



CHOPPED - AMERICAN FOODS

BOREDOM BUSTER FOR 1:1 OR INDIVIDUAL ACTIVITIES

ACTIVITY DIRECTORS QUICK GUIDE

PLEASE READ

How to Use this Activity Packet

Step 1: Print pages 3 – 23 to leave with residents. This can be done with or without step 2, however we highly recommend watching one of our demand recordings with a resident, before leaving this boredom buster with them.

*Please review these two craft activities (pg. 10-11) for your residents. The crafts in this packet require preparation: [1. Bean Experiment Contest](#) [2. Spice Painting](#)

Note: At the end of the individual packet are suggested activities for residents. Some may require assistance. If this is outside your capabilities, please remove this page before handing out to residents. If this is possible in your community, use this page as a “door knocker”. Ask residents to circle the activities they’d like to do in the next visit.

Step 2: Register for free access to Eversound’s on demand recordings. Recordings include a variety of topics including presentations from zoos, animal keepers, aquariums, museums and more. Free and unlimited access is available until April 30, 2020.

- Register here: www.eversoundhq.com/archive-access

Step 3: Use this PDF guide on how to get set up with on demand recordings in your community, on your laptop, tablet or other multimedia device.

- [PDF GUIDE: Getting Started with On Demand Recordings](#)

Step 4: Review a few of the available listings on the next page and work with your residents to see which presentations they would be interested in learning about! Note this is just a sample of our library, find the rest when registering!

About Eversound

Eversound is an engagement solution company that helps senior living communities combat social isolation. Our live streamed, interactive programming and wireless listening systems help residents continue to live fulfilling lives while supporting staff in delivering exceptional care. We provide opportunities and new experiences for residents to connect, learn and discover from the comfort of their communities, especially those practicing physical distancing. [Learn more.](#)

Food Themed On Demand Recordings

Presenter	Topic	What’s It About?
The Wine Sisters	All Things Wine	Join certified sommelier Erin Henderson for an entertaining and informative show about wine. Learn entertaining tips, to fabulous finds for any budget, to exploring specific wine regions to expert wine and food pairings.

Southern Food and Beverage	Creole vs. Cajun	"Cajun" and "Creole" are terms we associate with New Orleans and South Louisiana. But what are the similarities and the differences between the two? Join the experts from the Southern Food and Beverage Museum in New Orleans to get to the heart of the cultural and regional nuances of cajun versus creole.
The Citrus Guy	Growing Food in Small Spaces	Join Darren Sheriff for his Growing Food in Small Spaces discussion. He will discuss what can be grown in containers, what kind of soil to use, how and when to water, how to deal with pest problems and so much more.
River Valley Cheese	Brie, Beguiling Brie!	Come learn about the cheese so tempting that a King risked his life to take a "cheese break" and eat it while escaping from prison. We'll explore the basics of making it and what makes it so unique. Plus, we'll answer the most important question of all: Can you eat the rind?
Cooper River Brewing Company	Meet The Brewer	The basic brewing process hasn't changed in thousands of years, only the brewers have. Cooper River Brewing Company joined Charleston's thriving craft beer scene in 2015. Join co-founder Jamie Martin and Head Brewer Mark Feche as they walk you through the brewing process and some of their favorite blends.

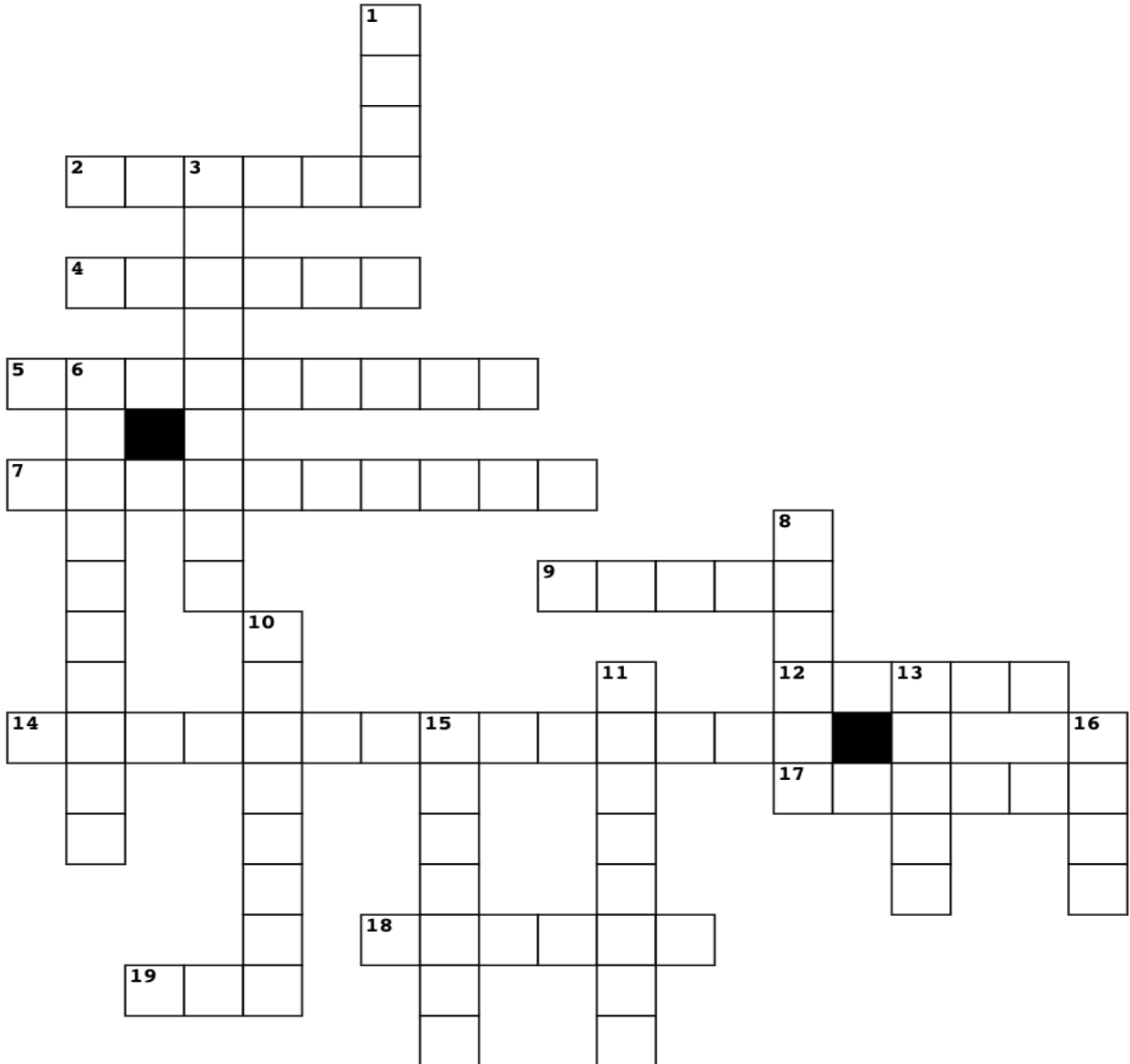


CHOPPED – AMERICAN FOODS

“There is no sincerer love than the love of food.”

–George Bernard Shaw

Fruits & Vegetables – Answers on page 20



Across

2. Bell, jalapeno, habanero
4. Technically a berry but doesn't look like one
5. Green spears
7. Ruby red citrus
9. Tropical & juicy stone fruit
12. One a day keeps the doctor away
14. The name might have come from a city in Belgium
17. Nothing rhymes with this fruit
18. Orange bunny snack

Down

1. A partridge in a _____ tree
3. Ingredient in a pina colada
6. _____ shortcake
8. You say _____, I say _____
10. Fungus often put on pizza
11. Little tree-like green vegetables
13. Fuzzy nectarine
15. Popeye's favorite snack
16. Round red root

Sudoku - Answers on page 21

How to play:

- Use Numbers 1-9 to fill empty boxes.
- Don't Repeat Any Numbers in any 3x3 square, row or column.
- Use Process of Elimination.

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4			5		6		7	
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Daily Jumble – American Dishes

B	A	E	D	K
---	---	---	---	---

E	A	N	S	B
---	---	---	---	---

A	B	R	U	G	H	M	R	E
---	---	---	---	---	---	---	---	---

H	P	I	L	L	Y
---	---	---	---	---	---

H	E	C	S	E	S	T	E	K	A
---	---	---	---	---	---	---	---	---	---

O	T	H	D	G	O
---	---	---	---	---	---

T	K	I	W	N	E	I	S
---	---	---	---	---	---	---	---

Answers: Baked Beans, Hamburger, Philly Cheesesteak, Hotdog, Twinkies


Word Mining

How many words can you make from this phrase?

“Age Like a Fine Glass of Wine”

What do you call a fake noodle?

Impasta!



Trivia!

How much do you know?

1. What is the official nut of Alabama?
 - a. Peanut
 - b. Almond
 - c. Pecan
 - d. Cashew

2. The first avocado tree was planted in 1833 in which state?
 - a. New Mexico
 - b. California
 - c. Texas
 - d. Florida

3. Which is the oldest brewery in the United States?
 - a. Samuel Adams
 - b. Yuengling
 - c. Pabst Blue Ribbon
 - d. Budweiser

4. Which hamburger chain was the first to open?
 - a. Burger King
 - b. McDonald's
 - c. White Castle
 - d. Dairy Queen

5. How many turkeys are consumed each year for this national holiday?
 - a. 32 million
 - b. 120 million
 - c. 46 million
 - d. 80 million

6. Which state is nicknamed “The Diner Capital of the World”?
 - a. New Jersey
 - b. New York
 - c. North Carolina
 - d. Ohio

7. In 1943, Pizzeria Uno in Chicago started serving a pizza that grew to be the city’s signature pizza style. What was it?
 - a. Thin crust pizza
 - b. Deep-dish pizza
 - c. Stuffed pizza
 - d. Deep-fried pizza

8. What is the state vegetable of Oklahoma (*hint: often considered a fruit*)?
 - a. Pumpkin
 - b. Watermelon
 - c. Tomato
 - d. Potato

Answers: 1. C / 2. D / 3. B / 4. C / 5. C / 6. A / 7. B / 8. B

Grow Your Own Beans!



Step 1: Place wet cotton balls or napkins up against a clear jar. Place a bean or two between the jar and wet material. Place in a sunny window for a few days and water as needed.

Step 2: When you see the bean start to sprout, document the changes. How long did it take? Did some beans grow more quickly than others? The goal is to have your bean grow the most quickly for a prize!

Step 3: Once the bean has grown strong enough roots, let your activity professional know so they can plant in your garden!

You may also ask your activity professional for a copy of Jack and the Beanstalk to read.



Photos courtesy of LittleBinsLittleHands.com

Spice Painting

Photos Courtesy of Craftulate.com



Step 1: Set-up your materials as provided by your activity professional. This should contain spices, white paint, brushes, materials to paint with and paint on and a water cup.

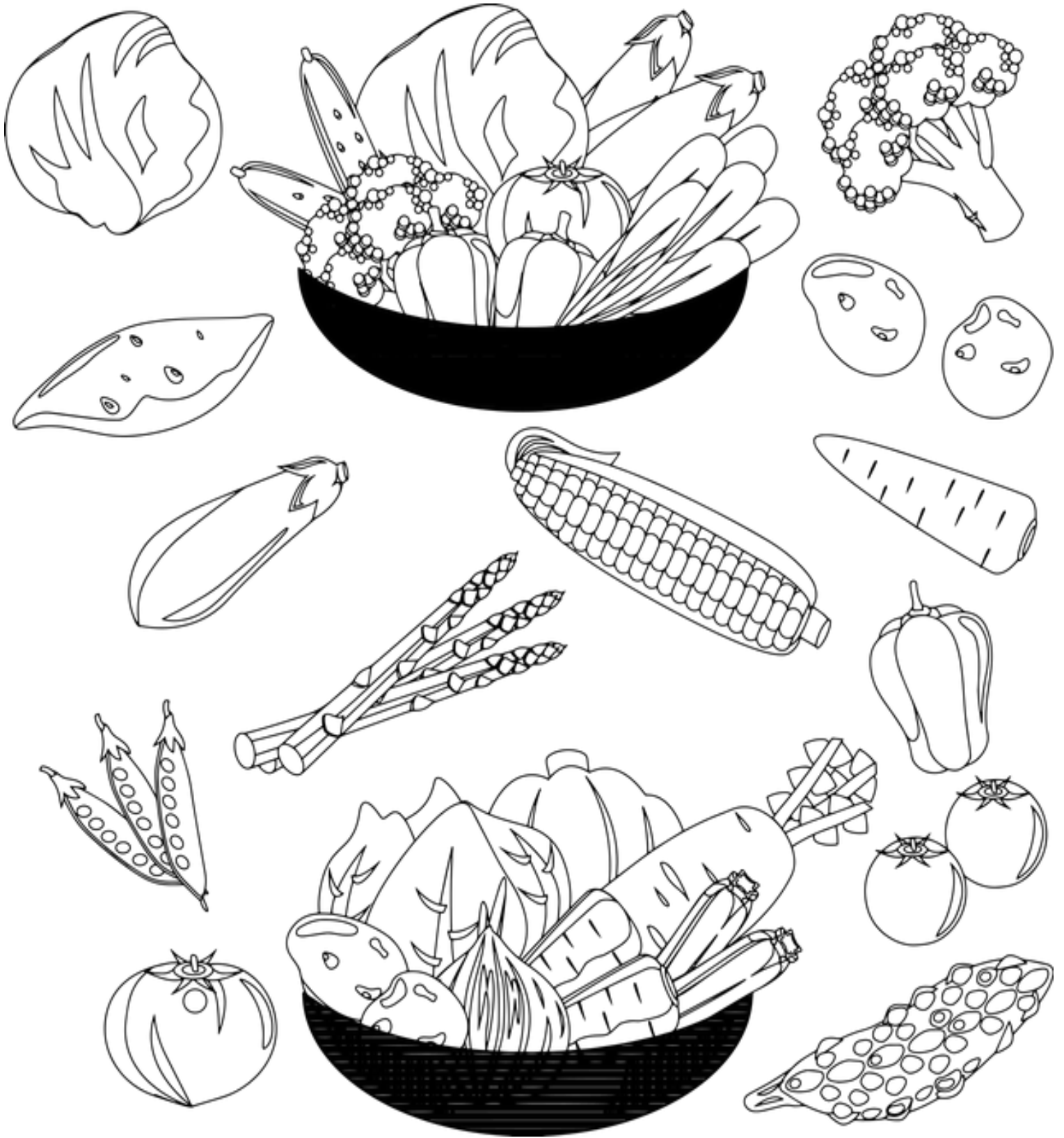
Step 2: Using the white paint, create small blobs of white paint with enough room in between for mixing the spices in. Add spices to make colors and even mix spices together to create new colors. (Think like you are making a sauce!)

Step 3: Do the smells remind you of anything? Which are your favorite? Use the paints to create a painting. Some ideas include flowers, plants, or even the dish that the spice smell reminds you of!

Be sure to return all materials to your activity professional!



Coloring for Mindfulness



Today I Learned The Origins of Some of America's Most Beloved Foods

Some people will argue that no food is truly “American”. Some say American foods are just modified versions of food from other cultures, and that can be true. With our diverse population, many foods have indeed changed from their original recipe, but maybe those changes are what make them American. For example, orange chicken actually originated in San Francisco, and was invented by a Chinese immigrant. Take a look at some American foods and their origins below.



Cheeseburger

The Cheeseburger has many competing claims to fame but almost all American in origin. A few competitors include Lionel Sternberger in 1926 of the “Rite Spot”, Steak ‘n Shake founder Gus Belt in the 1930s, and Louis Ballast of the Humpty Dumpty Drive-In in 1928. Wherever their origin, they all have roots in Germany. Hamburgers are originally from Germany, from the city of Hamburg although this version is quite plain. The version we know today, with its many toppings, is an American contribution.

Clam Chowder

A New England staple, clam chowder is purely American. The first variation that is cream based came from French, Nova Scotian and British settlers in the region. In 1919, Manhattan clam chowder appeared and used tomatoes.

Chicken Fingers

Chicken fingers were created as a way to make less desirable cuts of chicken more edible. In the early 1900s, high quality cuts of chicken or red meat, were not always readily available. By breading and frying these less desirable cuts, Americans could enjoy their meal regardless.

Apple Pie

Nothing is more American than apple pie, even its English origins. The first known apple pie recipe came from England in the early 1300s. Furthermore, apple trees didn't exist in America until it was settled and was a fan favorite of the Dutch long before Americans.

Grilled Cheese

The closest relative to the grilled cheese as we know it is the croque monsieur from France in the early 1900s. The “Americanized” version came as a result of our invention of processed cheese slices that made the sandwich affordable and easy.

Hot Dogs

Another beloved American dish with origins in Germany. You may have heard of a hot dog referred to as a “Frankfurter”. This is because its origins in Frankfurt and that the sausage there is often prepared with pickled toppings on bread, hence the buns and relish we often use on our hot dogs today.

PB & J

Here is another way to thank our soldiers—the invention of the PB & J. At the time of its creation, peanut butter had already been around awhile and was equally as sticky as we know it today. World War II soldiers started adding jelly to the mix to make their sandwiches easier to swallow. By the time the war ended, it had become commonplace nationwide.

Buffalo Wings

Luckily, this didn’t mean buffalos all of a sudden started sprouting wings. Buffalo wings come from Buffalo, NY (hence the name). Two restaurants claim to have invented them, Anchor Bar and John Young’s Wings ‘n Things.

Categories

Name an item that fits in each category and starts with the corresponding letter! For example, for “Name something you can drink” for “F” an answer could be “Fruit juice”

	C	O	R	N
Name a type of dessert				
Name a type of soda pop (brands allowed)				
Name something you'd eat at Thanksgiving				
Name a fruit				
Name a type of cuisine				
Name something you'd find on a menu				

Did You Know? Debunking These 5 Food Myths

You might be surprised to learn that many of the things we've thought to be true around these foods are simply, myths. Take a look at the list below to learn the truth about some of these tales. How many of these did you think were true?

“An apple a day keeps the doctor away”

One of the most famous “rules of thumb”, this myth is predicated on apples being packed with Vitamin C and fiber, both important to long-term health. However, these aren't the only things your body needs. Unfortunately, if you are exposed to certain viruses or bacteria, an apple will do nothing to keep you safe.

“The 5 Second Rule”

You have probably heard this one before—if you drop a piece of the food on the ground, as long as you pick it up within 5 seconds, it is safe to consume. Unfortunately, this is not true. Bacteria can contaminate a food within milliseconds of contact, and safety is defined by the cleanliness of the surface, not how long it comes in contact with the food.

“There's beaver butt secretions in vanilla ice cream”

No need to put down that spoon just yet! You may have heard of a secretion called castoreum that comes from the anal gland of a beaver and has been rumored to be a key ingredient in vanilla ice cream. Luckily, this is not true. The FDA highly regulates what goes into vanilla flavoring and extracts, and according to the Federal Code of Regulations it is illegal to do so.



Debunking These 5 Food Myths (cont'd)

“You need to wait an hour after eating to swim or you can cramp and drown”

The reasoning behind this claim is that digesting food will draw blood away from your other muscles and to the stomach, making those muscles more likely to cramp. Well, eat that hotdog and dive-in, there is no evidence to support this theory. In fact, to date, there are no known reports of someone drowning due to a cramp caused by a full stomach.

“Sugar causes hyperactivity in children”

To date, many scientific studies have failed to find any evidence to support this claim. The myth emerged in 1974, when the American Academy of Pediatrics published a note from Dr.

William Crook who claimed sugar to be the leading cause of hyperactivity in children. There was no evidence in this note to support this claim.

“Eating a lot of carrots gives you great night vision”

Eating a bunch of carrots won't give you superpower vision. Carrots do contain Vitamin A which is good for eye health, but unfortunately, you cannot eat your way to 20/20 vision. This myth is thought to come from British propaganda during WWII. This was used as cover for radar technology that allowed its bomber pilots to attack in the night.

“It takes 7 years for gum to digest if you swallow it”

No need to stress about that piece of gum you accidentally swallowed. Gum passes through the digestive tract as easily and as quickly as anything else. The only time gum consumption becomes problematic is when it is swallowed with other objects that shouldn't be in your diet. One case involved a 4-year-old-girl swallowed a piece of gum along with 4 coins which led to an intestinal blockage.

Crossword Famous American Foods

S Y P I E I B Z W X A H N X
 W K R O L L A D J U K B X K
 Q S C I Z X R U B O B M U G
 P R H K C V B C U L J R F G
 E C N U U R E G R U B M A H
 P E E I S C C L R N H G O M
 S L K F M O U H I C R L L Y
 I P C X O K E X T H D O T K
 S P I C R E Y E O E D B A P
 T A H I E X O I I E Y S E C
 I E C C S Z X R Y S C T M Q
 R T H E N B F S I E W E O S
 G N O L L E J V T Y F R S B
 H K D E L L I R G E I H N M

GRITS
 FRIED CHICKEN
 HAMBURGER
 MEATLOAF
 JELLO
 COKE

PEPSI
 CHILI
 GRILLED CHEESE
 GUMBO
 BURRITO
 LOBSTER ROLL

BARBECUE
 APPLE PIE
 S'MORES



ANSWER KEY

Sudoku Answers

3	4	7	9	6	2	8	5	1
5	9	8	1	3	4	7	6	2
1	2	6	7	8	5	3	9	4
8	7	4	2	5	1	6	3	9
2	6	5	3	9	7	4	1	8
9	1	3	6	4	8	5	2	7
6	3	1	4	7	9	2	8	5
7	5	2	8	1	3	9	4	6
4	8	9	5	2	6	1	7	3



MORE THINGS TO DO!

Document your best recipes! For this activity, ask your activity professional if they can print you out some blank recipe cards to fill in. If you have a computer, or access to one, you can create your very own cookbook! There are many places that create family cookbooks where every one in the family can contribute.

Watch a documentary or TV series about American food

- **Supersize Me**
- **Forks over Knives**
- **Cowspiracy**
- **What the Health**
- **Chopped**
- **Showdown with Bobby Flay**

Watch this series of the most iconic food commercials and see how many you recognize! https://www.youtube.com/watch?v=PGpRVJ92I_w

Create a bird seed planter from 2-liter soda bottles!

Decorate placemats from plastic bags! <https://members.eversoundhq.com/wp-content/uploads/2020/03/ESprograms-May20-UpcycledPlacemats.pdf>