

THEN AND NOW

COOKING

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Ideas for Parents and Teachers

Pogo Books let children practice reading informational text while introducing them to nonfiction features such as headings, labels, sidebars, maps, and diagrams, as well as a table of contents, glossary, and index.

Carefully leveled text with a strong photo match offers early fluent readers the support they need to succeed.

Before Reading

- “Walk” through the book and point out the various nonfiction features. Ask the student what purpose each feature serves.
- Look at the glossary together. Read and discuss the words.

Read the Book

- Have the child read the book independently.
- Invite him or her to list questions that arise from reading.

After Reading

- Discuss the child’s questions. Talk about how he or she might find answers to those questions.
- Prompt the child to think more. Ask: There are many ways to prepare and cook food. How do you cook your favorite foods?

Pogo Books are published by Jump!
5357 Penn Avenue South
Minneapolis, MN 55419
www.jumplibrary.com

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Library of Congress Cataloging-in-Publication Data

Names: Higgins, Nadia, author.
Title: Cooking then and now / by Nadia Higgins.
Description: Minneapolis, MN : Jump!, Inc., [2019]
“Pogo Books are published by Jump!”
Audience: Ages 7-10. | Includes index.
Identifiers: LCCN 2018034352 (print)
LCCN 2018035655 (ebook)
ISBN 9781641284738 (ebook)
ISBN 9781641284714 (hardcover : alk. paper)
ISBN 9781641284721 (pbk.)
Subjects: LCSH: Food—History—Juvenile literature.
Cooking—History—Juvenile literature.
Classification: LCC TX355 (ebook)
LCC TX355 .H48798 2019 (print) | DDC 641.3009—dc23
LC record available at <https://lccn.loc.gov/2018034352>

Editor: Jenna Trnka
Designer: Molly Ballanger

Photo Credits: Lighttraveler/Shutterstock, cover
(slow cooker); Suzanne Tucker/Shutterstock, cover
(chicken); Weerachai Khamfu/Shutterstock, cover
(flames); xpixel/Shutterstock, cover (logs); mama_mia/
Shutterstock, 1; goir/Shutterstock, 3; SolStock/iStock,
4; Library of Congress/Getty, 5; AS Food studio/
Shutterstock, 6-7; Cath Harries/Alamy, 8-9;
B Christopher/Alamy, 10 (left); walterericsy/
Shutterstock, 10 (right); ClassicStock/Alamy, 11;
apomares/iStock, 12; American Stock Archive/Getty,
12-13; Steven Gottlieb/Getty, 14-15; Stephen Saks
Photography/Alamy, 16; ClassicStock/Getty, 17;
Hemant Mehta/Getty, 18-19; Sergey Yechikov/
Shutterstock, 20-21; Dave_Pot/iStock, 23.

Printed in the United States of America at
Corporate Graphics in North Mankato, Minnesota.

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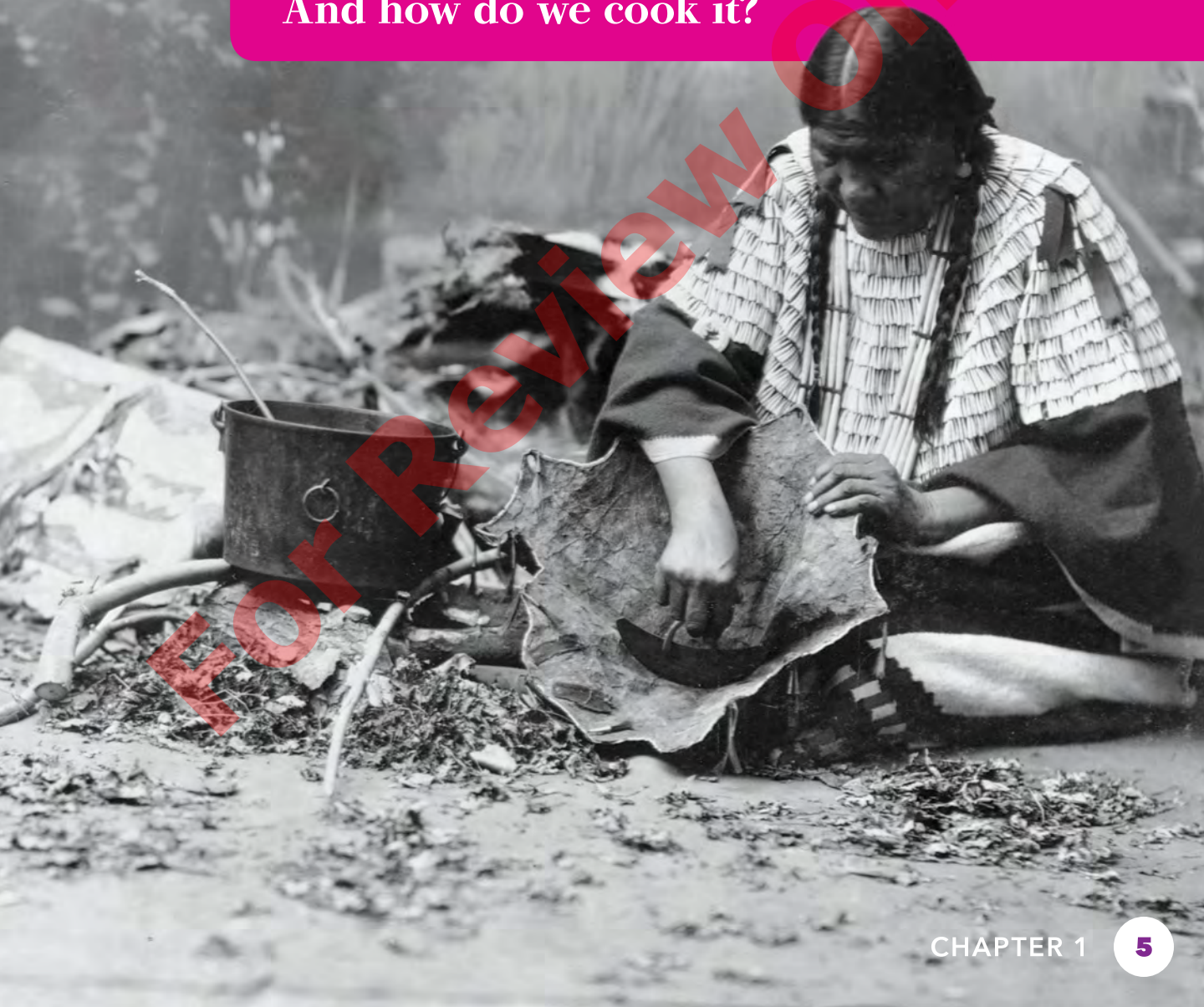
CHAPTER 1

COOKING IN THE PAST

Chop. Boil. Stir. Add spices.
How do you cook? Meals today
are much different than those
in the past. So are the ways
we cook them.



Long ago, Native Americans found food in the wild. They gathered berries and nuts. They hunted animals. They cooked food over open fires. Or on hot stones. Where do we get our food today? And how do we cook it?



In the 1700s, **colonial** Americans grew food. Corn. Squash. Carrots. Apples. They raised animals for meat. They milked cows. Everything was made from scratch. Butter. Even bread.

Food was fresh. But it **spoiled** fast. So people dried vegetables. And they salted meat. These methods helped **preserve** food.

DID YOU KNOW?

White settlers learned about corn from Native Americans. Corn became the most important food in early America. People used it for bread, pancakes, mush, and stew. Corn also fed farm animals.







In the 1800s, many **immigrants** came to the United States. They brought their **cultures**. That also meant new foods and ways of cooking. These new Americans opened the first **delis**. Restaurants. Grocery stores.



TAKE A LOOK!

You can thank immigrants for many dishes we enjoy today!

GERMAN

hot dogs and
hamburgers



1870s

ITALIAN

pizza



1900s

MEXICAN

nachos



1940s

MIDDLE EASTERN

hummus



2000s

JEWISH

bagels



1880s

CHINESE

egg rolls



1930s

JAPANESE

sushi



1970s

ACTIVITIES & TOOLS

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TRY THIS!

MAKE YOUR OWN BUTTER

Long ago, people used a butter churn to turn cream into butter. This device shook up the cream until it hardened. You can make your own butter using just a jar.

What You Need:

- jar that fits nicely in your hand
- heavy cream (enough to fill the jar halfway)
- bowl
- cold water

- 1 Fill the jar halfway with heavy cream. Screw the lid on tight.
- 2 Shake the jar as hard as you can. The cream should slosh against the top and bottom of the jar.
- 3 After a couple minutes, open the jar. You will see whipped cream. Keep shaking for five to ten more minutes.
- 4 Check your cream. A hard lump will form. That lump is butter. The white liquid around it is buttermilk.
- 5 Pour out the buttermilk. (You can save this and use it for another recipe, if you like.)
- 6 Put your butter into a bowl. Pour cold water over it to rinse it off. Then, pour off the water.
- 7 With your hands, shape your butter into a ball. Your butter is ready to serve. Yum!