



Not Your Ordinary Ketchup

By: Lindsay Morgan

As you know, KETCHUP is one of the most famous CONDIMENTS in America. But have you ever heard of BANANA KETCHUP? Yes, you heard me. Banana ketchup! Most people typically wouldn't think of putting those two foods together and it even caused some feelings of confusion and disgust. Banana ketchup DERIVED from the PHILIPPINES, meanwhile ketchup derived from CHINA.

SPELL: CONDIMENTS SPELL: DERIVED SPELL: PHILIPPINES What is one of the most famous condiments in America? **KETCHUP** Where did ketchup derive from? **CHINA** **Banana ketchup caused some feelings of what?** **CONFUSION, DISGUST** **Name another famous condiment.**

Where is the Philippines located?

What is your favorite condiment?

The person behind the INNOVATION of banana ketchup is MARIA OROSA. Although Maria invented this, the person who gets the credit for mass producing this product is MADGALO FRANSISCO. Banana ketchup was produced in 1942, and was made a FIXTURE in the Filipino household. It's still used as a condiment that goes with many POPULAR



Question Type Key

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1



dishes till this day. Some of these popular dishes are hamburgers, Filipino spaghetti (pasta with cut up hot dogs and banana ketchup), fried chicken, and TORTANG TALONG (an eggplant omelet).

SPELL: INNOVATION SPELL: FIXTURE SPELL: POPULAR

Who is the person behind the innovation of banana ketchup? MARIA OROSA Madgalo Fransisco gets the credit for mass ___ this product. PRODUCING Name one of the popular dishes that this condiment goes with till this day. FILIPINO SPAGHETTI, HAMBURGERS, FRIED CHICKEN, TORTANG TALONG (EGGPLANT OMELET)

What year was banana ketchup produced in? 1942

If you haven't already, would you like to try Filipino Spaghetti?

Here's a picture of the woman who created banana ketchup, Maria Orosa.

Maria Orosa was known as an INNOVATOR and FOOD CHEMIST. She paid close attention to what the Philippines was heavily RELIANT on when it came to imports. She even had a VAST understanding of the potential of great products that could make the country more SELF-SUFFICIENT. One of her passions was to actually help the Philippines become more self-sufficient. She even studied the usage of FERMENTATION, native food, and a variety of PRESERVING techniques she can use in order to uplift people and educate those in need.

SPELL: RELIANT SPELL: FERMENTATION SPELL: PRESERVING Maria paid close attention to what the ___ was heavily reliant on when it came to imports. PHILIPPINES



Maria had a vast understanding of the potential of great products that could make the country more _____. SELF-SUFFICIENT

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2



What was Maria known as? INNOVATOR, FOOD CHEMIST

What is the job of a food chemist?

What is something you have a vast understanding of?

One of the most IMPERATIVE details about banana ketchup is what it's made of. In order to create banana ketchup, you need spices, sugar, vinegar, and mashed bananas. When you mix these INGREDIENTS together, the color of it makes it look UNPALATABLE (not pleasant to taste). Therefore, Maria decided to add a small amount of red dye to the mix to make it look red. Then, it RESEMBLED tomato ketchup because of its color.

SPELL: IMPERATIVE SPELL: UNPALATABLE SPELL: INGREDIENTS What did Maria add a small amount of to the mix to make it look red? RED DYE

Banana ketchup resembled tomato ketchup because of its _____. COLOR Name one of the ingredients needed in order to create banana ketchup. SPICES, SUGAR, VINEGAR, MASHED BANANAS

Name another food that would resemble ketchup because of its color.

What are your thoughts on the ingredients in banana ketchup?

VAKT: Here is a video on making banana ketchup!

<https://www.youtube.com/watch?v=M2bTuvv7iHs>

Banana ketchup is not the only food that Maria is known for. During WORLD WAR 2, some of her most known CONTRIBUTIONS to the food world occurred during this time. Yes, banana ketchup was ENDEARED by many but there were 2 other food creations that made her become a war hero. These two food CREATIONS are called SOYALAC and DARAK.

SPELL: CONTRIBUTIONS SPELL: ENDEARED SPELL: CREATIONS During _____ 2, some of her most known contributions to the food world occurred during this time. WORLD WAR



There were 2 other food creations that made her become a war _____. HERO Name one of the food creations that made Maria known as a war hero. SOYALAC, DARAK

Name another person who contributed to the food world.

Soyalac is a NUTRIENT drink that is high in protein and comes from soybeans. Darak is a product made from rice that is high in THIAMINE, and vitamins A, B, D, and E. This product was EFFICIENT for individuals during the war because the purpose of it was to prevent people from getting BERIBERI. Beriberi is a vitamin B DEFICIENCY disease. These SUSTENANCES saved people's lives during this time.

SPELL: DEFICIENCY SPELL: SUSTENANCES SPELL: EFFICIENT What food does soyalac come from? SOYBEANS

What is the name of the vitamin B deficiency disease? BERIBERI What food is Darak made from? RICE

Name one of the things Darak is high in. THIAMINE, VITAMIN A, B, D, AND E.

Name another food that is high in protein.

What continent do soybeans originate from?

If you could pick any food we consider to be unhealthy, healthy, what would it be?

Food is much more than being something you cook and eat. It's really all about the meaning behind it and the message it CONVEYS. Well, not to mention how DELECTABLE (delicious) it tastes too. Food is something that connects people around the world. It can also be something that's passed down through GENERATIONS. Till this day, banana ketchup rings many NOSTALGIC memories to a MULTITUDE of Filipinos all over the world.

SPELL: DELECTABLE SPELL: NOSTALGIC SPELL: MULTITUDE Food is something that _____ people around the world. CONNECTS

Food can be something that's passed down through _____. GENERATIONS What is food really about? THE MEANING BEHIND IT OR THE MESSAGE

IT CONVEYS

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4



Name something else that's passed down through generations.

What food tastes most delectable to you?

CREATIVE WRITING:

If you could create your own recipe, what would it be? Include the ingredients, the name of it, and the message it conveys. How would you like people to feel while trying your creation?



Lindsay Morgan is a Spelling to Communicate Practitioner with [CrimsonRise](#) from Staten Island, New York! She loves traveling, being a foodie, and researching unique food from around the world.

REFERENCES: <https://food52.com/blog/24700-maria-orosa-profile>

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5