

Unit 1.1.5

Global Spread of Food Production and the Growth of Trade

Key Knowledge and Key Skills

Key Knowledge 1.1.5

Patterns in the global spread of food production and the growth of trade in food commodities such as chocolate, coffee, grains, oils, salt, spices, sugar, and tea.

Key Skills 1.1.1

Explain factors that have influenced the emergence of distinctive food cultures and cuisines throughout the world.

Key Skills 1.1.4

Research and explain key historical factors and developments in global food production systems.

Key Skills 1.1.5

Identify foods that can be traced back to early cultures and through practical activities demonstrate, observe and critique their uses and adaptations in contemporary recipes.

Key Skills 1.1.6

Undertake practical activities to analyse the origins and cultural roles of food.

V.C.E. Food Studies Study Design p. 13 and 14

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Key Terms and Definitions

Caravan of camels is the term used to describe a series of camels carrying food, goods or people over long distances.

The **Silk Road** was a series of ancient trade routes that linked Asia, the Middle East and the Western world.

Herding refers to the care of roaming groups of livestock in a large area of land.

Trade is the term used to describe the exchanging, buying, or selling goods and services between two or more people.

Global Spread of Food Production and the Growth of Trade

What is a Food Commodity?

A food commodity is a product derived from an agricultural animal or crop. The first foods that the early farmers cultivated soon became food commodities. Nowadays, food commodities are bought, sold, and distributed for human consumption worldwide.

The Trading of Food Commodities

Trade involves exchanging, buying, or selling goods and services between two or more people. For example, a farmer could exchange a bushel of wheat for some milk or labour from another farmer. The trading of goods and services was a significant factor that influenced the spread of food commodities throughout the world.

Farmers had limited resources in their immediate surroundings when they first began farming. Consequently, they were less likely to be able to produce a variety of crops and animals. They soon began trading for crops and animals they did not cultivate to increase the variety of foods available. Initially, they exchanged small items with other farmers who lived nearby. However, as people travelled more, they exchanged more significant amounts of their crops and animals with people who lived further away. Trade between people from different regions contributed significantly to the global spread of food commodities. It also increased interactions between people of different cultures. In today's modern world, aircraft, cargo ships, and trucks make it easy to transport food worldwide.

The animation below illustrates how four of the ancient world's most important crops spread across the world between 7000 and 3500 years ago. (Credit: Javier Ventura/Washington U. in St. Louis)

https://www.foodstudiesonline.com.au/uploads/1/3/4/3/134341070/editor/744513521_5.gif

The Transportation of Commodities

There are several ways traders transported food commodities throughout the world.

Nomadic Shepherds or Herders

Herding involves caring for roaming groups of livestock in a large area of land. It began about 10,000 years ago when wild animals were first domesticated. These herders were nomadic and lived in Africa, Asia, and Europe.

Herders often travelled vast distances in groups and would stop at small villages on their way to large cities. They would sometimes come into contact with other herders on their journey. They likely exchanged food, milk, meat, wool, and hides from their animals during these interactions.

Horses and Camels

Between 4000 and 3500 BCE, people began domesticating horses for meat and milk. Using horses to pull basic sleighs carrying copious amounts of food and other goods enabled people to travel long distances. Over time, wheels were added – creating the first carts. Further advancement in the design and building of these carts resulted in people travelling and trading food and goods even further. By around 1000 BCE, people started using horses and camels to trade goods and services. A series of camels carrying passengers were often also used to transport goods; this is called a 'caravan of camels.'

Many small villages were established along the roads that the camel caravans travelled. This facilitated the sharing of food, culture, and experiences between different groups of people. Camels were a popular method of transporting goods and services because they could survive up to 15 days without water, carry up to 90 kg, and travel around 32 km a day.



Travel by Road: The Silk Road

Nomadic shepherds travel long distances in search of pasture for their livestock, which depend solely on natural forage as a food source. In ancient times, nomadic shepherds established a network of paths from Europe to East

Asia. Eventually, these well-travelled routes became known as the ‘Silk Road.’ The Silk Road was not just one road, it was a collection of many different paths. The total length of the Silk Road was around 6400 km.

The Silk Road began in North-Central China and travelled along the Great Wall of China. It then went along the Pamirs mountain ranges in central China and Afghanistan. Then onto the eastern shores of the Mediterranean Sea (Lebanon, Israel, the Palestinian territories, Jordan, and Syria) known as the Levant, part of the Fertile Crescent, and Anatolia (the Asian area of modern day Turkey). Once goods reached Anatolia, they travelled to Europe via the Mediterranean Sea.



Belsky, CC BY-SA 3.0
<<https://creativecommons.org/licenses/by-sa/3.0/>>, via Wikimedia Commons

The map on the right shows the “Silk Roads” that led from China to other parts of the world.

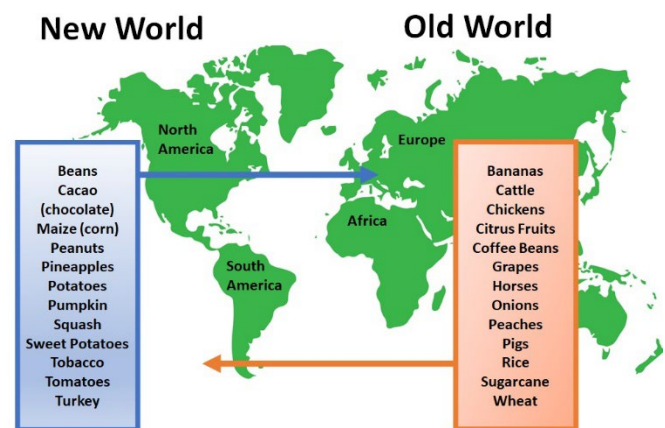
Travelling along the Silk Road was time-consuming, challenging, and dangerous. Traders experienced challenging weather conditions such as strong storms and winds. They also experienced difficult geographical challenges such as hot desert dunes, rugged mountains, and even poisonous snakes. Bandits and thieves added to this danger by robbing and murdering trade merchants. Merchants began travelling in larger groups to protect themselves and stopped travelling the entire route. Instead, they sold their food and goods to others who would also onsell them at a higher price until the food and goods reached their final destination. Where possible, it was always easier for Tgoods to travel by sea.

Watch this video to develop your understanding of the Silk Road: <https://youtu.be/vn3e37VWc0k>

Travel by Sea

Travel of goods by sea began in later years. Explorers from Europe, mainly from Spain, sailed the world searching for new land to discover. Additional land was highly sought after by explorers, as it would often result in a country gaining access to the resources on that land. These resources included raw materials for building and animals and plants for food.

Christopher Columbus, an early explorer, started travelling worldwide in 1492. He began transporting cassava, corn (maize), chilli peppers, peanuts, pineapples, pumpkins, squashes, sweet potatoes, and tomatoes between different countries. The exchange of food and goods between the New World and the Old World became known as the Columbian Exchange.



Examples of the food and animals exchanged between the New and Old Worlds are shown above.

Watch this video to find out more about the Columbian Exchange: <https://youtu.be/Xvt9LIZwNs>

The Spread of the Food Commodities

The establishment of sea trade routes between the Americas, Asia, Europe, the Mediterranean, and the Atlantic resulted in trade between the countries. Some of these food commodities, such as chocolate, coffee, grains, oils, salt, spices, sugar, and tea, were considered exotic.

The Story of Coffee

Coffee comes from the *Coffea arabica* and *Coffea robusta* plants, which both have beautiful glossy-looking leaves with white flowers; these white flours eventually turn into coffee cherries. Coffee beans are found inside these cherries. The coffee plant originated in Ethiopia. The Ethiopians initially consumed the coffee beans as a paste or medicinal drink.

Coffee was introduced in Yemen around the 14th century. There is a legend about Kaldi, the Goat Herder, who claimed that after eating the red cherries from the coffee plant, his goats became more alert and active. The herder took some of the red coffee cherries that contained the coffee beans and gave them to a villager who made them

into a drink called coffee. It was claimed that the coffee would help people stay awake and alert for evening prayers.

Muslim pilgrims also became fond of coffee because of its ability to give people energy. Coffee was eventually taken to Mecca, the holiest of holy Muslim cities. By the 15th century, coffee was grown in the Yemeni district of Arabia. By the 16th century, it was known and consumed in Egypt, Persia, Syria, and Turkey. Coffee made its way to Europe in the early 17th century, where it was widely popular and consumed in Austria, England, France, Germany, and Holland.

In the mid-17th century, the British took coffee to the United Colonies, now known as America. At this time, coffee was heavily taxed and considerably more expensive than tea. Coffee became more popular than tea after 1773 when the colonists revolted against heavy taxes placed on it. As a result, coffee became more affordable and its consumption in America increased.

Watch this video to discover more about the history of coffee: <https://youtu.be/CJ3SSw714rQ>



Coffea arabica or Coffea robusta plant.



Harvesting coffee cherries.



Dried coffee cherries (beans).

The Story of Grains

Cereal grains have formed a valuable part of people's diets for many years. Cereal grains can be grown in larger quantities than any other crop and be used in many different ways. They can be used as a food source and to make feed for livestock. Cereal grains were the first crops to be farmed and made into food products, similar to porridge.

Barley is one of the first crops farmers cultivated in the Fertile Crescent around 8000 BCE. Archaeological evidence suggests that barley was produced in Egypt (5000 BCE), Mesopotamia (2500 BCE), North-Western Europe (3000 BCE), and China (1500 BCE).



Millet was first grown as a crop in northern China around 10,000 BCE. Millet began to be used as a crop and food source throughout Asia and Europe between 2500 and 1600 BCE.



Rice is currently the third most-produced crop in the world. It is thought that the Chinese first began growing rice as a crop around 12,500 BCE. Its cultivation spread to Sri Lanka, India, Greece, and the Mediterranean. Eventually, people living in southern Europe and northern Africa also began growing it as a crop. Europeans introduced rice to the New World – The Americas.



Wheat was consumed by hunter-gatherers long before agriculture began. Wheat is a versatile grain and can be grown in many different climates. Emmer wheat was the first to be produced and grown in the Fertile Crescent around 8500 BCE. Wheat then spread to Greece around 6500 BCE; by 5000 BCE, it had spread to Germany and northern Africa.



Barley, millet, rice, and wheat.

Watch this video to find out about the history of corn: <https://youtu.be/i6teBcfKpik>

The Story of Tea

According to one legend, tea was first discovered in China in 2373 BCE. by Emperor Shen Nong. It is said that the Emperor was searching for plants that could be used as medicine when he felt unwell and decided to rest under a tree. The leaves from the tree fell into the boiled water he was drinking. The Emperor realised the leaves gave the water a bitter but unique flavour. Still, more importantly, he found that he no longer felt unwell and attributed his health to drinking the tea.

Initially, tea drinking was reserved for China's nobility. Four centuries later, Buddhist monks discovered the benefits of drinking tea and became involved in promoting its cultivation and use. Several centuries later, tea was available to everyone in China and thus became a popular drink.

The use of tea in ceremonies and on special occasions is embedded in Chinese culture. In China, younger members of Chinese society are taught to show respect to the older generation by offering and making them a cup of tea. Another ceremony involving tea occurs on the day of a wedding. The bride and groom serve tea to their parents, parents-in-law, and other family members. This symbolises the union of two families.

By the 12th century, knowledge of tea and its benefits spread beyond China to other Asian countries such as Japan, Korea, and Tibet. Eventually, the Dutch imported tea to Europe in the 17th century. The use of tea as a drink then spread throughout the rest of Europe.

Watch this video to discover more about the history of tea: <https://youtu.be/LaLvVc1sS20>



Tea plantations in Sri Lanka.



Tea plantations at a heritage site in South China.



Chinese or Japanese traditional tea clay pot.



Woman in India working in a chai plantation.

The Story of Chocolate

The *Theobroma cacao* tree is thought to have originated in the tropical rainforests of South America. This tree bears a fruit, which is also called a pod. The flesh inside the pod can be made into chocolate. The tree will only grow in tropical climates around the equator.

Various Mesoamerican populations consumed chocolate as a drink for thousands of years. There is debate about who introduced chocolate to Spain. Some historians believe it was Christopher Columbus in 1502. Others believe the Spanish conquistador Hernan Cortés imported it from Mexico with the equipment and ingredients needed to make drinking chocolate.

Due to its bitterness, drinking chocolate was not that common until later in the 1500s, when people sweetened it with sugar. During the 17th century, chocolate spread from Spain to other European countries. Drinking chocolate was more expensive than tea or coffee. It remained a luxury product that the upper class consumed for many years.

Eventually, the cocoa bean was transported to America aboard a Spanish ship in 1641. Chocolate houses opened up in the late 1600s. By the late 1700s, cocoa beans were one of America's biggest food exports, and it was affordable for everyone.

Watch this video to discover more about the history of chocolate: <https://youtu.be/ibjUpk9lagk>



A cacao pod.



A cacao pod, dried cacao beans, and chocolate.

The Story of Sugar

Sugar is derived from a tall perennial grass called sugarcane. Sugarcane originated in New Guinea, where it had grown for thousands of years. New Guineans would chew on the bare stem to extract the sweet juice. Sea traders helped spread sugarcane cultivation throughout Southeast Asia, China, and India. India was the first country to manufacture sugar. The sugar was extracted from the cane using water. It was an Indian chemist that discovered how to turn the sweet liquid into crystals, making the sugar easier to transport.

The interest in sugarcane as a food commodity continued to spread worldwide. Alexander the Great was a Macedonian King who conquered the eastern Mediterranean, Egypt, the Middle East, and parts of Asia. His troops bought back sugar from India and introduced it to the Middle East in the fourth century. By the ninth and 10th centuries, the Middle East, Asia, and southern Europe began processing sugar from sugarcane.

Christopher Columbus was responsible for introducing sugarcane to the Americas, where the climate was suitable for growing it. As a result, sugarcane plantations were established in the West Indies and South America. In the 19th century, due to political issues, the West Indies no longer exported sugar as a food commodity. France was one of the first European countries to begin growing sugar beets, a type of plant with roots that contain high amounts of sugar. The production of sugar from sugar beets in Europe resulted in sugar becoming widely available and affordable.

Watch this video about the history of sugar: <https://youtu.be/p4g6sReVCYQ>



Sugar cane in the field.



Sugar cane.



Sugar beets.



Sugar beets in the field.

The Story of Spices

Spices have been widely used around the world since the early times. Early evidence shows that hunter-gatherers wrapped meat in bark and the leaves of bushes. They also included berries, seeds, and nuts with their meals. India first cultivated spices such as cardamom and turmeric in 800 BCE.

Shen Nong, who had already discovered tea, wrote about using different herbs in China around 2700 BCE. Ancient Egypt used other spices for their health benefits around 1555 BCE. There is also evidence of spices being used for health benefits in Mesopotamia and Persia from 720 BCE.

Most spices trading occurred in Arabia, Greece, South-West Asia, and Rome. Arabia monopolised the spice market and demanded that people pay a high price for this food commodity until around the end of the first century.

Despite Arabia's monopoly on spice trading ending, the cost of spices remained very high until the 13th and 14th centuries. Consumers who could afford spices used them in every dish they made. People who could not afford

spices ended up eating bland food with salt and herbs such as rosemary and thyme. Eventually, the accessibility of sea trade resulted in spices becoming much more affordable.

Christopher Columbus travelled the world in search of spices. Unfortunately, he was not very successful. However, Columbus did introduce hot chilli and sweet bell peppers to Europe, which were very popular as people could easily grow these in small spaces. He also discovered allspice, a small, round, reddish-coloured spice, on the Island of Jamaica. Despite this, Columbus became more well-known for transporting spices worldwide rather than discovering them. Due to his discoveries, the Americas became a significant producer of spices, and this meant they were more affordable and widely available.

Watch this video that outlines the role of explorers in the pursuit of spices: <https://youtu.be/ADWqZ6D11VM>



A range of spices.

The Story of Salt

Salt is a mineral. It is believed that salt was first extracted from a salt lake at Lake Yuncheng, in the Chinese province of Shanxi, around 6000 BCE. Many battles were fought over the ownership of salt lakes in China.

Evidence suggests that the Chinese were the first to use salt in food preparation and cooking. When nomads travelled from China to West Africa, they carried salt. Around 1450 BCE, Egyptians used salt to preserve food, and the Roman empire used salt as a currency. Roman soldiers were paid with salt. Salt trading routes existed across Africa, the Mediterranean sea, and even deserts. As early as the sixth century, salt was heavily traded and was as valuable as gold. In the sub-Saharan, Moorish merchants traded salt, which was equally as valuable as gold.

Watch this video to discover more about the history of salt: <https://youtu.be/uHg6fOEA9qs>

The Story of Oil

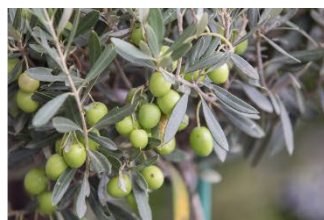
It is thought that humans started using the fat from animals around the time they discovered fire and how fire could be used for cooking animals around 25,000 BCE. Most vegetable oils are made from seeds, with some being made from fruit.

China and Japan began extracting oil from soybean seeds around 3000 and 5000 BCE. Southern Europeans began producing olive oil around 2000 BCE. They used millstones, mortars, and pestles, and even their feet to crush the oily plants and then heated them to extract their oil. Mexicans and North Americans roasted peanuts and sunflower seeds, then made them into a paste before boiling them in water. They then removed the oil that rose to the surface of the water. Africans grated and beat palm kernels and the flesh from coconuts into a pulp. This was also placed in boiling water, where the hot oil was skimmed off the surface.

Watch this video to discover more about the history of oil: https://youtu.be/JUpqkDgM_kc



Sunflowers in field.



Olive tree.



Soya beans.



Coconuts and coconut oil.

Written Activity One

Where in the World is this from?

Chinese cuisine is now popular all around the world. Although China was an early agricultural centre, many foods typical of Chinese cuisine did not originate in China. Instead, they made their way to China via the Silk Road. But where did popular 'Chinese' ingredients originate?

The foods listed below made their way to China along the Silk Road.

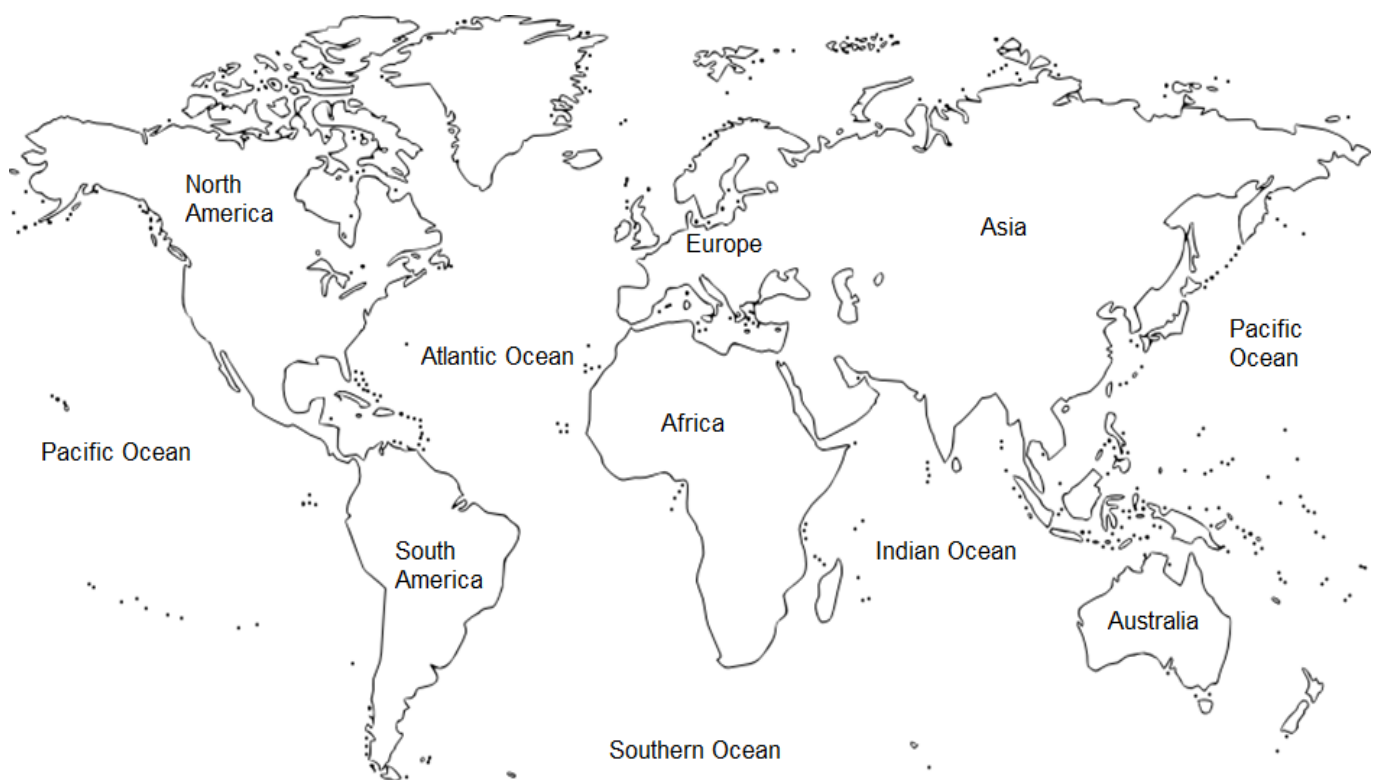
- | | | | |
|--------------------------------------|---|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Capsicums/ Peppers | <input type="checkbox"/> Grapes | <input type="checkbox"/> Rice |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Carrots | <input type="checkbox"/> Olives | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Cherries | <input type="checkbox"/> Peaches | <input type="checkbox"/> String beans |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Broad beans | <input type="checkbox"/> Dates | <input type="checkbox"/> Pomegranates | <input type="checkbox"/> Watermelon |

Step 1

Conduct some research to determine the possible origins of each food listed.

Indicate on the map provided where each food is likely to have originated.

This link may help you locate the countries or regions on your map: <https://geology.com/world/world-map.shtml>



Step 3

Select one of the ingredients and undertake some research to answer the following questions.

What are the sensory properties of this ingredient like?

Appearance	Texture	Aroma	Taste

Where did this food originate from?

How did this ingredient make its way along the silk road?

Why did this ingredient make its way along the Silk Road?

How was this ingredient used in Chinese cooking?

What Chinese recipes use this ingredient?

Written Activity Two

The Flavour of the Silk Road

Read the article below.

The Dumpling Trail

In Italy they're called ravioli, in India they're samosas, in Afghanistan they're boulani. They are different foods from different lands. Or are they? Their evolution follows the ancient Silk Road along which traders interacted for hundreds of years. The presence and variety of similar dough-wrapped morsels seems to be the result of cultures at the crossroads.

Consider the Chinese wonton. The Indian samosa. The Italian ravioli. They are different foods from different parts of the world. But each reveals itself as a regional incarnation of one very good idea: a small package of meat or vegetable filling wrapped with carefully cut strips of dough -- like a dumpling. From culture to culture, the idea is the same, even though the way the food is cooked is different; sometimes poached, sometimes fried, sometimes steeped in sauce.

There's something else the wonton, the samosa and the ravioli share: a culinary heritage along the ancient Silk Road -- the trade routes from China and Japan in the east across central Asia and India through Antioch, Byzantium and the Mediterranean in the west.

If the lure of silk was the road's initial driving force, it soon welcomed pearls and gems, spices, carpets, glass, medicines, pottery, weapons. But it was food that kept it alive. Whether its wayfarers were merchants or philosophers or warriors, they carried their culinary habits and cooking methods with them. But since people from diverse cultures spent months and even years on the road, the dishes they prepared were susceptible to influence and change.

"As these travellers on camels or in their caravans stopped at caravanserais [rather like ancient rest stops] and oases, they brought food from back home with them -- or the knowledge for making food -- and they would prepare food the way they knew it," says Jim Deutsch, a program coordinator for the Folklife Festival. "It was natural to share that food -- to break bread together as companions. That's how the ideas spread along the Silk Road."

Think about those cooked stuffed pastries. Self-contained. Portable. Often protein-filled. And more stable than the ingredients would have been on their own. But where did they come from? Did they emerge in many areas? Or did the idea emanate from one place, only to be modified to suit the realities of culture, climate and geography as travellers carried it from place to place? Did Chinese wontons, for example, morph into Italian ravioli? And what about breads and rice? Did a pita in the Middle East turn into a pizza in Italy? Did an Afghan pilau become a Turkish pilaf? Or was each of these developed by the tastes and needs of their own cultures?

Source: Weinraub, J. (2002, June 26). *The Flavour of the Silk Road*. Retrieved from Washington Post:

<https://www.washingtonpost.com/archive/lifestyle/food/2002/06/26/the-flavor-of-the-silk-road/b78111a7-f974-4816-90fd-68cce1125c0a/>

Answer the following questions:

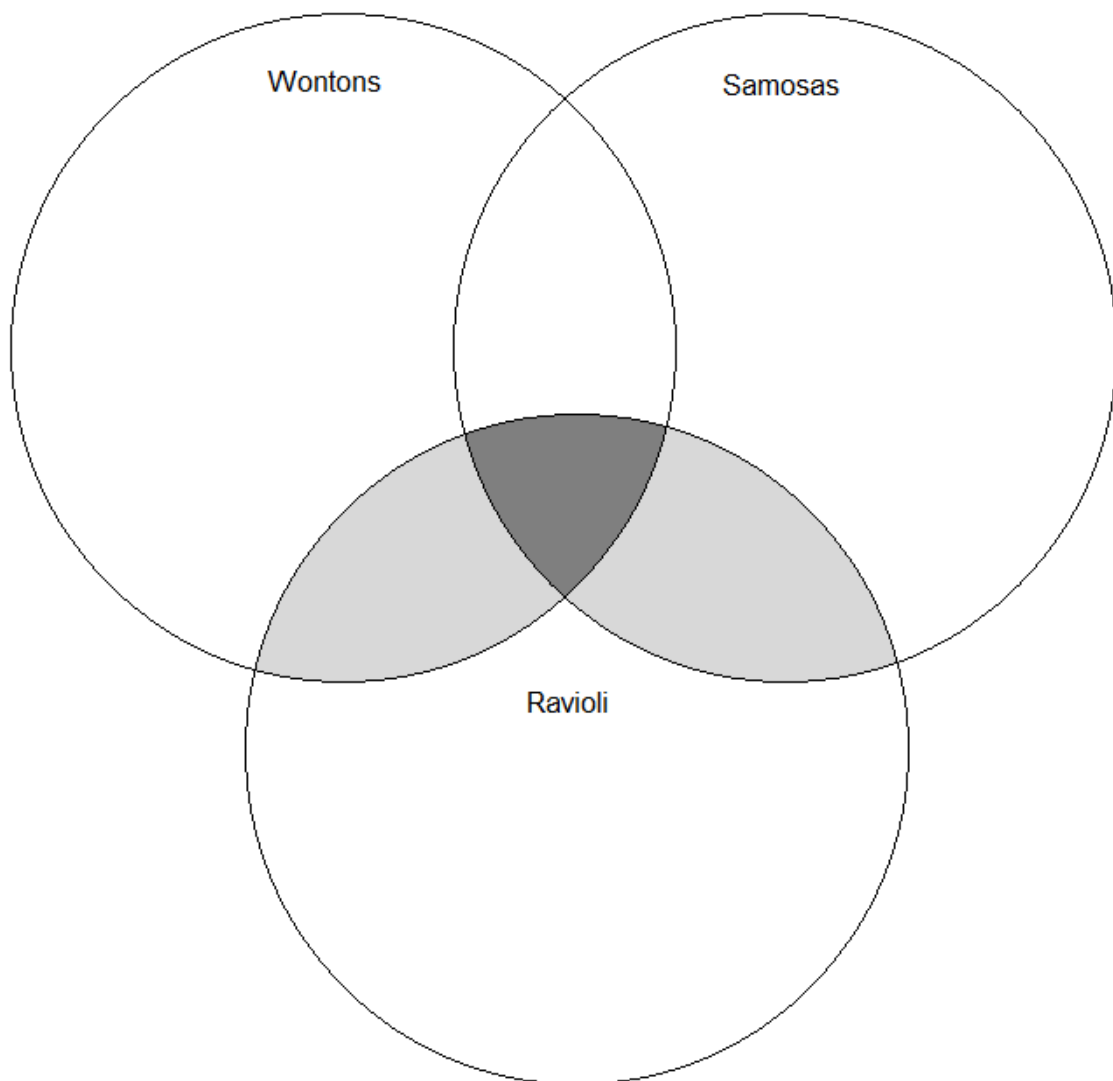
1. In your own words, explain what the Silk Road is and how it contributed to the spreading of food commodities and cultures around the world.

2. The author suggests that samosas, wontons, and ravioli are different versions of the same product.

Conduct some research to find out about samosas, wontons, and ravioli.

Identify the similarities and differences between the three food items in the Venn diagram below.

Fill in the different characteristics of each



3. **Brainstorm** some possible reasons why the Silk Road could have contributed to different versions of a similar food product, such as the cooked and stuffed pastries discussed in the article.

Practical Activities

Practical Activity: The Spice of Life

Many different spices made their way all around the world from the early agricultural centres – Asia, the Middle East, the Mediterranean, and Mesoamerica.

1. In groups of four, **prepare** one variety type of spice blend each.

Spice Blends			
Mediterranean	Mesoamerica	Asia	Middle East
<input checked="" type="checkbox"/> Oregano <input checked="" type="checkbox"/> Basil <input checked="" type="checkbox"/> Thyme <input checked="" type="checkbox"/> Rosemary	<input checked="" type="checkbox"/> Cumin <input checked="" type="checkbox"/> Coriander <input checked="" type="checkbox"/> Paprika <input checked="" type="checkbox"/> Chilli Powder	<input checked="" type="checkbox"/> Star Anise <input checked="" type="checkbox"/> Fennel <input checked="" type="checkbox"/> Peppercorns <input checked="" type="checkbox"/> Cloves <input checked="" type="checkbox"/> Cinnamon	<input checked="" type="checkbox"/> Sumac <input checked="" type="checkbox"/> Coriander <input checked="" type="checkbox"/> Thyme <input checked="" type="checkbox"/> Oregano <input checked="" type="checkbox"/> Sesame seeds <input checked="" type="checkbox"/> Salt
Method: <ol style="list-style-type: none"> 1. Make a spice blend by combining ¼ tsp of each Spice. 2. Combine thoroughly. 3. Set aside. 			

2. Each student is to prepare the following recipe using their chosen spice blend.

Spiced Chicken Salad
Preparation Time: 15 minutes Cooking Time: 30 minutes Serves: 1
Boiled Brown Rice and Quinoa
Ingredients: ½ cup SunRice brown rice and quinoa 185ml (2/3 cup) chicken or vegetable stock
To cook the rice and quinoa: <ol style="list-style-type: none"> 1. Rinse quinoa and brown rice with cold water. 2. Place quinoa and brown rice in a small to medium-sized saucepan and cover with chicken stock. 3. Bring the quinoa and brown rice to a boil. When the stock is boiling, decrease the temperature to low and put the saucepan's lid on. Simmer for about 25 minutes. 4. Remove from the heat when it is cooked. Leave the lid of the saucepan on the rice until needed. <p>Note: When cooked, the quinoa looks soft and translucent and will have a germ ring visible on the outer edge.</p>

Spiced Salad	
Ingredients:	
Spice blend	½ cup (15g) baby spinach
2 chicken tenders	2 cherry tomatoes, sliced
1 teaspoon olive oil	1 sprig coriander and parsley, chopped
¼ brown onion, diced	
To make the chicken salad:	
<ol style="list-style-type: none"> 1. Dice the brown, halve the cherry tomatoes, and chop the herbs. Set aside. 2. Place spice blend and oil in a small bowl. 3. Add the chicken to the spice blend and turn to coat it. Set aside. 4. Heat a non-stick frypan to medium heat. 5. Cook chicken for 3-5 minutes on each side or until cooked thoroughly. 6. Transfer chicken to a plate and cover it with a saucepan lid to keep warm. 7. Add the onion and garlic to the frypan and saute until it is soft and golden. 8. Add the rice, quinoa, and baby spinach, and warm through until the spinach has wilted. 9. Turn off the heat. 10. Toss the herbs through the rice and quinoa, 11. Slice the chicken diagonally. 12. Place the quinoa and rice salad in a serving bowl, top with chicken, and garnish with cherry tomatoes. Serve. 	













Practical Record: The Spice of Life

Sensory Evaluation

Each student in the group of four is to cut up one chicken tender for the other group members to sample.

Conduct a sensory analysis of each spice blend below.

Think of a descriptive word to describe the appearance, texture, taste, and aroma of the mix.

Sensory Property	Descriptive Words	Rating
Appearance		  
Texture		  
Taste		  
Aroma		  

Class Discussion Questions

- Which spice blend did you like the most? Why?
- Which spice blend did you like the least? Why?
- If you were to use spices in a recipe again, which would you use?

Summary Activity

What is the main idea about this key knowledge and key skills?
Write two or three sentences in your own words
Define the terms “trade” and “commodities.”
Why did food commodities start to spread around the world?
Outline how the Silk Road contributed to the growth of trade and the spread of food commodities worldwide.
Outline the influence of Spanish explorers in enabling food commodities to spread around the world.
Summarise why spices were a popular food commodity and why people wanted to trade them.
Besides the exchange of foods and other goods, what were some other benefits of early trade?

Exam Preparation

Multiple-Choice Questions (5 marks)

Choose the response that is correct or that **best answers** the question.

1. The effect of tea was said to be discovered when:
 - a. Tea berries eaten by sheep made them more energetic.
 - b. Christopher Columbus crushed the leaves and ate them with rice.
 - c. Nomadic Shepherds found that meat marinated in the tea leaves before cooking was more flavoursome.
 - d. Emperor Shen Nong consumed boiled water mixed with tea leaves that had accidentally fallen into the bowl.
2. Coffee became a popular drink in the United Colonies, now known as America, because:
 - a. Not many other countries wanted to consume it.
 - b. It was expensive, and many wealthy people lived in the United Colonies.
 - c. Eventually, a tariff was listed, and it became more affordable.
 - d. An oversupply in the market.
3. The commodity that made the most profit for traders was:
 - a. Wheat.
 - b. Spices.
 - c. Coffee.
 - d. Chocolate.
4. Sugar cane was first cultivated in
 - a. Far North Queensland.
 - b. New Guinea.
 - c. Mesoamerica.
 - d. The Fertile Crescent.
5. Which of the following did the Columbian exchange bring to the new and the old world?
 - a. Diseases.
 - b. Foods.
 - c. Animals.
 - d. All of the above.

Short Answer Questions (22 marks)

Question 1

Identify three food commodities that spread around the world as a result of trade. (3 marks)

Question 2

Summarise the journey of sugar around the world. (3 marks)

Question 3

Explain how America influenced the spread of food commodities throughout the world. (2 marks)

Question 4

Discuss one positive and one negative impact of the Columbian Exchange. (4 marks)

Question 5

Explain why drinking chocolate was not initially accepted in Europe and why it became a popular drink. (2 marks)

Question 6

Analyse the accuracy of this statement,

“Without trade and travel, food commodities would not have spread around the world.” (4 marks)

Question 7

Identify two commodities that can be traced back to ancient times. Name a modern recipe or dish that uses these ingredients. (4 marks)

Exam Preparation

Multiple-Choice Questions (5 marks)

Choose the response that is correct or that **best answers** the question.

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 - b. Christopher Columbus crushed the leaves and ate them with rice.
 - c. Nomadic Shepherds found that meat marinated in the tea leaves before cooking was more flavoursome.
 - d. Emperor Shen Nong consumed boiled water mixed with tea leaves that had accidentally fallen into the bowl.
2. Coffee became a popular drink in the United Colonies, now known as America, because:
 - a. Not many other countries wanted to consume it.
 - b. It was expensive, and many wealthy people lived in the United Colonies.
 - c. Eventually, a tariff was listed, and it became more affordable.
 - d. An oversupply in the market.
3. The commodity that made the most profit for traders was:
 - a. Wheat.
 - b. Spices.
 - c. Coffee.
 - d. Chocolate.
4. Sugar cane was first cultivated in
 - a. Far North Queensland.
 - b. New Guinea.
 - c. Mesoamerica.
 - d. The Fertile Crescent.
5. Which of the following did the Columbian exchange bring to the new and the old world?
 - a. Diseases.
 - b. Foods.
 - c. Animals.
 - d. All of the above.

Short Answer Questions (22 marks)**Question 1**

Identify three food commodities that spread around the world as a result of trade. (3 marks)

Sugar, spices, coffee, and wheat.

Any three of the above would be suitable answers.

Question 2

Summarise the journey of sugar around the world. (3 marks)

Sugarcane originated in New Guinea.

Seaborn traders helped spread sugarcane cultivation throughout Southeast Asia, China, and India.

India was the first country to manufacture sugar.

Alexander the Great, another significant explorer, introduced sugar cane to the Middle-east in the 4th Century B.C.E.

Christopher Columbus was responsible for introducing sugarcane to The America's.

In the 19th Century, due to political issues, the West Indies no longer exported sugar as a food commodity.

France cultivated sugar beet and built processing plants to manufacture it. This resulted in sugar becoming widely available and much cheaper.

Any three of the above would be suitable answers.

Question 3

Explain how America influenced the spread of food commodities throughout the world. (2 marks)

Christopher Columbus introduced a lot of food commodities to The America's. America was able to produce a significant amount of food in vast quantities. These food commodities often became much cheaper once The America's began making them.

Question 4

Discuss one positive and one negative impact of the Columbian Exchange. (4 marks)

A range of food commodities, such as potatoes, were introduced to Europe due to the Columbian Exchange. Farmers could get a lot of produce when they planted potatoes in smaller plots of land. This freed up other land for growing other crops. The potatoes were easy to grow, too, and this allowed the farmers to do other things with their time.

A negative exchange was that of tobacco. This was an addictive substance. The America's also began to grow sugarcane. But they needed labour to do so. They used slave labour to grow and harvest sugarcane. This was another negative impact.

Question 5

Explain why drinking chocolate was not initially accepted in Europe and why it became a popular drink. (2 marks)

Due to its bitterness, drinking chocolate may not have been accepted initially in Europe. It was only after the 1500s that it was sweetened with sugar. It soon became popular but was more expensive than tea or coffee. It remained a luxury product only consumed by the upper class for many years.

Question 6

Analyse the accuracy of this statement,

“Without trade and travel, food commodities would not have spread around the world.” (4 marks)

The statement, ‘Without trade and travel, food commodities would not have spread around the world’ is true. Food commodities grow in areas where they grow well due to climatic conditions and weather patterns. Food commodities may not grow in all parts of the world. Therefore, they need to be transported to other places so people of other countries can enjoy them. This would not have happened with the ability of man to travel. Trade enabled people to swap much-wanted items with each other. Some of these items may not have been available in people’s immediate communities. Therefore, trading food commodities was necessary. This helped food commodities to spread around the world.

Question 7

Identify two commodities that can be traced back to ancient times. Name a modern recipe or dish that uses these ingredients. (4 marks)

Cinnamon

This was a spice that spread throughout the world. A modern recipe that uses cinnamon is cinnamon scrolls.

Chocolate

This is an ingredient that was used in ancient times. Many dishes use chocolate as an ingredient, for example, chocolate pudding.