 13.2 oz

Meat, Fish & Eggs: \$53.97**

musk ox,* 26.5 lb
walrus,* frozen, 9.9 lb
arctic geese,* 8.8 lb meat, after cleaning
polar bear,* 3.3 lb
Tulip hot dogs, 3 lb
little auk (also called dovekie),* 5 birds, 1.9 lb
ground beef, frozen, 1.7 lb
Danish sausage, frozen, 1.1 lb
ham, 1.1 lb
Danish Prime meatballs, frozen, 14.1 oz
cod, dried, 12.4 oz, *eaten with narwhal oil*
breakfast meat and 4 slices of egg, 10.6 oz,
egg product is purchased in tube form and is called "long egg"
Danish Prime Danish meatballs, frozen, 8.5 oz
capelin (fish), 7.8 oz
Tulip bacon, 5.3 oz

Fruits, Vegetables & Nuts: \$8.67

Nycol oranges, canned, 1.4 lb
Sunsiesta fruit cocktail, canned, 11 oz
yellow onions, 1.3 lb
Bellaroma tomato sauce, chili pepper flavored, 14.1 oz
Frontline champignon mushrooms, preserved, 9.9 oz

Condiments: \$25.66

Heinz tomato ketchup, 3.2 lb
Jozo salt 2.2 lb
Dan Sukker sugar, 1.1 lb
narwhal oil, approx. 16 fl oz, *they have varying amounts depending on whether anyone has shot one recently.*
HP sauce, 15 oz
marmalade, 14.1 oz
Foodline chocolate cream, 12.4 oz
coffee creamer, powdered, 10.6 oz
Lea & Perrins Worcestershire sauce, 8.5 fl oz
K mayonnaise, 7.1 oz; *K* remoulade, 7.1 oz
Foodline onions, dried, 1.8 oz
black pepper, 1.1 oz

Snacks & Desserts: \$54.25

candy, assorted, 3.3 lb
Haribo Maoam mini fruit candies, 11.6 oz
Marabou chocolate bar, 10.2 oz
KiMs X-tra potato crisps, 8.8 oz
Pringles Original potato chips, 8.8 oz
raisins, 8.8 oz
LU ritz crackers, 7.1 oz
Goteborgs ballerina cookies, 6.4 oz
LU mini TUC (crackers), 5.3 oz
Milky Way candy bars, 4.1 oz
Bisca Chocolate Marie cookies, 3.5 oz
bubble mix chewing gum, 3.5 oz
Mamba candy, 2.7 oz
Bounty candy bar, 2 oz

Stimorol chewing gum, 1 pk

Prepared Food: \$35.66

Knorr chicken bouillon 2.5 lb

Nissin cup noodles, instant, 2.3 lb

Daloon spring rolls, frozen, 1.9 lb

Danish Prime sausage mix (sausage and potato), frozen, 1.3 lb

Knorr Mexican dried soup base, 10.6 oz

Knorr minestrone dried soup base, 10.6 oz
liver paste, 7.1 oz

Beverages: \$36.40

Mixed fruit drink concentrate, 3.2 qt

orange drink concentrate, 3.2 qt

Rynkeby apple juice, 2.1 qt

Rynkeby orange juice, 1.1 qt

Coca-Cola, 12 fl oz

Faxe Kondi (carbonated drink), 12 fl oz

Nikoline lemon (carbonated drink), 12 fl
oz

Nikoline orange (carbonated drink), 12 fl
oz

7UP, 12 fl oz

Nescafe instant coffee, 10.6 oz

Pickwick lemon tea, 20 teabags

Pickwick tropical fruit tea, 20 teabags

spring water, in milk cans, *used for
drinking and cooking.*

Miscellaneous: \$23.49

Prince cigarettes, 3 pks

**Food Expenditure for One Week:
\$1,928.80**

Danish krone: \$277.12

**Local value of hunted meat: \$221.26

Italy: the Manzos of Sicily
ONE WEEK'S FOOD IN OCTOBER

Grains & Other Starchy Foods: \$25.97

Poiatti spaghetti, rotini, orzo, margherite, macaroni, 17.6 lb
Bread, 4.4 lb
Bread crumbs, 2.2 lb
White potatoes, 2.2 lb
Kellogg's Frosties Chocos cereal, 1.7 lb
Mulino Bianco fette biscottate, 1 loaf
Mulino Bianco white bread, sliced, 1 loaf
White flour, 1.1 lb

Dairy: \$18.38

Granarolo whole milk, 1.1 gal
Da Cucina cooking cream, 1.8 lb
Galbi yogurts, 1.7 lb
Grandi Pascoli butter, 1.1 lb
Parmesan cheese, grated, 7.1 oz

Meat, Fish & Eggs: \$36.64

Fish sticks, frozen, 2.2 lb
Sometimes they get a fresh fish or a fresh seafood salad from the owner of Guiseppe's business, but not often. The last fishmonger he worked for let him take one fish home almost every day.

Eggs, 12
Beef, 1.1 lb
Beef, ground, 1.1 lb
Sausage, 1.1 lb
Veal involtini (meat rolls), 1.1 lb
Clams, 12 oz
Tuna, 11.3 oz
Wurstel (German hot dog), 10.6 oz
Ham & cheese, sliced, 3.5 oz
Anchovies, 2.8 oz

Fruits, Vegetables & Nuts: \$25.12

Red grapes, 2.8 lb
Yellow bananas, 2.2 lb
Lemons, 2.2 lb
Pears, 2.2 lb
Persimmons, 2.2 lb

Vitale crushed tomatoes, canned, 5.3 lb
Star tomato sauce, bottled, 4.6 lb
Broccoflower (hybrid of broccoli and cauliflower), 1 head
Chard, 2.2 lb
Peas, frozen, 2.2 lb
Tomatoes, 2.2 lb
Cornal olives, 1.1 lb
Corn, canned, 11.5 oz
Garlic, 8.8 oz

Condiments: \$18.70

Tevere vegetable oil, 2.1 qt
Olive oil, 1.1 qt
White wine, 1.1 qt, *used only for cooking.*
Bonanno white vinegar, 16.9 fl oz
Mayonnaise, 16.9 fl oz
Cherry jam, 14.1 oz
Pine nuts and raisins, 10.6 oz
Italia white sugar, 8.8 oz
Salt, 8.8 oz
Tomato paste, 1 4.6-oz tube
Bicarbonate of soda (baking soda), 3.5 oz
Pepper, 1.8 oz

Snacks & Desserts: \$38.83

Kinder milk chocolate, 3.1 lb
Biscotti, 2.2 lbs
Nutella chocolate spread, 1.7 lb
Kinder paradise chocolate, 1 lb
Buondi (packaged cream cakes), 13 oz
Baby biscuits, 12.7 oz
Kinder Brioss (packaged cream cakes), 10.6 oz
Mulino Bianco flauti, (packaged cream cakes with chocolate), 9.3 oz
Pavesini biscuits, 7.1 oz
Candies, assorted, 3.5 oz

Prepared Food: \$22.33

Star Gran ragú sauce, 1.6 lb
Star vegetable bouillon cubes, 7.8 oz
School lunch, lasagna or pasta and juice,
6 days for two children

Beverages: \$13.47

Pepsi, 2 1.1-qt bottles
Ginger soda, 1.6 qt
Peach juice, 12 4.2-fl oz mini bottles
San benedeto iced tea, 1.6 qt
Spuma (light cola drink), 1.6 qt
Top cola, 1.6 qt
Espresso Bar coffee, 1.1 lb
tap water for drinking and cooking

Miscellaneous: \$60.67

Diana cigarettes, 20 pks

**Food Expenditure for One Week:
\$214.36**

Euros: 260.11

Japan: The Ukitas of Kodaira City
ONE WEEK'S FOOD IN MAY

‡ Not in Photo

Grains & Other Starchy Foods: \$31.55

Koshihikari rice, 5.5 lb
potatoes, 5.3 lb
Danish white bread, sliced, 1 loaf
white flour, 1.3 lb
sato imo (Japanese yam), peeled, 1.1 lb
udon noodles, 1.1 lb
sômen noodles, 14.1 oz
white sandwich bread, 12.4 oz
Nippon macaroni, 10.6 oz
soba noodles, 10.6 oz
FryStar7 bread crumbs, 8.1 oz

Dairy: \$2.26

whole milk, 25.4 fl oz
Haruna yogurt, 12 oz
butter, ‡ 8.8 oz

Meat, Fish & Eggs: \$99.80

rainbow trout, 2.6 lb
ham, 2.2 lb
eggs, 10
sardines, large, 1.3 lb
clams, 1.1 lb
octopus, 1.1 lb
Spanish mackerel, 1.1 lb
pork loin, 1 lb
tuna, sashimi, 15.5
oz horse mackerel, 14.8
oz saury (fish), 13.5 oz
Japanese smelt (fish), 13.1 oz
eel, 12.7 oz
albacore, sashimi, 11.9 oz
Hagoromo tuna, canned, 11.3 oz
pork, cubed, 11.3 oz
beef, 10.8 oz; pork, minced, 10.6 oz
pork, sliced, 10.6 oz
pork, thin sliced, 10.3 oz
bacon, 7.8 oz
beef korokke (beef and potato patties),
frozen, 7.4 oz, *used for children's lunch.*
sea bream, sashimi, 3.6 oz

Nozaki's new corned beef (mix of horse and
beef meat), canned, 3.5 oz

Fruits, Vegetables & Nuts: \$81.43

Watermelon, 9.9 lb
cantaloupe, 4.4 lb
yellow bananas, 2.8 lb
red apples, 2.4 lb
white grapefruit, 2.2 lb
strawberries, 1.7 lb
cherries, canned, 7 oz
yellow onions, 4.8 lb
green peppers, 4 lb
cucumbers, 3.5 lb
daikon, 3.3 lb
bitter gourd, ‡ 2.8 lb
soft tofu, 2.2 lb
tomatoes, 2 lb
carrots, 1.2 lb
green peas, in pods, 1.1 lb
broccoli, 1 lb
lettuce, 1 head
spinach, fresh, 1 lb
edamame, frozen, 14.1 oz
asparagus, 10.6 oz
green beans, frozen, 10.6 oz
mixed vegetables, frozen, 10.6 oz
bamboo shoots, 8.8 oz
white asparagus, canned, 8.8 oz
scallions, 8 oz
daikon sprouts, 6 oz
shitake mushrooms, 6 oz
wakame (seaweed), fresh, 5.6 oz
bean curd, fried, 1.8 oz
nori (seaweed), dried, 1.8 oz
wakame, ‡ dried, 1.8 oz

Condiments: \$28.28

White sugar, 15.6 oz
Ebara BBQ sauce, 9.9 oz
white miso, 9.9 oz
margarine, ‡ 8.8 oz

Honen salad oil, 8.5 fl oz
 sesame oil, 7.1 oz
 bean sauce, 6 fl oz; ginger, 6 oz
Tea Time Mate sugar, 28 .2-oz pks;
Kyupi mayonnaise, 5.6 oz
Hinode cooking sake 4.7 fl oz
 soy sauce, 4.7 fl oz
Hinode mirin (low-alcohol rice wine for
 cooking), 4.7 fl oz
Sudo orange marmalade, 4.7 fl oz
Sudo strawberry jam, 4.7 fl oz
 vinegar, 4.7 fl oz
Fuji oyster sauce, 4.2 oz;
Bull Dog tonkatsu sauce, 3.4 fl oz
Captain Cook coffee creamers, 20 .2-fl -oz
 pks
 salt, 3.5 oz
 Chinese spicy sauce, 2.9 oz, *used on tofu*
Kagome ketchup, 2.7 fl oz
 sesame seeds, ‡ whole, 2.6 oz
 honey, 2.5 oz
Pokka Shokutaku lemon juice, 2.4 fl oz
Momoya kimchi paste, 2.2 fl oz
 soy sauce salad dressing, 2 fl oz
Ajinomoto olive oil 1.8 oz
S&B hot mustard, 1.5 oz
S&B wasabi, 1.5 oz
 white sesame, ground, 1.4 oz
 black pepper, ‡ 0.7 oz

Snacks & Desserts: \$15.33

small cakes, 4
 coffee break cookies, 1 lb
 cream buns, 10 oz
Koikeya potato chips, 8.8 oz
Pasco cream rings, 8.8 oz
 chiffon chocolate cake, 5.3 oz

Prepared Food: \$21.78

Nissin cup of noodles, instant, 1.5 lb
Sapporo Ichiban noodles, instant, 1.1 lb

Showa pancake mix, 12.4 oz
Mama pasta meat sauce, canned, 10.4 oz
Oh My pasta meat sauce, canned, 10.4 oz
 seaweed salad, dehydrated, 8.8 oz, *add water
 to reconstitute*
S&B golden hayashi sauce mix, (Japanese
 style beef bouillon cubes), 8.8 oz
 Chinese dumplings, ‡ frozen, 8.5 oz, *used for
 the children's lunches*
Ajinomoto hondashi soup base, bonito (fish)
 flavor, 5.3 oz
 soup, instant, 2.7 oz
 yaki fu (baked rolls of wheat gluten, wheat
 powder, rice powder), 2.7 oz, *eaten in
 soup*
 vegetable and seaweed rice ball mix, 1.3 oz
Riken seaweed rice ball mix, 1.2 oz
Kyowa egg drop soup, instant, 0.9 oz

Beverages: \$28.40

Kirin beer, 6 12-fl -oz cans
Coca-Cola, 2.1 qt;
Nacchan orange soda, 2.1 qt
Suntory C.C. lemon joyful vitamin C soda,
 2.1qt
Ban Shaku sake, 1.8 qt
Coffee Break instant coffee, 2.5 oz
 green tea, 2.1 oz
Alpha wheat tea, 2 oz
Afternoon Tea darjeeling black tea, 1.8 oz
 tap water for drinking and cooking

Miscellaneous: \$8.42

Mild Seven super-light cigarettes, 4 pks,
smoked by Kazuo

**Food Expenditure for One Week:
\$317.25**

Yen: 37,699

Mali: The Natomos of Kouakourou
ONE WEEK'S FOOD IN JANUARY

Grains & Other Starchy Foods: \$11.77

corn, dried, 66.2 lb
millet, 44.1 lb
rice, smoked, 44.1 lb

Dairy: \$0.30

sour milk, 1.1 gal

Meat, Fish & Eggs: \$1.49

fish, dried, 4.4 lb, *used in fish and okra soup when the family can afford it, otherwise, they have soup with okra only.*

Fruits, Vegetables & Nuts: \$6.50

tomatoes, 5.5 lb
okra, dried, 4.4 lb
onions, fresh 2.2 lb
onions, dried, 1.1 lb
red peppers, dried, 14.1 oz
Anna d'Italie tomato paste, canned, 14 oz
not a common purchase, although they like to buy it when they can afford it.

No fruits were in season at the time the photograph was taken. In season, they have mangos from the ten trees planted by Sumana's father. Oranges from the market are also purchased if they can afford them.

Condiments: \$6.03

vegetable oil, 1.1 gal
salt, 5.5 lb
tamarind, 2.2 lb
white sugar, 7.3 oz
sumbala (spice from nere tree pods), 1.1 oz, *used as a bouillon for soup, mixed with hot pepper and dry onion and cooked with smoked rice.*

Prepared Food: \$0.30

Maggi bouillon cubes, 2.1 oz, *the family purchased this, but they normally use the traditional sumbala.*

Homemade Food:

Ngome, approx. 4 lb, *thick fried cake made of millet flour, water, vegetable oil, (and an inadvertent bit of sand).*

Beverages:

water drawn from community well for drinking and cooking.

Food Expenditure for One Week:
\$26.39

Francs: 17,670

Mexico: The Casaleses of Cuernavaca
ONE WEEK'S FOOD IN MAY

‡ Not in Photo

Grains & Other Starchy Foods: \$15.76

corn tortillas, 22.1 lb
bread rolls, 3.1 lb
Morelos white rice, 2.2 lb
potatoes, 2.2 lb
Bimbo white bread, sliced, 1 loaf
Kellogg's Special K cereal, 1.1 lb
Morelos pasta, 1.1 lb
La Moderna pasta, 14.1 oz
pan dulces (sweet bread), assorted, 8.8 oz
bread sticks, ‡ 3.5 oz

Dairy: \$26.81

Alpura 2000 whole milk, 1.9 gal
Alpura sour cream, 2.1 qt
Muecas ice cream pops, 1.1 qt
Yoplait yogurt, 1.1 qt
cheese, handmade, 1.1 lb
La Lechera condensed milk, canned, 14 oz
cottage cheese, 13.6 oz
Carnation evaporated milk, 12 oz
Manchego cheese, 8.8 oz
cream cheese, 6.7 oz
butter, 3.5 oz

Meat, Fish & Eggs: \$42.81

chicken, pieces, 15.4 lb
crab, 2.7 lb
eggs, 18
tilapia (fish), 2.3 lb
catfish, 2.2 lb
sausage, 6.6 oz, *one month's worth shown in photo.*
FUD ham, 5.6 oz

Fruits, Vegetables & Nuts: \$44.21

mangos, 13.2 lb
pineapples, 6.6 lb
watermelon, 6.6 lb
oranges, 5.5 lb

cantaloupe, 4.4 lb
guavas, 2.2 lb
quinces, 2.2 lb
yellow bananas, 2.2 lb
roma tomatoes, 6.6 lb
tomatillos, 6.6 lb
corn, ‡ 4 ears
avocados, 7
chayote squash, 2.2 lb
Morelos beans, 2.2 lb
white onions, 2.2 lb
zucchini, 2.2 lb
La Costeña pickled jalapeño peppers, canned, 1.6 lb
green beans, 1.1 lb
jalapeño peppers, fresh, 1.1 lb
broccoli, 12.8 oz
garlic, 8.8 oz
chipotle peppers (smoked jalapeños), 7.1 oz

Condiments: \$9.37

Capullo canola oil, 2.1 qt
margarine, 15.9 oz
McCormack mayonnaise, 13.8 oz
Salt, 8.8 oz
garlic salt, 3.2 oz
McCormack black pepper, 3.2 oz
cumin, 0.7 oz
bay leaves, dried, 0.5 oz

Snacks & Desserts: \$6.27

Rockaleta chili lollipops, 1.2 lb
Ricolino pasitas chocolate candy, 1.1 lb
Gamesa crackers, 15.9 oz
Drums marshmallows, 12 oz
Rockaleta chili candy, 5.7 oz

Prepared Food: \$4.79

Doña Maria mole (savory sauce made from chocolate and chili), 2.1 lb

Knorr chicken bouillon, 3.2 oz

Beverages: \$39.07

Coca-Cola, 12 2.1-qt bottles
water, bottled, 5 gal

Victoria beer, 20 11.8-fl -oz bottles

Jumex juice, 1.3 qt

Gatorade Fierce Black Hurricane drink,
1.1 qt

Gatorade lime drink, 1.1 qt

Nescafe, instant, decaf, 7.1 oz
tap water, for cooking

Note: *Grocery expenditure for one week, before the Casales family closed their shop and Marco Antonio moved to the U.S. to find work.*

**Food Expenditure for One Week:
\$1,862.78**

Mexican pesos: 189.09

Mongolia: the Batsuuris of Ulaanbaatar

ONE WEEK'S FOOD IN MAY

‡ Not in Photo

Grains & Other Starchy Foods: \$5.41

bread, 15.4 lb
potatoes, 11 lb
white rice, 4.4 lb
Macbur pasta, spirals, 2.2 lb
spaghetti, 2.2 lb
white flour, 2.2 lb

Dairy: \$6.19

Apta milk, 3.2 qt
Rama butter, 2.2 lb
Holland cheese, ‡ 1.1 lb, *not a common purchase, as it is expensive and considered a luxury item.*

Meat, Fish & Eggs: \$13.51

beef, 6.8 lb
mutton, 4.4 lb
eggs, 30
sausage, dried, 1.6 lb, *she didn't find the kind she wanted so she bought less than usual.*
kilka (an anchovy-like fish), canned, 7.1 oz
sprat (a herring-like fish), canned, 5.3 oz

Fruits, Vegetables & Nuts: \$8.35

green apples, 4.4 lb
tangerines, 2.2 lb
cucumbers, 5.3 lb
cabbage, 1 head
carrots, 2.2 lb
tomatoes, 2.2 lb

turnips, 2.2 lb
yellow onions, 1.1 lb;
Urbanek vegetables, preserved, 17.6 fl oz
garlic, 1.9 oz

Condiments: \$1.58

white sugar, 2.2 lb
vegetable oil, 16.9 fl oz
salt, 8.8 oz
ketchup, 4.4 oz
mayonnaise, 3.7 oz
Vitana soy sauce, 0.9 fl oz

Snacks & Desserts: \$2.38

pastries, 6.6 lb
dried milk treat, 1.1 lb, *extruded sweetened and dried milk, eaten as a sweet.*

Beverages: \$1.74

Bavaria Millennium Brew beer, 3 14-fl -oz bottles, *Batsuuri doesn't drink alcohol at home, but does with his friends.*
Gita Indian black tea, 4.4 oz
tap water for drinking and cooking

Miscellaneous: \$0.86

Monte Carlo cigarettes, 2 pks

**Food Expenditure for One Week:
\$40.02**

Togrogs: 41,985.85

Turkey: The Çeliks of Istanbul
ONE WEEK'S FOOD IN JANUARY

‡ Not in Photo

Grains & Other Starchy Foods: \$10.46

bread, 32 loaves, 49.4 lb, 2 loaves
*missing—the family ate them while
waiting for the photograph to be taken.*
potatoes, 11 lb
rice, 6.6 lb
yufka (thin pastry sheets), 2.2 lb,
purchased from a street vendor
Filiz pasta, 1.1 lb

Dairy: \$12.16

yogurt, 2.1 qt
feta cheese, in water, 2.2 lb
Dost milk, 1.1 qt
drinkable yogurt (Bandirma style), 1.1 qt
Sana butter, 8.8 oz

Meat, Fish & Eggs: \$11.50

eggs, 24
hamsi (anchovy-like fish), 1.1 lb,
generally eaten twice a month;
beef, 13.2 oz, *eaten one or two times a
month only.*

*The meat shown in the picture is enough
for one month.*

Fruits, Vegetables & Nuts: \$56.53

oranges, 6.6 lb
tangerines, 6.6 lb
dates, ‡ 2.2 lb
yellow bananas, 2.2 lb
pomegranates, 2.1 lb
zucchini, 7.9 lb
tomatoes, 4.4 lb
black olives, 3.3 lb
chickpeas, dried, 3.3 lb
cabbage, 1 head; carrots, 2.2 lb
eggplant, 2.2 lb
leeks, 2.2 lb
lentils 2.2 lb

lettuce, 2 heads
peppers, ‡ 2.2 lb
spinach, 2.2 lb
yellow onions, 2.2 lb
cucumber, 1.7 lb
arugula, 1 lb
Avsarlar nuts, mixed, 2.2 lb

Condiments: \$9.60

sunflower oil, ‡ 1.1 qt
Bal Küpü white sugar, cubed, 1.1 lb
jam, 10.6 oz
honey, 10.1 fl oz
mint, dried, 8.8 oz
salt, 8 oz
cinnamon, 7.1 oz
pepper, 7.1 oz

Snacks & Desserts: \$0.51

Seyidoglu helva (sesame seed paste
cookie), 1.1 lb

Prepared Food: \$1.36

Knorr Gunun Corbasa dry soup,
powdered, 11.2 oz

Homemade Food:

stuffed pastries, approx. 4.4 lb, *sheets of
yufka (unleavened pastry dough)
formed then filled with arugula and
feta, listed above.*
dolmas, approx. 2.2 lb, *grape leaves
stuffed with spices, rice, vegetables,
and meat, listed above.*

Beverages: \$29.66

Efes beer, 8 17-fl -oz bottles
Coca-Cola, 8 12-fl -oz cans
Fanta orange soda, 2.1 qt
Hediyelik tea, 3.3 lb
Pepsi, 3 12-fl -oz cans

Coca-Cola light, 12 fl oz
Nescafe VIP instant coffee, 3.5 oz
bottled water, *purchased for cooking and drinking.*

Miscellaneous: \$14.10

Tekel cigarettes, 7 pks
Simarik bird food, 20 oz

**Food Expenditure for One Week:
\$198.48**

New Turkish liras: 145.88

USA: The Revises of North Carolina
ONE WEEK'S FOOD IN MARCH

‡ Not in Photo

Grains & Other Starchy Foods: \$17.92

red potatoes, 2.3 lb
Natures Own bread, sliced, 1 loaf
Trix cereal, 1.5 lb
Mueller fettuccini, 1 lb; spaghetti, 1 lb
Uncle Ben's Original white rice, 1 lb
Flatout flatbread wraps, 14 oz
New York Original Texas garlic toast, 11.3 oz
Harris Teeter (store brand) Flaky Brown-Serve dinner rolls, 11 oz

Dairy: \$14.51

Harris Teeter milk, 1 gal
cheese, shredded, 8 oz;
sharp Cheddar cheese, sliced, 8 oz
Kraft Swiss cheese, sliced, 8 oz
Cheese Singles, 6 oz
Kraft Parmesan cheese, grated, 3 oz
Harris Teeter butter, 2 oz

Meat, Fish & Eggs: \$54.92

Harris Teeter beef, pot roast, 2.5 lb; pork chops, 1.9 lb
Harris Teeter chicken drumsticks, 1.7 lb; chicken wings, 1.5 lb
eggs, 12
Armour Italian-style meat balls, 1 lb
Gwaltney bacon, Virginia-cured with brown sugar, 1 lb
Harris Teeter ground turkey, 1 lb
shrimp,‡ 1 lb
StarKist tuna, canned, 12 oz
honey-baked ham, sliced, 9 oz
smoked turkey, sliced, 7.8 oz

Fruits, Vegetables & Nuts: \$41.07

Dole yellow bananas, 2.9 lb
red seedless grapes, 2.4 lb
green seedless grapes, 2.2 lb
Birds Eye baby broccoli, frozen, 4 lb

yellow onions, 3 lb
Green Giant corn, canned, 1.9 lb; green beans, canned, 1.8 lb
Bush's vegetarian baked beans, canned, 1.8 lb
cucumbers, 1.4 lb
Harris Teeter tomatoes, vine-ripened, 1.2 lb
Del Monte whole leaf spinach, canned, 13.5 oz
garden salad, packaged, 10 oz
Italian salad mix, packaged, 8.8 oz
pickled mushrooms, 7.3 oz
Harris Teeter peanuts, 1 lb

Condiments: \$12.51

white sugar, 1.6 lb;
black pepper, 2 oz;
salt, 2 oz
Ruffles ranch dip, 11 oz
Crisco vegetable oil, 6 fl oz
Nestle Coffee-Mate, French vanilla, nonfat, 6 fl oz
Food Lion garlic salt, 5.3 oz
Hellmann's mayonnaise, 4 oz
Newman's Own salad dressing, 4 oz
Jiffy peanut butter,‡ 3 oz
Harris Teeter Original yellow mustard, 2 oz
Heinz ketchup, 2 oz
Colonial Kitchen meat tenderizer, 1 oz
Durkee celery seed, 1 oz
Encore garlic powder, 1 oz

Snacks & Desserts: \$21.27

Mott's apple sauce, 1.5 lb
Munchies Classic mix, 15.5 oz
Kellogg's yogurt-flavored pop tarts,‡ 14.7 oz
Orville Redenbacher's popcorn, 9 oz
Harris Teeter sunflower seeds, 7.3 oz

Lays Classic potato chips, 5.5 oz; Wavy potato chips, 5.5 oz
Del Monte fruit in cherry gel, 4.5 oz
Extra chewing gum, 3 pks
Snickers candy bar, 2.1 oz
M&M's peanut candy, 1.7 oz

Prepared Food: \$24.27

Bertolli portobello alfredo sauce, 1 lb
Ragu spaghetti sauce, chunky mushroom and bell peppers, 1 lb
Maruchan shrimp flavored ramen, 15 oz
California sushi rolls, 14 oz
Campbell's cream of celery soup, 10.8 oz
Hot Pockets, jalapeño, steak & cheese, 9 oz
shrimp sushi rolls, 7 oz

Fast Food: \$71.61

McDonald's: 10-pc chicken McNuggets, large fries, large Coca-Cola, Filet-o-Fish meal
Taco Bell: 4 nachos Bell Grande, 2 soft tacos, taco supreme, taco pizza, taco, bean burrito, large lemonade
Burger King: double cheeseburger, onion rings, large Coca-Cola
KFC: 2-pc chicken with mashed potatoes, large Coca-Cola
Subway: 6-inch wheat veggie sub, 6-inch wheat seafood crab sub
Milano's Pizzeria: large sausage pizza, large pepperoni pizza
I Love NY Pizza: 4 pizza slices

Restaurants: \$6.15

China Market: shrimp fried rice, 2 orders; large fruit punch

Beverages: \$77.75

Budweiser, 24 12-fl -oz cans
bottled water, 2 gal
Harris Teeter cranberry-apple juice cocktail, 4 2-qt bottles
diet Coca-Cola, 12 12-fl -oz cans
A&W cream soda, 2 2.1-qt bottles;
7UP, 6 16.9-fl -oz bottles
Harris Teeter cranberry-raspberry juice cocktail, 2 2-qt bottles
Harris Teeter ruby grapefruit juice cocktail, 2 2-qt bottles
Capri Sun, 10 6.8-fl -oz pkgs
soda, ‡ 5 12-fl -oz cans, purchased daily by Brandon at school
Arbor Mist strawberry wine blenders, 1.1 qt
Gatorade, ‡ 16 fl oz
Powerade, ‡ 16 fl oz
Snapple, Go Bananas juice, 16 fl oz
Kool-Aid, black cherry, 0.5 oz
Maxwell House instant coffee, 1.5 oz;
breakfast tea, 5 teabags
tap water for drinking and cooking

**Food Expenditure for One Week:
\$341.98**

Hungry Planet: What the World Eats
Touring 7/5/2007 through 6/20/2010

July 04, 2007 October 07, 2007
Turtle Bay Exploration Park
 Redding, California

October 21, 2007 November 30, 2007
Johnson County Library
 Overland Park, Kansas

December 15, 2007 January 19, 2008
Wichita Public Library
 Wichita, Kansas

February 03, 2008 March 10, 2008
Umpqua Community College
 Roseburg, Oregon

March 25, 2008 June 20, 2008
H.R. MacMillan Space Centre
 Vancouver, British Columbia

July 05, 2008 August 16, 2008
Oregon Historical Society
 Portland, Oregon

September 01, 2008 October 05, 2008
Clay County Parks & Recreation & Historic Sites
 Kearney, Missouri

October 15, 2008 November 30, 2008
Kansas City Public Library
 Kansas City, Missouri

December 15, 2008 January 19, 2009
- open date -

February 03, 2009 March 10, 2009
- open date -

March 25, 2009 April 30, 2009
- open date -

May 15, 2009 June 20, 2009
- open date -

July 05, 2009 August 16, 2009
- open date -

September 01, 2009 October 05, 2009
ON HOLD
Little Rock, Arkansas

October 21, 2009 November 30, 2009
Hometown Perry Iowa
Perry, Iowa

October 21, 2009 November 30, 2009
ON HOLD
Plymouth, New Hampshire

December 15, 2009 January 19, 2010
- open date -

February 03, 2010 March 10, 2010
- open date -

March 25, 2010 April 30, 2010
- open date -

May 15, 2010 June 20, 2010
- open date -

Prepared May 17, 2007

Materials accompanying the exhibition are marked with an asterisk (*).

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Agriculture, Food, and Human Values Society

www.afhvs.org

Founded in 1987, AFHVS promotes interdisciplinary research and scholarship in the broad areas of agriculture and rural studies. Growing out of W. K. Kellogg Foundation-supported projects to promote interaction between liberal arts and agricultural disciplines, AFHVS provides a continuing link among scholars working in cross-disciplinary studies of food and agriculture.

Center for Wine, Food, and Culture

www.sunysb.edu/sb/winecenter

The Stony Brook University Center for Wine, Food, and Culture strives to support the economic and cultural viability of regional wine and food producers through dynamic and relevant educational activities that are open to industry professionals and the general public.

COPIA: The American Center for Wine, Food, and the Arts

www.copia.org

COPIA is a non-profit discovery center whose mission is to explore, celebrate, and share the many pleasures and benefits of wine, its relationship to food, and its significance to our culture.

Feeding Minds, Fighting Hunger

www.feedingminds.org

Feeding Minds, Fighting Hunger is designed to help equip and encourage teachers, students, and young people all over the world to actively participate in creating a world free from hunger. There are lesson plans for teachers, resources, and activities for young people and an interactive forum for exchanging information and experiences around the world.

Food and Agriculture Organization of the United Nations

www.fao.org

The Food and Agriculture Organization of the United Nations leads international efforts to defeat hunger. Serving both developed and developing countries, FAO acts as a neutral forum where all nations meet as equals to negotiate agreements and debate policy. FAO is also a source of knowledge and information. FAO helps developing countries and countries in transition modernize and improve agriculture, forestry, and fisheries practices and ensure good nutrition for all.

Marion Nestle

www.foodpolitics.com

This is the homepage for Marion Nestle, the Paulette Goddard Professor of Nutrition, Food Studies, and Public Health at New York University. Marion's research focuses on analysis of the scientific, social, cultural, and economic factors that influence the development, implementation, and acceptance of federal dietary guidance policies. She is the author of *Food Politics: How the Food Industry Influences Nutrition and Health*; *Safe Food: Bacteria, Biotechnology, and Bioterrorism*; and *What to Eat*.

Peter Menzel Photography

www.menzelphoto.com

This is the homepage for Peter Menzel, the California-based freelance photojournalist featured in this exhibition. Peter has photographed many subjects including virtual reality, insect robots, lightning, DNA fingerprinting, micromachines, solar power and solar cars, and material possessions and daily lives of average families and women around the world.

Slow Food

www.slowfood.com

Slow Food is an international member-supported organization that has developed many structural entities to help realize its projects. Slow Food works to defend biodiversity in our food supply, spread taste education, and connect producers of excellent foods with co-producers through events and initiatives.

World Food Habits

lilt.ilstu.edu/rtdirks

This is a very thorough bibliography of English-Language Resources for the anthropology of food and nutrition. It was put together by Robert Dirks, Emeritus Professor of Anthropology at Illinois State University.

One of the best ways to enhance the exhibition and engage your community is to host a program with a speaker. This can include the photographer and author of *Hungry Planet: What the World Eats*. Please contact the individuals to confirm availability and all fees, including speaking fee, transportation, and housing.

It is also recommended you consider people in your community or at your local college or university who have knowledge or expertise in nutrition, world cultures, or photography.

Peter Menzel and Faith D'Aluisio

199 Kreuzer Lane

Napa, CA 94559

707.255.3528

Peter: peter@menzelphoto.com

Faith: fda@menzelphoto.com

Fee: contact artist and author for honorarium cost and travel expenses.

Peter and Faith present a slide show lecture based on the book *Hungry Planet: What the World Eats*. They will discuss the project and how it came about. They will also discuss and show the background stories and go more in-depth on several of the families.

Through the lecture the audience will learn how they can improve their own diets and lives by understanding what the rest of the world eats.

An effective program can be built around a local scholar, art historian, or artist. The following organizations may be able to help you locate those experts who would be willing to be involved in an event at your museum. Contact the national organizations to determine if there are members in your area.

State arts and humanities councils often have traveling speakers who may meet your needs or be able to refer others in your state to speak at your museum. Locate your state and local arts or humanities council at the following Web sites:

- A list of state arts councils can be found at www.arts.endow.gov or call the National Endowment for the Arts at 202.682.5400.
- A list of state humanities councils can be found at www.neh.gov/whoweare/statecouncils.html or call the National Endowment for the Humanities at 800.NEH.1121.
- A list of local arts organizations, by state, can be found at www.neh.gov/whoweare/statecouncils.html or contact Dinah Walls, Locals Specialist, at 202.682.5429, or e-mail her at wallsd@arts.endow.gov.

The US Regional Arts Organizations represents six nonprofit entities created to encourage development of the arts and to support arts programs on a regular basis. Their website is at www.usregionalarts.org and lists all state arts agencies. You can also check your regional arts organization for information on their performing arts programs.

There are some additional educational resources available based on Peter Menzel's book *Hungry Planet: What the World Eats*. Social Studies School Service, in conjunction with Peter Menzel, has put together a set of 12 posters and a curriculum guide with a PowerPoint® presentation. These can be ordered directly from Social Studies School Service by any venues, educators, or teachers who are interested in further exploring this topic.

Ordering information (posters and curriculum guide can be ordered separately):
Social Studies School Service
Online: <http://catalog.socialstudies.com>
Phone: 800.421.4246

Peter Menzel and Faith D'Aluisio have signed copies of *Hungry Planet: What the World Eats* available for sale. Please contact Peter and Faith directly to order signed copies.

Ordering information:
Peter Menzel and Faith D'Aluisio
199 Kreuzer Lane
Napa, CA 94559
707.255.3528

Where do they live?

Put the number of the family in the blank next to the country they live in.

- | | |
|--------------------------------|--------------------|
| _____ Ecuador | 1) Namgay family |
| _____ Mongolia | 2) Natomo family |
| _____ Mexico | 3) Batsuuri family |
| _____ Turkey | 4) Dudo family |
| _____ Cuba | 5) Madsen family |
| _____ Bosnia and Herzegovina | 6) Ayme family |
| _____ Greenland | 7) Casales family |
| _____ Italy | 8) Ukita family |
| _____ Bhutan | 9) Revis family |
| _____ Mali | 10) Costa family |
| _____ United States of America | 11) Çelik family |
| _____ Japan | 12) Manzo family |

Activity was made using *Puzzlemaker* at DiscoverySchool.com

Fill in the Blanks

Use the following word list fill in the blanks in each sentence. Some sentences have more than one blank. Each word or phrase will be used only once. The answers can be found by reading the labels or text panels in the *Hungry Planet* exhibition.

Ayme	electricity	ration cards
Batsuuri	fish	seals
Coca-Cola	grains	supermarkets
communal	home-cooked	Turkey
convenience store	license	United States
dogsled	Manzo	vegetables
Dudo	milk	wrapping

- 1) Shingkhey Village celebrated getting _____.
- 2) The _____ family shops at the Green Market Ciglane
- 3) In Cuba families have been receiving _____ since 1962.
- 4) The Japanese practice of _____ food reflects how much they value presentation.
- 5) The Casales family had to close their _____ when big supermarkets opened up in their community.
- 6) The _____ family grows their food 11,000 feet above sea level.
- 7) The prime source of protein in Ecuador is _____.
- 8) The Madsens travel by _____ to shop at the government-owned market.
- 9) Even though there is an abundance of food, _____ citizens are becoming some of the unhealthiest people on Earth.
- 10) Even though Giuseppe works in a fish market, the _____ family does not eat fresh fish very often.
- 11) The Namgay's diet consists primarily of _____ and _____.
- 12) The Ukitas eat at least a dozen different types of _____ each week.
- 13) Sicily has not yet been overrun by large _____ like most of western Europe.
- 14) The Natomos family of Mali eat their meals outside around a _____ pot.
- 15) Mexico ranks first in per person consumption of _____.
- 16) In order to sell food in Cuba people are required to purchase a _____ from the government.
- 17) The _____ family lives in a one room apartment and shares a kitchen with two other families.
- 18) A traditional breakfast in _____ consists of feta cheese, olives, chicken, bread, rose jam, and sweet, strong tea.
- 19) _____ are a major source of protein for the Madsen family.
- 20) The Revis family of North Carolina found out that their exercise schedule at a gym meant that they had less time for _____ meals.

Word Search

Circle the names of the countries and cities from the *Hungry Planet* exhibition. Words can be horizontal, vertical, or diagonal

A P J C B Y F L K C J S B A Y T I N G O
T N U D E A U M U F E H E N V L X L N R
R B I K N B J E O T U O K I M T I W J D
A U R V N A R B A T B I O L P W J C N C
I U K A O N L T A T U J U O J S S C I S
T T T U A G S N K V Q I A R A F F K L S
W S A V P D E M E X T K K A P S D C I V
I C A L E J A Z H E O R O C A B N A G X
W C T T Y S G Q R D R T U H N N A P W O
A F I U G R L B M E U G R T Z Y I H L G
S N R U L A N A V A H B O R C E L O R J
U M Q R L A J Y H M V A U O D G O P F E
K O D A I R A C I T Y O I N Q Z G E Z T
Z C H I Q U E N X R H B I N T C N S P X
F I Y K E N Z C B S A Q T K S H O H W D
D X W X R Q I A U A H H C O K O M B P C
Y E H K G N I H S A A T G S X G B F P F
U M T W A R D U I U D T S A R A J E V O
D Z C P P E Z T X H A O A T W U Q W Z G
X I I L A M V E D X N B R R O K W V K V

Bhutan
Bosnia Herzegovina
Cap Hope
Cuba
Cuernavaca
Ecuador
Greenland
Havana

Istanbul
Italy
Japan
Kodaira City
Kouakourou
Mali
Mexico
Mongolia

North Carolina
Sarajevo
Shingkhey
Sicily
Tingo
Turkey
Ulaanbaatar
United States

Puzzle was made using *Puzzlemaker* at DiscoverySchool.com

Answers to Where do they live?

- | | |
|-------------|--------------------------|
| 6) Ayme | Ecuador |
| 3) Batsuuri | Mongolia |
| 7) Casales | Mexico |
| 11) Çelik | Turkey |
| 10) Costa | Cuba |
| 4) Dudo | Bosnia and Herzegovina |
| 5) Madsen | Greenland |
| 12) Manzo | Italy |
| 1) Namgay | Bhutan |
| 2) Natomo | Mali |
| 9) Revis | United States of America |
| 8) Ukita | Japan |
-

Answers to Fill in the Blank

- | | |
|----------------------|------------------------|
| 1) electricity | 11) grains, vegetables |
| 2) Dudo | 12) fish |
| 3) ration cards | 13) supermarket |
| 4) wrapping | 14) communal |
| 5) convenience store | 15) Coca-cola |
| 6) Ayme | 16) license |
| 7) milk | 17) Batsuuri |
| 8) dogsled | 18) Turkey |
| 9) United States | 19) Seals |
| 10) Manzo | 20) home-cooked |

Solution to word search

A	P	J	C	B	Y	F	L	K	C	J	S	B	A	Y	T	I	N	G	O
T	N	U	D	E	A	U	M	U	F	E	H	E	N	V	L	X	L	N	R
R	B	I	K	N	B	J	E	O	T	U	O	K	I	M	T	I	W	J	D
A	U	R	V	N	A	R	B	A	T	B	I	O	L	P	W	J	C	N	C
I	U	K	A	O	N	L	T	A	T	U	J	U	O	J	S	S	C	I	S
T	T	T	U	A	G	S	N	K	V	Q	I	A	R	A	F	F	K	L	S
W	S	A	V	P	D	E	M	E	X	T	K	K	A	P	S	D	C	I	V
I	C	A	L	E	J	A	Z	H	E	O	R	O	C	A	B	N	A	G	X
W	C	T	T	Y	S	G	Q	R	D	R	T	U	H	N	N	A	P	W	O
A	F	L	U	G	R	L	B	M	E	U	G	R	T	Z	Y	I	H	L	G
S	N	R	U	L	A	N	A	V	A	H	B	O	R	C	E	L	O	R	J
U	M	Q	R	L	A	J	Y	H	M	V	A	U	O	D	G	O	P	F	E
K	O	D	A	I	R	A	C	I	T	Y	O	I	N	Q	Z	G	E	Z	T
Z	C	H	I	Q	U	E	N	X	R	H	B	I	N	T	C	N	S	P	X
F	I	Y	K	E	N	Z	C	B	S	A	Q	T	K	S	H	O	H	W	D
D	X	W	X	R	Q	I	A	U	A	H	H	C	O	K	O	M	B	P	C
Y	E	H	K	G	N	I	H	S	A	A	T	G	S	X	G	B	F	P	F
U	M	T	W	A	R	D	U	I	U	D	T	S	A	R	A	J	E	V	O
D	Z	C	P	P	E	Z	T	X	H	A	O	A	T	W	U	Q	W	Z	G
X	I	I	L	A	M	V	E	D	X	N	B	R	R	O	K	W	V	K	V

The following ideas represent just a sampling of the various exhibit-related events you may want to implement in connection with *Hungry Planet: What the World Eats*. For more programming ideas, call previous venues on the tour schedule to see what worked for them (see page 52).

Visiting Speakers/Symposium

Arrange to have a visiting speaker discuss any theme of the exhibition. Use the list beginning on page 62 of this guide to find possible speakers. Be sure to include a question-and-answer period with the audience.

Panel Discussion

Panel discussions are an excellent way to ensure lively dialogue and multiple perspectives. Sample topics for panel discussions might include: world hunger, growing organic foods, genetically engineered food, or the food pyramid.

Creative Writing Projects & Essay/Poetry Contests

Choose one image from the exhibition and post its image on your website, in your museum, and in classrooms. Then sponsor a contest in which people write an essay or a poem about any aspect of this image that they choose. Exhibit the winning entries in your museum.

Evening for Educators

Early in your exhibition's stay, or even before it opens to the public, host a VIP evening for area educators. Take them on a docent-led tour of the exhibition, allow them a chance to see "behind-the-scenes" treasures held by your museum, gather their feedback on potential tie-ins with their students, and be sure to hand out and discuss the lesson plans or activity sheets prepared in this guide. Teachers will appreciate an evening designed just for them, and it likely will result in an increase in formal and informal student visitations.

Host a Pot-Luck Meal

Organize a pot-luck lunch or dinner at the museum (weekends are often best) and have families bring a dish that is traditional to their family. Have hands-on activities related to the exhibition, collect food and spices for children to taste and touch, host visiting scholars, or have an area where people are cooking some of the recipes that can be found in the book *Hungry Planet: What the World Eats*.

International Week

Dedicate a week to celebrating the different cultures and countries represented in your community. Set aside each night to celebrate different aspects of culture, including food (a pot-luck), clothing (have a fashion show featuring traditional dress), religion (have a roundtable discussion featuring representatives of different religions), language (invite linguists or native speakers to discuss each language and teach attendees simple phrases

like hello, good-bye, what are you having for dinner?, etc.), holidays/festivals (have someone describe some holiday or festival that is unique to each country, bring in photographs), or art (have some pictures or examples of traditional arts and crafts from each country or host demonstrations on how they are made).

Reading Group

Use the book *Hungry Planet: What the World Eats* and get a group together to read and discuss either the entire book or select specific countries for people to read about. This is a good way for people to learn about different cultures.

Mom's Night Out at the Museum

Offer busy moms a relaxing reception in their honor. Let them tour *Hungry Planet: What the World Eats* with a docent and enjoy some refreshments based on recipes that can be found in the book *Hungry Planet: What the World Eats*.

Artist Biography

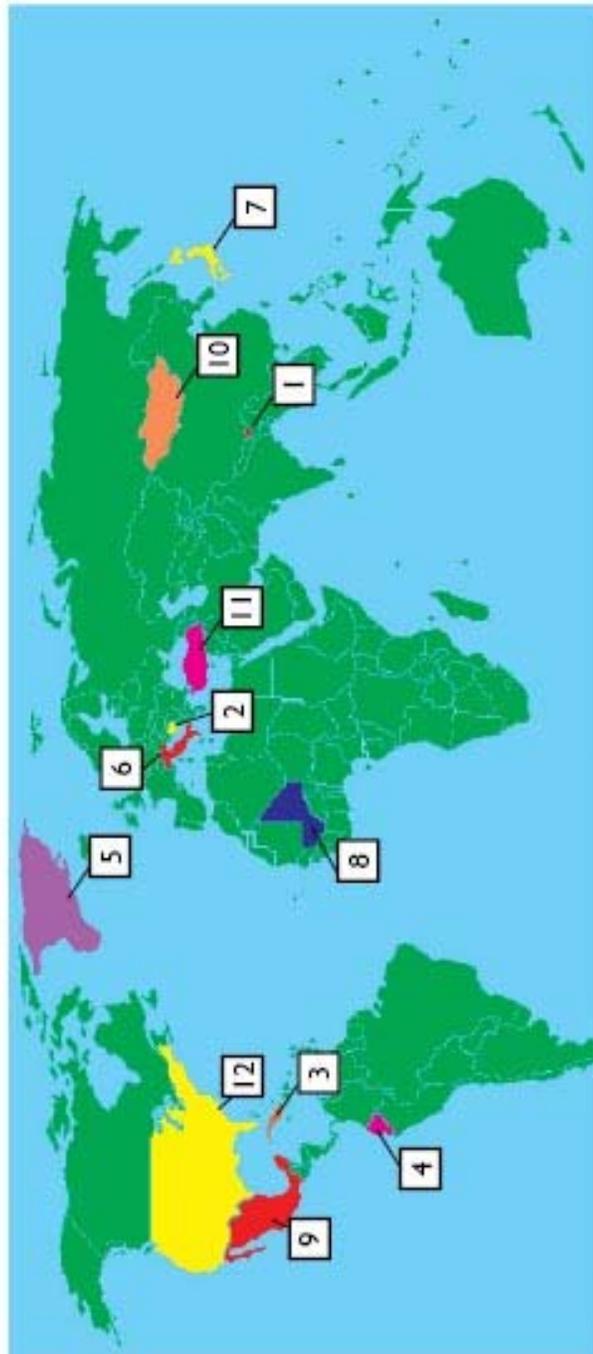
Peter Menzel

Peter Menzel is a California based photographer known for his coverage of international feature stories on science and the environment. His award-winning photographs have been published in *Life*, *National Geographic*, *Smithsonian*, *Time*, *Stern*, *GEO*, and *New York Times Magazine*. He has won many awards from the National Press Photographers Association, the World Press Photo Foundation, and the Communication Arts Magazine. His photographs have been exhibited at places such as the United Nations, the Museum of Science and Industry in Chicago, the National Museum of Natural History, and the Museum of Science in Boston.

Faith D'Aluisio

Faith D'Aluisio is the editor and lead writer for the Material World book series. She received the James Beard Foundation Award in 1999 for Best Book, Reference and Writing on Food for *Man Eating Bugs: The Art and Science of Eating Insects*. She is a former television news producer whose work received awards from the Radio-Television News Directors Association and the Headliners Foundation of Texas.

World Map



1. The Namgays of Shingkhay Village, Bhutan
2. The Dudos of Sarajevo, Bosnia and Herzegovina
3. The Costas of Havana, Cuba
4. The Aymes of Tingo, Ecuador
5. The Madsens of Cap Hope, Greenland
6. The Manzons of Sicily, Italy
7. The Ukitas of Kodaira City, Japan
8. The Natomos of Kouakourou, Mali
9. The Casaleses of Cuernavaca, Mexico
10. The Batsuuris of Ulaanbaatar, Mongolia
11. The Çeliks of Istanbul, Turkey
12. The Revises of North Carolina, United States of America

Betel – A climbing pepper whose leaves are chewed together with the nut of the plant and mineral lime as a stimulant.

Buddhism – A religion that originated in India that believes that life is full of suffering caused by desire and suffering ceases when desire ceases, and that enlightenment obtained through right conduct, wisdom, and meditation releases one from desire, suffering, and rebirth.

Civil war – A military conflict between political factions or regions within the same country.

Communal – Shared or belonging to the people of a community.

Consumption – The act or process of using up something.

Electrify – To supply a region or community with electric power.

Fast food – Food that is prepared in quantity by a standardized method and can be dispensed quickly at inexpensive restaurants for eating there or elsewhere.

Fishmonger – Someone who sells fish.

Food producers – A person or family that grows or raises plants or animals for human consumption.

Glacier – A huge mass of ice slowly flowing over a land mass, formed from compacted snow.

Globalization – The tendency to extend to other or all parts of the world, thereby increasing the interconnectedness of the world.

Haggle – To bargain, as over the price of something.

Homestead – A dwelling with its land and buildings where a family makes its home.

Inuit – A member of the Eskimo peoples inhabiting northernmost North America from northern Alaska to eastern Canada and Greenland.

Market – An open place or a covered building where buyers and sellers gather for the sale of goods.

Muslim – A believer of the monotheistic religion of Islam that is characterized by the acceptance of the doctrine of submission to God and to Muhammad as the chief and last prophet of God.

Ration card – A document allowing the purchase of a fixed portion of provisions or food.

Ritual – A prescribed code of behavior regulating social conduct.

Subsidy – Monetary assistance granted by a government to a person or group in support of an enterprise regarded as being in the public interest.

Thatch roof – A building covering made from material such as straw, rushes, or leaves.

These lesson plans are designed for teachers who are interested in taking their students to see *Hungry Planet: What the World Eats*. The plans can be easily adapted to many ages.

In advance of the exhibition's arrival at your museum, send program announcements to local schools inviting them to set up a tour. Provide teachers with these lesson plans, introductory readings, glossary, or other pertinent information that is included in this programming guide. The programming guide is also available through ExhibitsUSA's website at www.eusa.org.

Lesson 1

Hey, Mom! What's for Breakfast?

This lesson found and modified from the lesson *Hey, Mom! What's for Breakfast?* from EconEdLink, the National Council on Economic Education on the website:

<http://www.econedlink.org/lessons/index.cfm?lesson=EM41>

Website:

Breakfast Around the World website

www.cuisinenet.com/digest/breakfast/map_world.shtml

Suggested Materials:

- Crayon
- Marker
- Pencil
- Paper
- Breakfast Around the World worksheet
- Internet access

Introduction:

In this lesson you will:

- Discuss food items you consume for breakfast.
- Investigate elements of foreign culture, particularly food.
- Use map skills to locate selected foreign nations.
- Increase your knowledge of these definitions:
 - Economic wants are things people would like to have;
 - Goods and services are provided to fulfill these wants;
 - Those who create the goods and provide the services are producers;
 - Those who use them are consumers;
 - Consumers found in different parts of the world may have differing wants;
 - Foods for satisfying hunger are a common economic want; and
 - Foods can vary greatly from one part of the world to another.

Process:

1. Your teacher will divide you into cooperative learning groups. (Think about how your multiple intelligences can help the group during this lesson.) Place the square paper in the center of your work space. Everyone should be able to write on it at the same time. Think about the foods you eat for breakfast. Write down your favorite. **USE A PENCIL!** Talk about these foods in your group. Which are the same? Be ready to share these ideas with the whole class.

2. In the small group, talk about the ingredients used to produce these foods. For example: Cereal from corn or rice, raisins from grapes, jelly from fruit, toast from bread made from wheat. Write **INGREDIENTS** with **CRAYON** on your square near your food list.

Look at the vocabulary words for today. Read the words from the chart. Can you find a word on your square paper that names a CONSUMER? Write CONSUMER with a MARKER near that word.

Can you find a sample of GOODS? Write GOODS with a MARKER near that word on your square paper.

Can you find others? Some samples for the key words for today may not be found on your square paper. Choose labels carefully.

3. Use the worksheet *Breakfast Around the World* found at the end of this lesson.

Using the website *Breakfast Around the World*, explore the following countries and decide what would be the basic breakfast food that you would find there. Enter the description of the food in the space provide.

United States
Russia
Australia

China
Italy
Argentina

Once you have completed this form then go to the following website and use the interactive activity <http://www.econedlink.org/lessons/em41/popupActivity.html> and discover how well you research the breakfast foods of these countries. Match the breakfast foods with the correct country. What nation would you expect to have spaghetti for breakfast?

4. Your teacher will assign each group a country. After reading about your country at the website, choose someone to locate your nation on the classroom wall map. Be prepared to share something interesting about the country with your classmates. You may also wish to find your nation at this Internet location:

<http://www.nationalgeographic.com/xpeditions/atlas/index.html>

5. Think to yourself, "Why do you think people in countries around the world eat different foods?" Ask each person in your group to share their ideas. Do you think climate might have something to do with differences? Have you heard of all these different foods? Use a dictionary to check the meaning of a food that you have never heard of.

6. Think about and then share examples of foods that you have eaten that may have come from foreign countries. Do restaurants in your town serve any of these foods? Does the school cafeteria cook foods from nations around the world?

7. Your group may have time to visit this web site:

http://www.kidshealth.org/kid/stay_healthy/food/breakfast.html

Then when you are finished you can check out some of the delicious breakfast ideas at:
<http://www.kidshealth.org/kid/recipes/index.html>

8. As the lesson closes, review the words of the day posted on the charts in your room. Talk about them in your group. Does everyone understand the meanings? Can you give examples of each?

Conclusion:

Review key vocabulary words:

- goods
- consumers
- ingredients
- services
- resources
- producers
- economic wants

Breakfast Around the World Worksheet

Name:

Date:

- Using the web site [Breakfast Around the World](http://www.cuisinenet.com/digest/breakfast/map_world.shtml) www.cuisinenet.com/digest/breakfast/map_world.shtml explore the following countries and decide what would be the basic breakfast food that you would find there. Enter the description of the food in the space provide.
- Once you have completed this form then go to the following interactive activity and discover how well you research the breakfast foods of these countries.

	Country	Breakfast Food
1	United States	
2	Russia	
3	Australia	
4	China	
5	Italy	
6	Argentina	

National Council on Economic Education

EconEdLink Lesson EM41

Lesson 2

Meaning of Food

This lesson is modified from the lesson *The Meaning of Food* from the PBS and Oregon Public Broadcasting's production *The Meaning of Food*, 2005.

Suggested Materials:

- *Hungry Planet: What the World Eats* – book or visit to the exhibition
- The Meaning of Food video/DVD – can provide further information and discussion in class
- Student worksheet

Lesson Objective:

- Students will gain an understanding of the many roles that food plays in people's lives.
- Students will learn about different cultures and groups through food.
- Students will use a range of research and presentation skills.

Procedures:

1. Ask students to respond to the question: What role does food play in people's lives?
Discussion prompts:
 - providing nourishment;
 - giving and opportunity to socialize with family, friends, and the community;
 - transmitting culture;
 - defining gender or family roles;
 - representing religious symbols;
 - and giving a national or cultural identity; part of some superstitions such as throwing salt over your shoulder
2. After discussing their responses, explain to students that there are many types of foods associated with different cultural and ethnic groups, traditions and celebrations that feature foods, and different rules about how and when people eat. Foods and food rituals help us learn about cultures and groups.
3. If the class has not done so, visit the exhibition *Hungry Planet: What the World Eats*.
4. Discuss the people or cultural groups and the foods featured in the exhibition with the whole class.
5. As a large group, in small groups, or in pairs, ask students to describe their family celebrations and daily meals, what food is served, how it is eaten and with whom, how similar and different this is from what they perceive as "mainstream America", and how this reflects the specific identity of their family and/or culture. Write responses on the board. (This can also be a written homework assignment that is discussed the next day)
6. Hand out the student worksheet and ask students to choose something to research that was discussed in class or seen in the exhibit. This assignment can be done individually, in pairs or small groups.

7. Students can present their research findings to the class as a poem, picture/drawing with associated story, food tasting, one-act play, or multi-media presentation

Method of Assessment:

- Class participation
- Completion of student worksheets
- Presentations

Lesson Extension:

Expand this project into a school-wide celebration of the community's cultural groups and foods. Invite parents and extended family members to view the students' research projects, to make and share the foods from their cultures and to talk about their own histories and food stories. You can even extend this into the creation of a book reflecting the families and cultural groups represented at the school, including the ways in which foods are used in their culture, along with recipes.

The Meaning of Food Worksheet

Name:

Date:

1. What are you researching? (Name a food and the culture or group it is connected to)
2. What region of the country or world is the food associated with?
3. What special cultural celebrations or family events is the food served at?
4. Describe what happens at the events.
5. Who usually makes the food?
6. What are the key ingredients? Where are they grown or made?
7. Is there any story or history associated with the food/dish?
8. Additional facts or comments.

This family gallery guide is designed for families or adults with children who visit *Hungry Planet: What the World Eats*. The gallery guide is designed to help visitors focus on the works in the exhibition. The gallery guide and activity are not designed as substitutes for a docent-led tour or other educational activities.

The family gallery guide is available in separate files for you to reproduce for your museum visitors, in either PDF or Adobe InDesign formats. Hard copies of both versions are located in the programming guide, as well as a CD with both formats. Please contact Molly Alspaugh, Exhibitor Relations Coordinator, if you have any questions about altering the content of these materials.