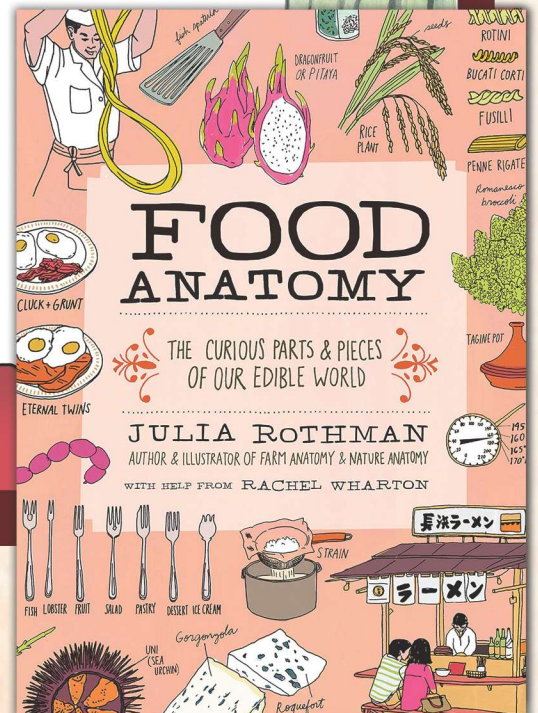


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## ***Food Notebook***

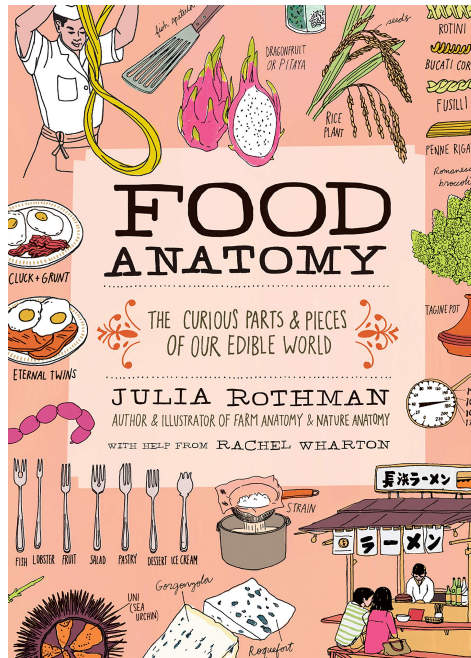
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# Acknowledgement



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See the world in a whole new way! Acclaimed illustrator Julia Rothman combines art and science in this exciting and educational guide to the structure, function, and personality of the natural world. Explore the anatomy of a jellyfish, the inside of a volcano, monarch butterfly migration, how sunsets work, and much more. Rothman's whimsical illustrations are paired with interactive activities that encourage curiosity and inspire you to look more closely at the world all around you.

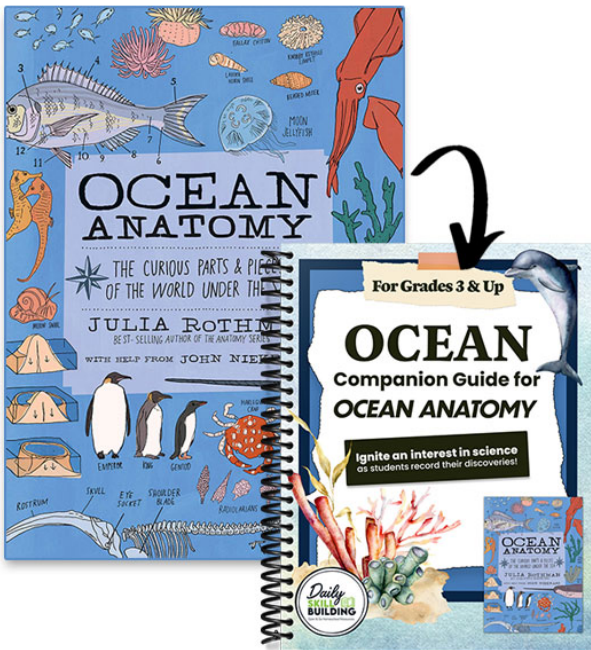
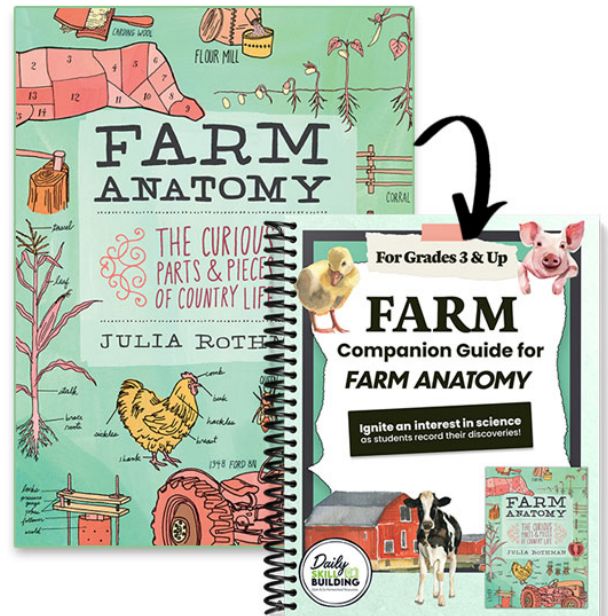
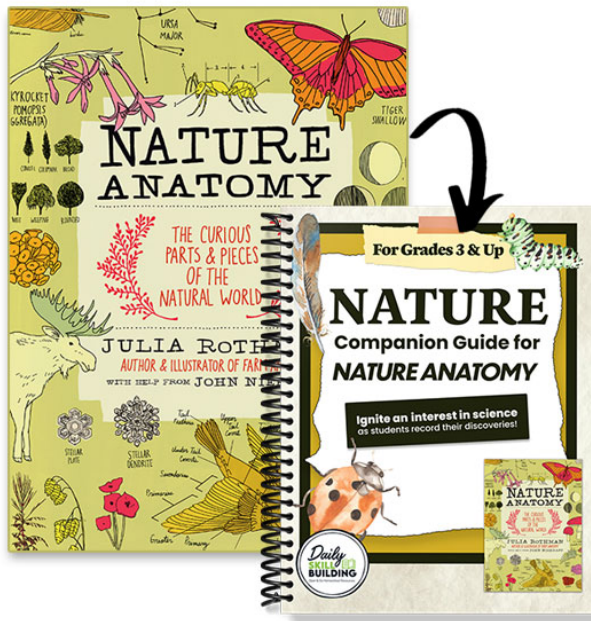
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# Julia Rothman Companion Notebook Series

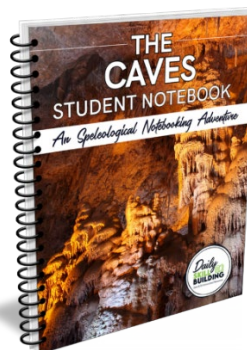
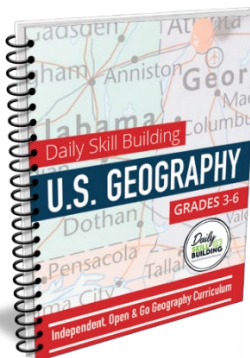
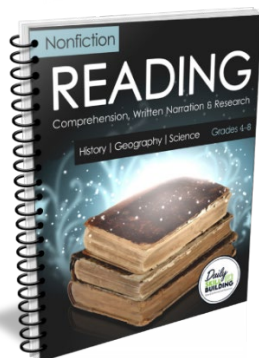
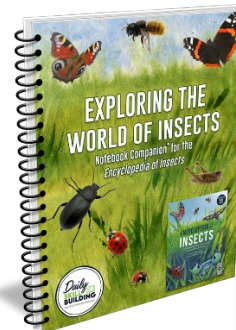
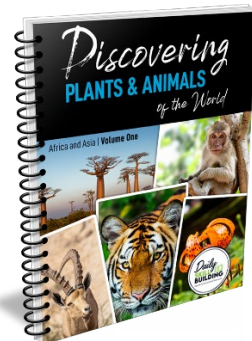
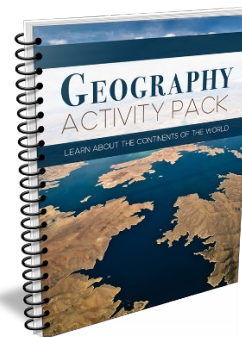
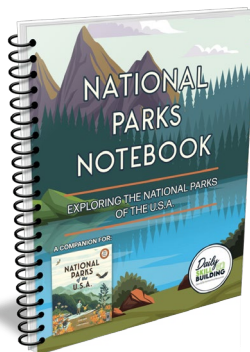
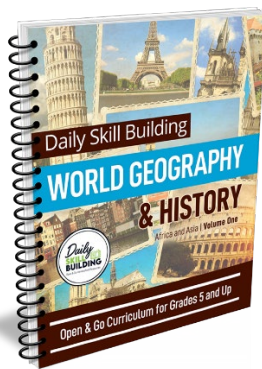
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# CHAPTER ONE

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## FOOD FOR THOUGHT

Explore the history of food, food terminology, place settings, kinds of forks and spoons, international cupboards, traditional ovens, stoves, refrigeration, fermentation, and more.

## CHAPTER ONE PARENT NOTES

Use this space to write down any field trip ideas or activities you'd like to add to your studies.



# INTERNATIONAL DINING

---

Read pages 16-35 of *Food Anatomy* and answer the questions with what you learned.

DEFINE THE FOLLOWING WORDS:

acerbic: \_\_\_\_\_

ambrosial: \_\_\_\_\_

brackish: \_\_\_\_\_

delectable: \_\_\_\_\_

dulcet: \_\_\_\_\_

fetid: \_\_\_\_\_

flavor: \_\_\_\_\_

gamy: \_\_\_\_\_

heat: \_\_\_\_\_

mature: \_\_\_\_\_

palatable: \_\_\_\_\_

piquant: \_\_\_\_\_

rich: \_\_\_\_\_

saccharine: \_\_\_\_\_

sharp: \_\_\_\_\_

toothsome: \_\_\_\_\_

umami: \_\_\_\_\_

unctuous: \_\_\_\_\_

woody: \_\_\_\_\_

Illustrate the special things you might find in an international cupboard as shown on pages 24-27 and explain what each is used for.

Bamboo skimmer	
Oroshigane	
Ddukbaegi	
Rai	



What is fermentation? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What was used before baker's yeast became available?

\_\_\_\_\_

\_\_\_\_\_

Why are some fermented foods good for us? \_\_\_\_\_

\_\_\_\_\_

Illustrate some of the foods that we have due to fermentation.



# FRUITS, VEGETABLES, NUTS, AND MORE

---

Read pages 38-67 of *Food Anatomy* and answer the questions with what you learned.

What are the four main groups of plants?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Illustrate one or more examples of each group. Be sure to label them.


Explain how the definition of a fruit is different depending on who you ask.

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What are some foods that seem like they should be vegetables but are actually fruits?

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---

Illustrate how a flower becomes a fruit. Label the parts of a flower and fruit.



What do some think ancient peaches, carrots, corn, and watermelon were like?

peach: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

carrot: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

corn: \_\_\_\_\_

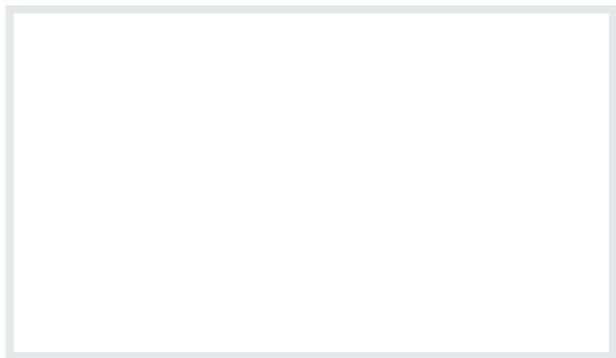
\_\_\_\_\_

watermelon: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Draw the two types of peaches mentioned and explain the main difference between them.

A large empty rectangular box with a thin black border, intended for explaining the main difference between the two types of peaches.



Draw the three types of carrots mentioned. What differences do you notice between them?



Three empty square boxes for drawing carrots, followed by a wide rectangular box for notes.

Draw the three types of corn mentioned. What differences do you notice between them?



Three empty square boxes for drawing corn, followed by a wide rectangular box for notes.

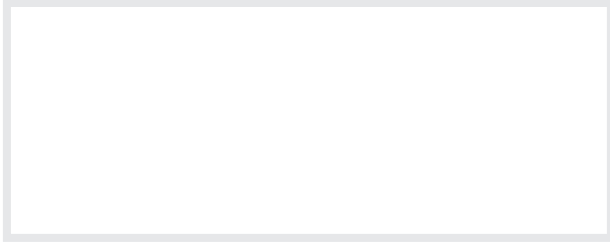
Illustrate the four types of berries shown on page 50 and write what you learned about each one.

Blueberries	
Raspberry	
Mulberry	
Strawberry	

How is *Aspergillus* used? \_\_\_\_\_

How is *Penicillium* used? \_\_\_\_\_

Illustrate and label these two types of mold.

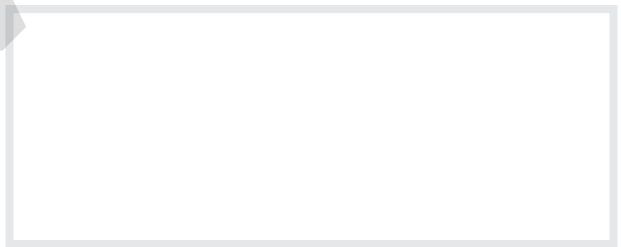


What are subterranean truffles? \_\_\_\_\_

How much can they be sold for? \_\_\_\_\_

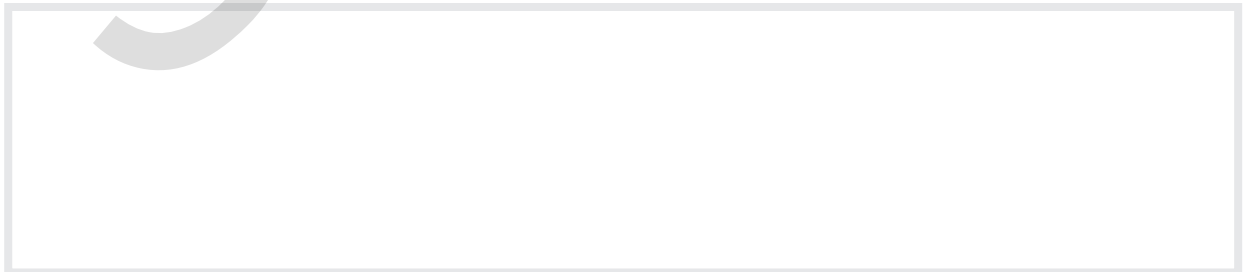
What are two of the most valuable types of truffles? \_\_\_\_\_

Illustrate and label these two types of truffles.



What is the name of a tool used by Italian truffle hunters?

Illustrate this tool.



Read pages 70-99 of *Food Anatomy* and answer the questions with what you learned.

Illustrate the following grains.

Two row barley	Six row barley	Rye

Oats	Whole oats	Oat groats
	Steel-cut oats	Rolled oats

What are whole oats?

---



- |          |          |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

Explain the process of denaturing.

---

---

Complete the chart of cooking temperatures.

145 °F	_____
160 °F	_____
165 °F	_____
170 °F	_____

What is a good way to cook tough meats or those with lots of sinew or muscle?

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What is bollito misto?

---

How is meat cooked with dry heat? Why is it called "dry"?

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# BUTTER AND CHEESE

Read pages 134-147 of *Food Anatomy* and answer the questions with what you learned.

Complete the following table with the amount of butterfat in each item.

European butter: _____	half & half: _____
American butter: _____	whole milk: _____
cream: _____	reduced fat milk: _____
heavy cream: _____	buttermilk: _____
medium cream: _____	low-fat milk: _____
light cream: _____	skim milk: _____

DEFINE THE FOLLOWING DAIRY TERMS:

buttermilk: \_\_\_\_\_

cream: \_\_\_\_\_

cultures: \_\_\_\_\_

curds: \_\_\_\_\_

homogenization: \_\_\_\_\_

pasteurization: \_\_\_\_\_

raw milk: \_\_\_\_\_

# SWEET AND SPICY

Read pages 164-177 of *Food Anatomy* and answer the questions with what you learned.

Illustrate the spices and plants found on pages 164-166.

Fennel flower	Fennel seed	Cloves	Cinnamon quills
Thyme	Star anise	Sumac	Sesame seed
Sesame seed plant	Pequin peppers	Cardamom plant	Cardamom pods

For each type of tea listed, note where it is served and what it is made of (if it is mentioned).

matcha: \_\_\_\_\_

po cha: \_\_\_\_\_

rooibos: \_\_\_\_\_

suutei tsai: \_\_\_\_\_

masala chai: \_\_\_\_\_

sweet tea: \_\_\_\_\_

cha yen: \_\_\_\_\_

bubble tea: \_\_\_\_\_

Summarize what you learned about the following drinks made with lemon juice:

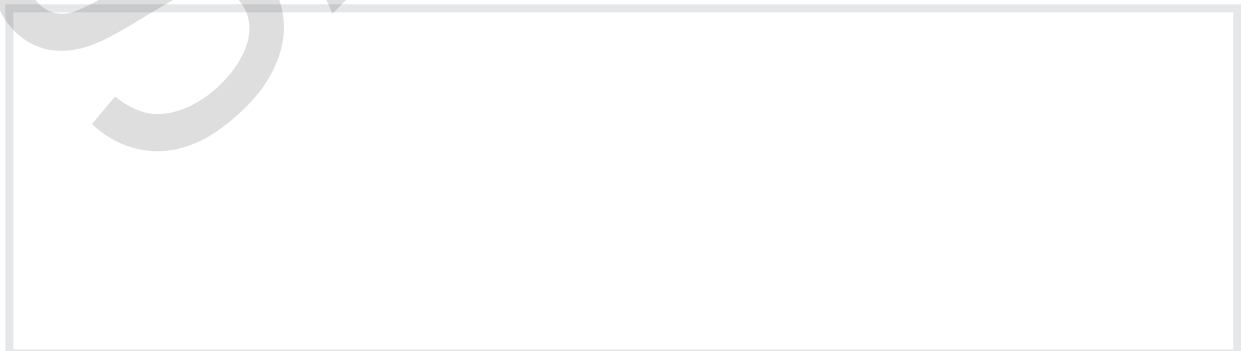
papelón con limón: \_\_\_\_\_

limonana: \_\_\_\_\_

chanh muối: \_\_\_\_\_

Arnold Palmer: \_\_\_\_\_

Illustrate and label some styles of ice.





What is dark brown or light brown sugar in the United States usually made from?

What are some types of “raw” sugars? \_\_\_\_\_

How are they made? \_\_\_\_\_

What are the most deeply flavored sugars called? \_\_\_\_\_

How are they made? \_\_\_\_\_

How are many candies made? \_\_\_\_\_

How is the correct stage judged? \_\_\_\_\_

Complete the table regarding the stages of candy.

Sugar State	Temperature	Percent Sugar	Example

On the next page, illustrate and number the four steps to making hard candy and then list the steps.