



# Food and Health



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# 福建 炖罐

Dunguan in  
Fujian Province





## T h e D u n g u a n

The Dunguan (the stew pot) is a soup from Fujian Province, China, which is generally stewed and eaten with Chinese medicinal herbs along with pork, chicken, animal offal and other foods.

常见炖罐汤品  
Common Dunguan soup



茶树菇老鸭汤  
Duck soup with  
mushroom



虫草花乌鸡汤  
Cordyceps black  
chicken soup



玉米排骨汤  
Corn spareribs soup



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# 中国养生之道

Chinese health regimen

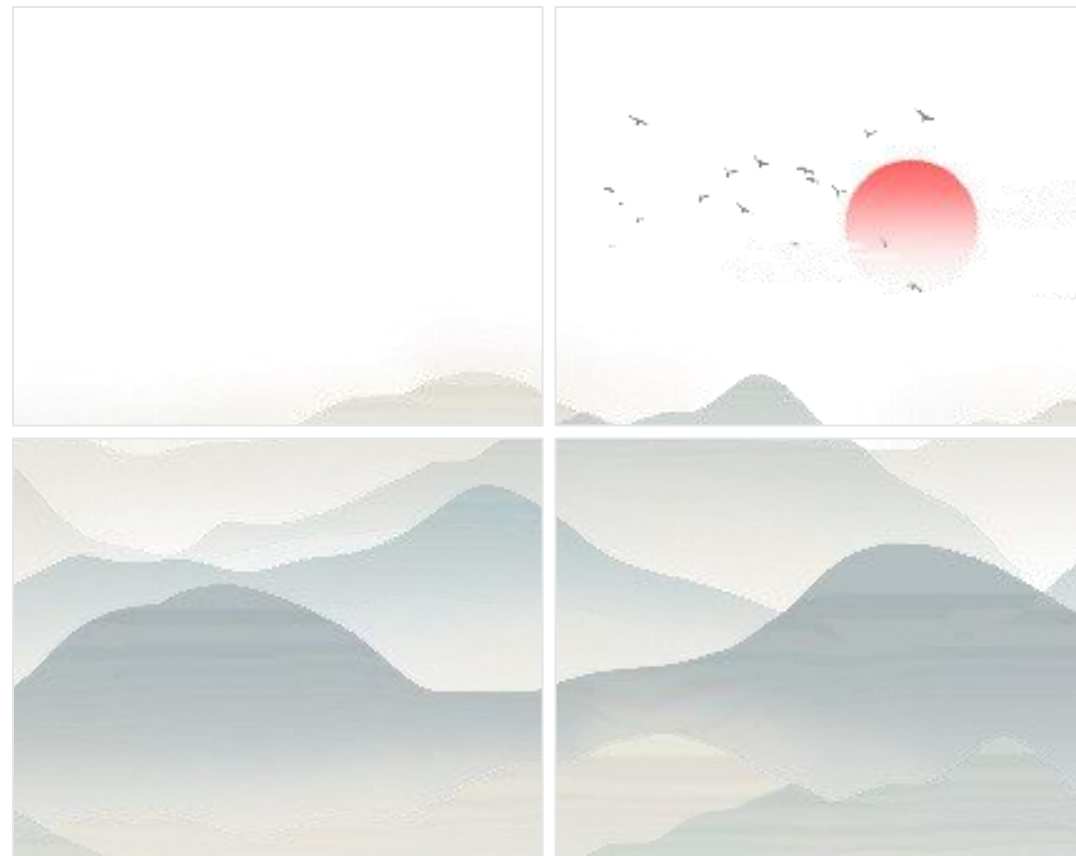


## Chinese health regimen

For Chinese, eating is the most important thing, because with food, people can ensure the most basic survival. And health is equally important for human survival, after all, if you are sick, no matter how delicious the food is, you may not be interested.

So the Chinese began to study how to eat healthy. It is a very happy thing to be able to enjoy good food and strengthen your body at the same time.

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## SPRING

the liver should be nourished in spring

you can eat more vegetables, fish, beans, etc.



## AUTUMN

the lungs should be nourished in autumn

You can drink more hot water, or eat lilies, white fungus, winter melon, pears, etc.

## SUMMER

the heart should be nourished in summer

can eat mung beans, lotus seeds, yams and other relatively cool foods

## WINTER

the kidneys should be nourished in winter

People generally eat white radish, mutton, black chicken, fungus and other foods in winter.



<https://www.youtube.com/watch?v=IV3bqTTH8T>  
M&t=15s



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# Hispanic Food and Culture





Daniels, 2023

Gathering to make tamales, also called Tamalada, was a Christmas tradition in my family. We would form an assembly line, from soaking the husks and spreading the masa, to making and adding filling, and finishing by wrapping it up. It was often served topped with beans, guacamole, and homemade salsa.

## Tamales

Cornmeal dough, or masa, encases a filling usually containing meat, cheese, and sometimes vegetables. It is wrapped in a corn husk and steamed.

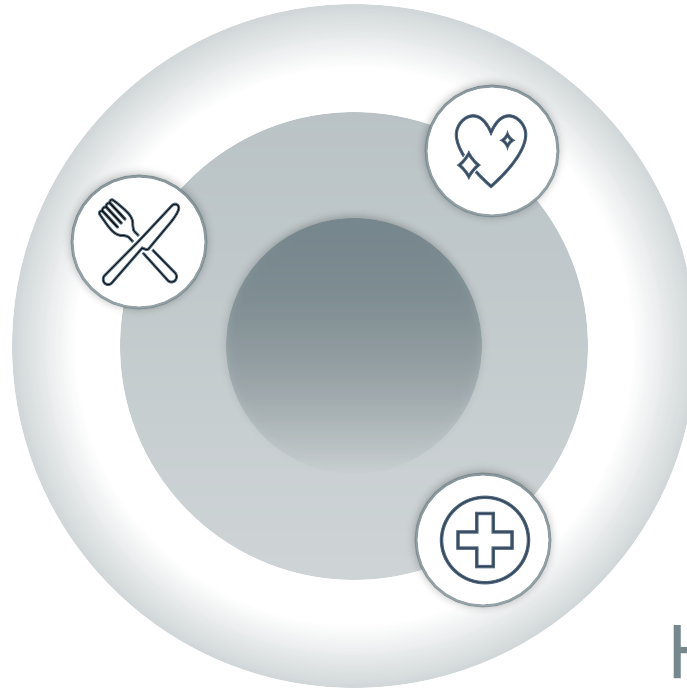


Kthompson, 2020

## F o o d

Hispanic food is known for being fresh and vibrant.

Staples include beans, rice, and meats like pollo and carne asada, which is marinated in lime juice, garlic, herbs and spices, then roasted or grilled.



## C u l t u r e

One vital part of Hispanic culture is family and community. Gatherings are often centered around food and milestones, from major life events, to holiday traditions, and even weekly traditions, like church on Sundays.

## H e a l t h

The intersection between health and food in Hispanic culture lives not only in the fresh ingredients, but also in the culture itself. A sense of love, connection, support, community, and belonging are all major contributors to people's health and vitality.



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## Americanized Corn On the Cob Tradition

alamy

Image ID: 887KJ  
www.alamy.com

Corn On The Cob is a staple of summer barbecues and picnics, especially around holidays like the Fourth Of July and Labor Day. It's the ultimate comfort food—sweet, crunchy, and often slathered in butter.





## Americanized Corn On The Cob Health

- Americanized Corn On The Cob
- 

Corn is rich in fiber, vitamins, and antioxidants like lutein and zeaxanthin, which are good for your eyes and overall health year-round.

However, it's typically enjoyed with a bit of indulgence such as butter and salt, so balance is key within general eating of this food regardless of tradition.

# Conclusion of my interpretation and significance of Americanized Corn On The Cob

- Corn On The Cob is a known cultural staple in American Culture. It can be eaten on The Fourth Of July and in general in American Culture.
- I have enjoyed corn on the cob ever since I was a young boy.
- And it is a food tradition that I follow every year on certain holidays.



# Americanized Corn On The Cob Slide Breakdown



01

Slide 1- Corn on the Cob  
Tradition significance for  
American Culture

02

Slide 2- Health that corn  
brings you

03

Slide 3 Conclusion and  
my experiences

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# Native American Choctaw Recipe: Tanchi & Frybread





What is the Choctaw Nation?

The United States was originally occupied by what we now call, "Native Americans". These people were part of regional Tribes all across the continent which was called Turtle Island by the Natives. My Tribe, is called the Choctaw Nation of Oklahoma. One of the traditional foods we make is a type of soup and bread, called Tanchi and Frybread.

## Tanchi Recipe

### Ingredients

- 1 Quart any kind of bean. Precooked or Dry (Dry Beans need to soak overnight)
- 1 Quart Pumpkin or Squash, large diced
- 2 Quarts Vegetable Stock or Veggie Stock
- 2 Quarts Water, add as needed
- 2 Cups Spinach Leaves or Kale
- 1/2 Cup Corn Meal to thicken
- 1 Cup Bacon or Salt Pork
- Salt and Pepper

### Cooking Instructions

- Prepare and gather all ingredients
- Soak Dry beans ahead of time or buy canned
- Bring your stock/water up to a boil
- Add in your beans and pork
- Lower to a simmer, simmer for 2 hours
- When beans are tender, add in squash
- When the squash is tender, add cornmeal to thicken your stew
- Bring up to a boil and then down to a simmer
- Add in your greens
- Season to taste with salt and pepper
- Serve with biscuits, frybread, or cornbread



## Choctaw Frybread Recipe



2 c. flour  
1 tsp. salt  
3 tsp. baking powder  
1 c. milk

Mix flour, salt and baking powder together. Add milk or water and stir to make a stiff dough.

Turn into well-floured board and pat down to 1/2 inch thick. Cut into squares with a slit down the middle. You can make these any size you want.

Serve hot with syrup or honey, etc as a snack.

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