

## ACTIVITIES AND DISCUSSION TOPICS

### Packet 10: Volga German Foods

<b>Teacher</b>	<b>Sequence</b>
<p>1. Talk about the family in terms of it being a self-contained food processing plant. Who would have done what chores and why? Which of these chores named in the discussion are not done in our home? How have they been eliminated?</p>	<p>The family on the prairie really was a sort of food processing plant because everything in the processing chain was done by family members from planting the seed to making cookies, from raising animals and slaughtering them to making soup. Children will enjoy thinking of all different things to do in the chain. Make a similar list of things that are no longer done at home in the food processing chain. Discuss why they are no longer done at home – people are more specialized in their work today so it is more difficult or at least less likely that a family tries to do everything for themselves, furthermore, there were problems with inadequate sanitation and the food prepared contained germs and bacteria, particularly in slaughtered meat and dairy products. Once these operations became larger corporate ventures, the government was able to regulate how the processing was done and more effectively control these bacteria.</p>
<p>2. Make sauerkraut. Recipe and detailed directions are included in the packet.</p>	<p>The head of cabbage is placed within the sliding box of the kraut cutter and the box is slid back and forth over the blades. The cutter should be placed over a large dish pan which will catch the cut cabbage. Youngsters like this activity, but if actually making the kraut seems too much of a chore, you might pass the project along to the home economics teacher if your school has one, and suggest that some of the foods be made in that class. Or maybe you would rather just buy some sauerkraut to sample in class. It is fun for kids to sample various foods and we suggest if you role-play the wedding celebration, this would be a good time to munch a little. This could also be a homework project for several children to work on together at home, bringing foods into the classroom to eat.</p>
<p>3. Discuss the kitchen tools as examples of dependence on self. They made and repaired many of their own household and farm tools. They would have made the kraut cutter and stomp themselves and, if you recall,</p>	<p>People today do in fact do a lot of their own car and household repairs. But this is really quite different from the self-reliance displayed by early settlers; few people today actually build their own homes all by themselves or consider building a car from scratch. Today, we would go to the store for many of the items that the</p>

<p>they also made their own field harness. What kinds of things do we do for ourselves today and what things are done for us?</p> <p>What things might have been bought at the general store?</p>	<p>Volga Germans would have made themselves.</p> <p>The general store handled a variety of things in somewhat the same way a large department store or discount store handles just about everything, only the general store was much smaller. however just about all the things you would have bought in the general store would have been un-processed foods, like flour, sugar, salt, smoked meats. Fabric and thread could have been purchased, and if you had something to trade to the store, say eggs or some fresh butchered chickens from your farm, you would have been able to exchange these at the store for other items. You would not have found a freezer case, cake mixes, frozen biscuits, or even loaves of bread.</p>
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