

THANKSGIVING

FoodPlay Presents: True or False?

Have guests choose a Food Category, and then ask them questions – True or False?

CRANBERRIES:

1. Cranberries were used by Native Americans as a food source, to dye fabric, and as medicine.

Answer: TRUE

2. Natural Cranberries are a super food, rich in fiber, antioxidants, vitamins and minerals.

Answer: TRUE

3. Canned jellied cranberry sauce first hit the market in 1941 has the same nutrients as fresh cranberries.

Answer: False. For a serving of only $\frac{1}{4}$ cup, jellied cranberry sauce has 110 calories, virtually no fiber, no vitamins and minerals, and 6 teaspoons of added sugar. One cup of fresh cranberries has only 46 calories, 1 teaspoon of sugar, 4 grams of fiber, 25% of RDA for Vitamin C, and a host of vitamins, minerals, and antioxidants.

TURKEY:

1. The colonists were very familiar with turkeys back in Europe.

Answer: False – While geese and ducks were in Europe, wild turkeys are indigenous to North America.

2. Turkey was always the main part of the Thanksgiving meal.

Answer: False - Turkeys grew in popularity, becoming the main part of the meal later as they were easy to keep, big enough to feed a whole family, and cheaper than ducks or geese.

3. According to the American Turkey Federation, 44 million turkeys are eaten each Thanksgiving in the US.

Answer: True!

4. Eating Turkey is the reason why people often fall asleep during their Thanksgiving meal.

Answer: False – The oft-repeated turkey myth stems from the fact that turkey contains the amino acid tryptophan, which forms the basis of brain chemicals that make people tired. But turkey isn't any more sleep-inducing than other foods. In fact, consuming large amounts of carbohydrates and alcohol may be the real cause of a post-Thanksgiving-meal snooze, experts say. Tryptophan is a component of the brain chemical serotonin, which gets converted into the well-known sleep-inducing hormone melatonin. Gram for gram, cheddar cheese actually contains more tryptophan than turkey does

CORN:

1. The Wampanoag people taught the newcomers how to cultivate corn, which was a key to their survival.

Answer: True - If it wasn't for Native Americans, corn, as we know it today probably wouldn't exist. Corn is one of the most important food crops cultivated and harvested by indigenous peoples from Mesoamerica to New England. Native American corn was the genetic foundation of all other corn. Corn continues to play a central role in the arts, culture, health, and lifestyle of many Native Americans, nationwide, today. Many tribes hold special ceremonies and dances to honor and give thanks when the corn first ripens and can be eaten by the tribe.

2.. Native Americans prepared Corn like we do now – serving it fresh like corn on the cob.

Answer: False - Corn was either made into a corn meal bread or mashed and boiled into a thick porridge-like consistency and perhaps sweetened.

3. Indian corn was the same as the sweet yellow corn we eat today.

Answer: False – Indian corn was different from the sweet yellow corn that we eat today. It had various colors – reds, blacks, yellows and whites – on the same ear, and was not eaten fresh from the cob. Instead, Indian corn was dried and then pounded into flour and cornmeal for cooking and baking. Today's sweet corn is much higher in sugar and lower in protein than Indian corn.

SWEET POTATOES

1. Sweet Potatoes and yams are the same thing.

Answer: False - Sweet potatoes became standard in Southern homes and with enslaved plantation workers, who used them as a substitute for the yams they were familiar with from their homeland. A true yam is a starchy edible root of the Dioscorea genus, and imported from the Caribbean. It is rough and scaly and has more fat, carbs, fiber, potassium, vitamin C, Vitamin B6 and vitamin E than sweet potatoes. Sweet potatoes have more sugar, protein, calcium, iron, beta carotene than yams do. Over 50% of US sweet potatoes are grown in North Carolina, whereas Africa grows the majority of the world's yams.

2. Sweet potatoes are potatoes that are sweet.

Answer: False - The sweet potato is not a potato at all and has nothing to do with the potato family. It is really a member of the Morning Glory family and grew only in the New World.

3. The recipe for Sweet potatoes with toasted marshmallows was a popular dish for two hundred years.

Answer: False - This recipe dates back to a 1917 corporate recipe pamphlet published by what's now known as the Campfire Brand, who aggressively promoted the recipe to sell more marshmallows.

Green Bean Casserole

1. The green bean casserole was always a favorite way to serve green beans in colonial times.

Answer: False - Green beans were cultivated since ancient times, but green bean casserole is a modern invention. The recipe was created in 1955 by Dorcas Reilly, a home economist at Campbells Soup Co Test Kitchen who was to create a recipe that housewives could easily and quickly replicate.

2. The items that make up Green Bean Casserole are canned French fried onions, canned green beans, and a can of condensed Cream of Mushroom Soupl

Answer: True.

PUMPKIN PIE

1. Pumpkin Pie was a favorite dessert eaten at the first Thanksgiving Feast.

Answer: False - Pie had not been invented yet. Squash and pumpkin were typically baked, usually by being placed whole in the embers of a dying fire, then moistened with animal fat and possibly sweetened with maple syrup.

FAVORITE BEVERAGE

1. Beer was the beverage of choice in the colonies.

Answer: False - Only 9 years after first landing at Plymouth in 1620, European colonists planted apple trees in the Massachusetts Bay Colony. In Colonial America, hard apple cider was the most common beverage, and even children drank it in a diluted form. In many places, the water was not safe to drink and most homesteads had an apple orchard.

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