



TRUE FOOD TASTE TEST!

February 2018- Moroccan Freekeh

Find more information online at http://nutritionservices.mpls.k12.mn.us/true_food

1. Geography

Freekeh is originally from the Mediterranean including **Jordan, Lebanon, Egypt and Syria**. It is mostly commonly sold in Middle Eastern countries. Using a map, answer the following questions:



a. List these countries from most Northern to most Southern:

b. Which country is the largest? And smallest?

Smallest: _____

Largest: _____

c. True or false: All these countries touch the Mediterranean Sea. _____

2. Sell It!

Pretend you are a waiter at the trendiest restaurant in town. The manager told the wait staff that whomever got the most customers to order the new dish, Moroccan Freekeh, would receive \$100 bonus for the night. You must be as descriptive as you can to get customers to order this new dish. First, we need to come up with our own descriptive words. How does the Moroccan Freekeh:



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Taste? _____
 Look? _____
 Smell? _____
 Feel? _____
 Sound? _____

Now, convince a customer to order the Moroccan Freekeh. In a few sentences, convince customer to order the Moroccan Freekeh using the descriptive words from today's taste test.

3. Freekeh: Field to Fork Adventure

Freekeh has quite an adventure getting from the field where it grows into our bowl! Try and put its story in the correct order.

- ___ The grain is checked for any remaining debris, and placed in storage containers and driven to a distribution center
- ___ Farmer Jane harvests the wheat plants about a month and a half before they are ripe and mature
- ___ Students taste samples of the Moroccan Freekeh
- ___ The plants are left to dry in the sun for 3-4 hours
- ___ Diced carrots are combined with spice blend and oil; placed in the oven to cook
- ___ Durum wheat seeds are planted in the spring
- ___ Freekeh is driven from distribution center to the Nutrition Center
- ___ The Moroccan Freekeh is dished into small sample cups and driven to your school
- ___ Piles of durum wheat plants are roasted for 10-15 minutes and stored in the shade for a couple of days
- ___ Farmer Jane waters the wheat fields along with sunshine to help the plants grow
- ___ In large bowl, combine freekeh, carrots and dressing until evenly distributed
- ___ Everything but the grain is removed, or rubbed off, and left for 45 days to dry
- ___ Freekeh is cooked in boiling water and carrots are peeled and diced

4. Etymology

All the words we use in the English language have a history. **Etymology** is the study of the history of words and how they came to be used. Match each word with its etymology. (Hint: a lot of words sound like their origin.)

- | | |
|--------------------|--|
| 1. ___ Harvest | a. From the Arabic word "faraka" which means "to rub" |
| 2. ___ Grain | b. From the Latin word "granum" which means "seed, small kernel" |
| 3. ___ Cultivation | c. From the Old English word "hwæte" which means "that which is white" |
| 4. ___ Freekeh | d. From the suffix Latin word "deru -" meaning "be firm, solid, steadfast" |
| 5. ___ Durum | e. From the Old English words "hærfest" or "autumn" |
| 6. ___ Wheat | f. From the Late Latin word "cultivare" meaning to till |

Answers:
 2. a. Syria, Lebanon, Jordan, Egypt b. largest = Egypt c. smallest = Lebanon c. False (Jordan does not touch the Mediterranean Sea)
 3. a=7, b=3, c=13, d=4, e=10, f=1, g=8, h=12, i=5, j=2, k=11, l=6, m=9
 4. 1=e, 2=b, 3=f, 4=a, 5=d, 6=c



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