

Nombre _____

Fecha _____

Independencia/Interdependencia Proyecto



The importance of food is crucial to many cultures especially for Hispanics/Latinos. For instance, in Dominican Republic, “*La Bandera*” is the most popular dish consumed. *La bandera* means flag and Dominicans take pride in their country, culture, and their food, which is perhaps the reason why they named the dish *la bandera*. What are the staple ingredients used? White rice (*arroz blanco*), red beans (*habichuelas rojas*), stewed chicken, or any kind of meat that is stewed (*pollo guisado o carne guisada*). I lived in Dominican Republic and in my

experience, there is no one that I have encountered who did not gleefully eat this dish. Usually, slices of avocado are also included in this dish, but it isn’t required. Dominican families eat this dish at least once a week. It is such a simple dish with a high protein content and there are many health benefits. Consuming a protein-rich diet can facilitate weight loss and prevent people from overeating. Also a protein-rich diet helps to build muscle when combined with exercise. No wonder most if not all Dominicans eat *la bandera*!

Qué vas a aprender tú:

1. Cocina comida hispana.
2. Aprende los beneficios para la salud (*health*) de la comida.
3. Aprende el origen de la receta (moderna o indígena).

Qué vas a hacer tú:

1. Escoja (*choose*) un plato de un país hispanohablante.
2. Busca los ingredientes y sigue las instrucciones de la receta
3. Escribe un ensayo sobre la receta

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Project Summary

You will write a research paper in Spanish about the dish you chose to cook independently or with a partner. If you are working in pairs with the same recipe, you must complete the research paper separately. Be sure to use your materials from class (notes, past HW assignments, shelf work, etc.) to help you write this research paper. **The due date is October 21st.**

***October 28th is the due date to bring in the food you made based on your research paper.**

***I will check-in with you on October 7th and October 19th to monitor your progress on the project.**

Project Rubric

*You will have to answer the following questions in Spanish and arrange them into a paper (**12pts font, double-spaced, 2-3 pages excluding the recipe**) that flows, which means your answers do not need to be in order.

1. Origin of the dish (food). **5pts**
2. Description of the flavor of each ingredient. **10pts**
 - a. Availability of ingredients in the country of origin.
3. Materials/tools traditionally used to make the dish. **10pts**
4. Nutritional benefits. **10pts**
5. Why did you choose to make this dish? **5pts**
 - a. Is it similar to dishes you or your family make at home?
 - b. Are you already familiar with this dish?
 - c. Have you seen it on Tik Tok?
6. Can you see yourself incorporating this dish into your eating lifestyle? **10pts**
7. Decorate the recipe as if you would include it in your personal recipe book **10pts**
 - a. Sketch it **OR** Decorate digitally on Google Docs, Slides, PDF etc.

Total puntos: 60 puntos (Research paper), 40 puntos (Food brought in)

Instructions:

- ☐ Select a Spanish speaking country that interests you.
- ☐ Look up common food dishes in that country.
- ☐ Choose a dish that looks yummy to you 😊.
- ☐ Gather information for your research paper.

Criteria	Meets Expectations	Satisfactory	Needs Improvement
Organization & length of essay	Essay is a maximum of 3 pages long. Strong organization with an introduction, body paragraphs, and conclusion.	Essay is a maximum 2 pages long. Organizes ideas in a logical manner.	Essay is less than 2 pages long and little to no attempt at organization.
Grammar usage & mechanics (includes spelling)	Essay uses both the preterite and the present tense accurately. Mechanics reflect careful editing. Easy to comprehend.	Essay uses both the preterite and the present tense effectively with some minor errors. Fairly easy to comprehend.	Uses mainly the present tense. Numerous spelling and grammar errors. Difficult to comprehend.
Presentation of recipe	Recipe is decorated well and directions are easy to follow without making any changes. <i>*changes to the recipe</i>	Recipe is decorated well, and the directions are easy to follow with some changes needed.	Recipe is decorated, but the directions are not easy to follow.