

Colonial Cuisines	Old World cuisine+indigenous cuisine -based on indigenous foods and colonial domesticates
Colonists	are sponsored by a nation to settle an unclaimed, unsettled land
Cuisine	skilled, thoughtful, refined cooking belonging to a particular style
Culinary Conservatives	-unwilling to experiment -suspicious -eat familiar foods -cautious
Culinary Liberals	-try a variety of foods -adopt new foods -adventurous

## Economic Viability

point at which a region can support its own population with the revenues from its good and services

### Factor 1

Characteristics of Land

-Soil

-Climate

-Topography

-Proximity

### Factor 2

The Food Culture of the Indigenous People

### Factor 3

The Food Culture of the First Settlers

### Factor 4

Foods and Cooking Techniques Brought by Immigrants

Factor 5

Economic Viability

First Settlers

the earliest non-indigenous people to arrive in a region

Food Culture

ways in which a particular group of humans think about food and how they cook and eat food

Foreign Cuisine

national or regional cuisine practiced outside its homeland

Foundation Foods

principle starch, protein, and produce

Hybrid Cuisine

indigenous groups and first settlers lead to a blending of cuisines

Immigrant Dishes

-blend the Old World ingredients and cooking methods

Indigenous group

the descendants of a lands original inhabitants

Indigenous Ingredients

native to the land (wild or cultivated) and indigenous cooking technology  
ex: wild turkey, corn on the cob

Melting Pot

america's our culture comprises indigenous people plus settlers from many other cultures

Microcuisine	a unique, narrowly practiced, lesser-known cooking style
National Cuisine	a unified style of cooking common to most of a country's population
Old World Cuisines	European cooking styles of America's earliest while in their former homes ex: roast beef, apple pie
Pioneer Cuisine	-adopted indig. cuisine -colonial cuisine -newly-discovered indig. ingredients
Pioneers	settle wilderness areas of their own nation

<h2>Regional Cuisine</h2>	<p>unified style of cooking common to most of the people living in a culinary region</p> <ul style="list-style-type: none"><li>-Geography</li><li>-Homogenous Food Culture</li><li>-Defining dishes</li></ul>
<h2>Second Settlers</h2>	<p>come later, often called immigrants</p>
<h2>Three Elements of Food Culture and Cuisine</h2>	<ol style="list-style-type: none"><li>1. Ingredients</li><li>2. Cooking Methods</li><li>3. Attitudes about food and eating</li></ol>
<h2>The Three Sisters</h2>	<p>corn, beans, squash</p>
<h2>Topography</h2>	<p>affects climate and the use of farm machinery</p>