

Food for Thought! Thinking about Comfort Foods

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Feeling in need of a little comfort? We are too! Today we are going to talk about COMFORT FOODS. Comfort food is a UNIVERSALLY (experienced by all) experience. Comfort foods are defined as providing NOSTALGIC or sentimental value to someone. It may also be defined by its high CALORIC nature, high CARBOHYDRATE levels or ability to be simply prepared. The term comfort food can be traced back to 1966 in an article published by the Palm Beach Post, where chicken soup was offered as an example.

Spell PREPARE Spell EXAMPLE Spell VALUE

What are we talking about today? COMFORT FOODS

Name a type of value comfort foods provide. NOSTALGIC SENTIMENTAL

What year can the term comfort food be traced back to? 1966

How long ago was that? CURRENT YEAR – 1966 = #####

In what periodical was the article published? PALM BEACH POST

What example of a comfort food was provided? CHICKEN SOUP

Popular belief is that you wait until the middle of winter to cook up your favorite comfort food. Some INVOKE the joy of comfort food during times of stress. The most important aspect of comfort food is identifying exactly what you are CRAVING. Are you looking for something hearty to fill you up, like mac and cheese? Or maybe something vegetable focused, like a light and healthy INSTAPOT (electric pressure cooker) soup.

Spell BELIEF Spell JOY Spell HEARTY

What season do people associate with comfort food? WINTER

Times of _____ are also when comfort food is enjoyed. STRESS

We talk about craving. Can you think of another word for crave?

What example was given as a hearty comfort food? MAC AND CHEESE

What does the Mac in mac and cheese stand for? MACARONI

A 2015 study highlighted a CORRELATION between comfort foods and significant relationships in people's lives. Favorite comfort foods are not simply IRRESISTIBLE; they may have a greater meaning from being connected to a memory of someone important like a family member or close friend. Sometimes just the smell of a comfort food, or a single INGREDIENT, can evoke a strong memory.

Question Type Key

KNOWN – SEMI-OPEN – PRIOR KNOWLEDGE – MATH – OPEN – VAKT



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Spell CORRELATION Spell MEANING Spell SMELL

Who may be connected to a comfort food? FAMILY MEMBER CLOSE FRIEND

In what year was the study I mentioned published? 2015

The smell of a comfort food can evoke a strong what? MEMORY

Name an ingredient with a strong smell.

Common high calorie, high fat, salt, or sugar foods may trigger the reward system in the brain. CONSUMING these foods, like ice cream, soup, or French fries, can give a temporary sense of EMOTIONAL elevation or RELAXATION, after which some may feel comfort.

Spell BRAIN Spell SENSE Spell EMOTIONAL

What word did I use that means eating? CONSUMING

What can comfort foods elevate? EMOTIONS

Name one of the comfort foods we just covered. ICE CREAM SOUP FRENCH FRIES

Name one kind of food can trigger the reward system in the brain? HIGH CALORIE, HIGH FAT, SALT, SUGAR

Name a food that can give you a sense of emotional elevation or relaxation.

Ice cream, soup, and French fries? Whose comfort food is that? Individual differences in PREFERENCE vary with the season, reason and/or culture. When surveying comfort foods across the globe, author NICOLA BROWN from Fix.com found that comfort food choices were all over the map. Let's learn more about comfort foods Brown identified across cultures.

Spell DIFFERENCE Spell SURVEY Spell GLOBE

What author are we talking about? NICOLA BROWN

What website does she write for? FIX.COM

What's a factor that could affect someone's comfort food? SEASON, REASON, CULTURE

Name a mood and a food that "feeds" that mood!

In CHINA, CHA SIU BAO, or barbecue pork buns, are a sticky gooey favorite. The buns are filled with slow-roasted pork and surrounded in fluffy white dough, perfect when dunked in soy sauce.

What country are we talking about? CHINA

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What is the common name for cha siu bao? BARBEQUE PORK BUNS

What kind of pork are found in the buns? SLOW ROASTED

What do you dunk cha siu bao in? SOY SAUCE

Is there a Chinese or Asian dish you enjoy?

Comfort food in GREECE may include a rich casserole called MOUSSAKA. This treat layers SAUTEED eggplant with minced lamb, tomatoes, onions, and garlic, and are then topped with a creamy potato mash and baked to perfection.

What country are we talking about now? GREECE

What is their comfort food called? MOUSSAKA

Name one vegetable in moussaka. EGGPLANT, TOMATO, ONION, GARLIC, POTATO

What meat is in moussaka? LAMB

Can you name another Greek dish?

In IRELAND there are few things more heartwarming than a hearty Irish stew made with bone-in lamb, potatoes, onions, salt and ground black pepper.

What country have we traveled to on our culinary journey? IRELAND

What comfort food of theirs are we talking about? IRISH STEW

Name a vegetable that it has in common with Moussaka? POTATO ONION

What's a food you associate with Ireland?

In Iceland, RICE PUDDING is the perfect comfort food for someone with a sweet tooth! ICELANDIC rice pudding is sweet and sticky with sugar and cream, balanced with fruits like CRANBERRIES.

What country are we talking about now? ICELAND

What is their comfort food? RICE PUDDING

Perfect for someone with what kind of tooth? SWEET

What fruit tops this pudding? CRANBERRIES

Cranberries are red. Can you name another red fruit they could use?

Take a look at the picture below. The illustration notes that when food emits a delicious smell, the nasal cavity, OLFACTORY (smell) bulb, and LIMBIC SYSTEM go to work to enhance your dining pleasure. (read each portion of the illustration)

Question Type Key

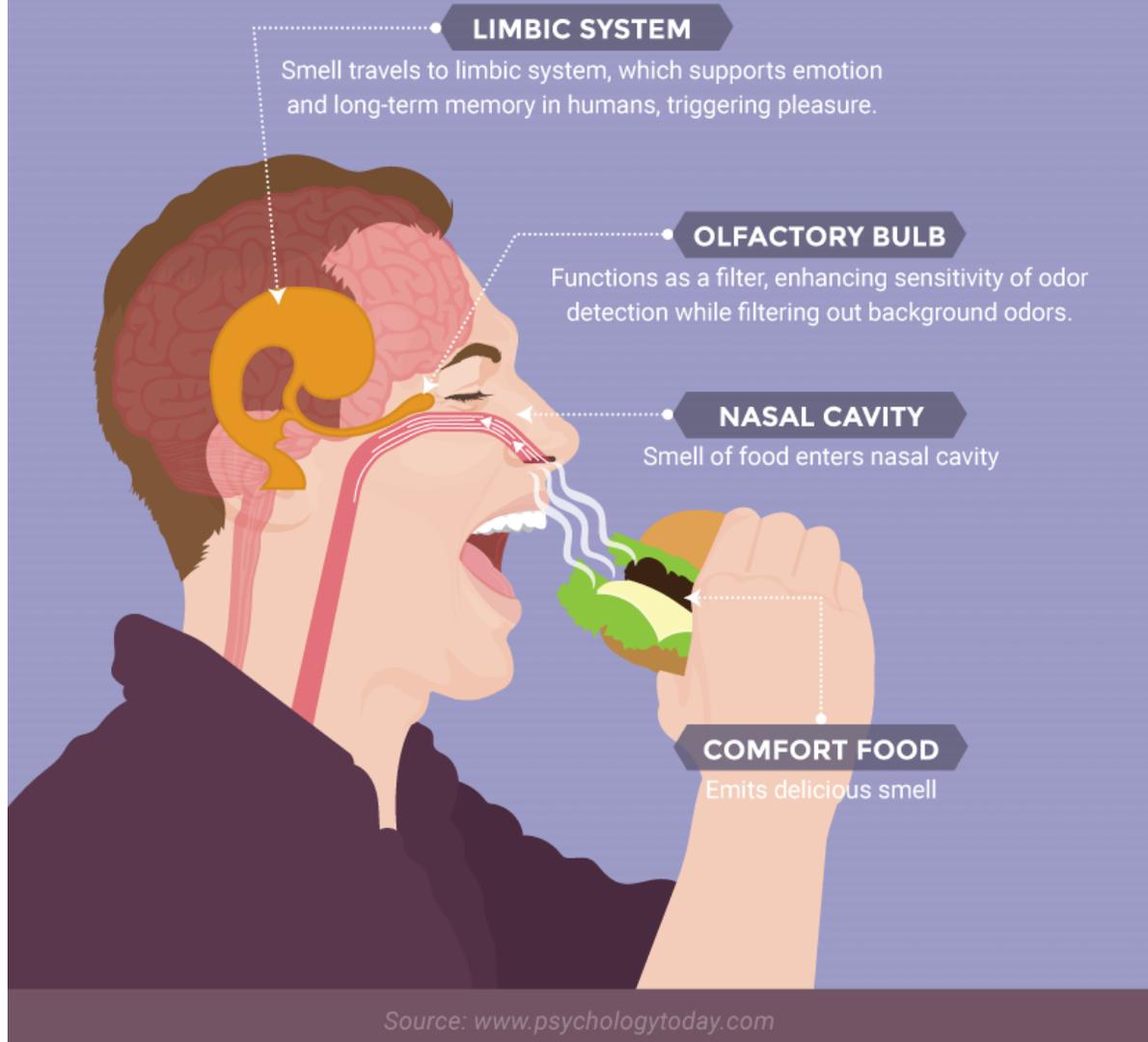
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A DELICIOUS SMELL CAN EVOKE A POSITIVE MEMORY



What does the limbic system support? EMOTION, LONG TERM MEMORY
When it comes to comfort food, what is an emotion that can be triggered in the limbic system? PLEASURE
What functions as a filter, filtering out background odors? OLFACTORY BULB
What allows you to smell food? NASAL CAVITY

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Creative Writing:

Do you have a comfort food that you enjoy? Tell me about it!

Do you associate a person or feeling with comfort food?

We have discussed the role that culture plays in comfort food. Tell me about your comfort foods and how they relate to your culture.

What kind of memories do food smells evoke for you?

Resources

<https://www.countryliving.com/food-drinks/g894/comfort-foods-1109/>

https://en.wikipedia.org/wiki/Comfort_food

<https://www.fix.com/blog/why-is-comfort-food-so-tasty/>

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