

This is a graded discussion: 38 points possible

due Jul 20

8.12 | DB 8: Mis comidas favoritas

30 45

DB 8: Mis comidas favoritas

Instructions

Food plays a big role in a place's culture, not only in the living styles of people from there but in foreigners' perceptions of places as well.

Discussion Question

Have you ever wondered what the food you eat every day can tell you about where you come from? Have you ever wondered why people from different parts of the world eat different types of food? Do you ever ask yourself why certain foods or culinary traditions are so important to your culture? Let us know your opinion about these questions in your first post.

Watch the video ["National Dishes of Latin America: A latin America Food Fiesta!](https://www.youtube.com/watch?v=p6zzjHm_vVw) (https://www.youtube.com/watch?v=p6zzjHm_vVw) and let us know what you think about the food you see in the video. What food would you like to try or what food you had the opportunity to try. Write at **least one sentence in Spanish** using the vocabulary and the grammar you know.

Completion/Expectations

Please read your classmates' entries and comment on at least two of them. This is a great opportunity to create a community and to form learning partnerships with each other.

Please use clear, professional, respectful, and inclusive language.

Post your answer to the Discussion prompt by July ,18th at 11:59 PM.

Please reply to at least two of your classmates' posts by July, 20th at 11:59 PM

This topic is closed for comments.

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<https://>**SEBASTIAN MASSIMINI** (<https://canvas.odu.edu/courses/122296/users/34014>)

Jul 14, 2022



Me gustan comer Saltenas de Bolivia. I have had empanadas plenty of times before, but would like to one day try them from Bolivia where the originate. I had the oppurtunity to try some real mexican cuisine while down in Cancun before, but even that had a taste of American in it, rather than true Mexican cuisine. The only other Spanish food I have been able to try is real Tex-Mex food down by the Texas-Meixcan border. There are hundreds of Tex-Mex places that serve awesome food down there.

**ANALISE FOSTER** (<https://canvas.odu.edu/courses/122296/users/27152>)

Jul 15, 2022



Hello Sabastian,

OMG! that is so awesome that you have been to Cancun. Cancun is on my bucket list to travel to. It's lovely to know you have tasted Bolivia's Dish; Bolivia Salteña. It looks so soft and buttery in the video. It really reminds me of the patty we have in Jamaica. I would really want to try it someday. I have eaten Mexican food here in America but now I am really starting to think if it's really authentic Mexican food. It probably tastes so much different from that in Mexico or Bolivia.

**BOBBIE AUSTIN (She/Her)** (<https://canvas.odu.edu/courses/122296/users/18443>)

Jul 15, 2022



Hi Sebastian,

I am not sure that I have ever had empanadas before but I am glad that you enjoyed them. I have also tried some true Mexican food when I was on a cruise but you are right that it still had some American touches to it. My fiancé is Army and stationed in El Paso which is right by the border and a friend of ours took us to this truly authentic Mexican place and it was great. But I hope that one day you can make it to Bolivia to try your empanadas.

**HARVEY WEBB** (<https://canvas.odu.edu/courses/122296/users/30449>)

Jul 18, 2022



Hey Sebastian- I also love empanadas! It's awesome you had the opportunity to try authentic mexican cuisine! I hope one day I also have that opportunity.



DAESHONA MCPHERSON (<https://canvas.odu.edu/courses/122296/users/57313>)

Jul 18, 2022

Hola Sebastian, I can say I like to eat Saltenas and I only had it one time made authentically. It's like once you know how a dish tastes authentically you want it to taste like that every single time you it. Other than that, I haven't really had the opportunity to try anything else, I would love to go to the Texas Mexican border to try other things.



JAKE ALBERT (<https://canvas.odu.edu/courses/122296/users/17120>)

Jul 20, 2022

Hi Sebastian, I love empanadas I had mentioned them in my discussion board as well. I'd also like to visit Bolivia and try some authentic empanadas the way they were originally made, I think that would be a really cool and tasty experience.



ANALISE FOSTER (<https://canvas.odu.edu/courses/122296/users/27152>)

Jul 15, 2022

YUM! YUM! YUM! La comida me emociona! The foods I eat on a daily basis can instantly tell where I am from. I remembered vividly one day I was shopping in Walmart and I picked out some big ripe plantains and some bright red, yellow and green Bell Peppers, Cabbage and some ground provisions and I gently man looked at my cart and then look at his and was like where are you from? and I told him and he was like I knew it, you have all healthy stuff there. If you should come to my home and look in my kitchen then based on the food items I have could easily give them away. In Jamaica, I grew up on home cook meals. We do not have a lot of fast food restaurants in Jamaica. Our top 5 fast foods are KFC, Juicy Beef Patty, Mothers Patty, Burger King, Popeye, and Wendys. When I migrated to the USA my eyes popped because I was not used to seeing so many fast foods and I gained so much because my taste buds were like yes yes yes lol lol

I highly believe that people from different parts of the world eat different types of foods based on what their ancestors passed down to them. Oftentimes, when I would complain about what is being cooked my grandmother, would remind me of the times when the only thing she had

to eat was dried roasted yam with no meat and boiled dumplings with just butter. Those foods would be considered poor people food back then but over the years ROASTED YAM with codfish is one of Jamaica's popular street food which taste so good.

I personally believe that every country has its special traditional delights. The foods that we eat help us to determine who we are, and what we are, and make us unique. In Jamaica, we have a saying that goes "EAT WHAT WE GROW and GROW WHAT WE EAT" simply reminding locals to support and eat from their local farmers because the foods they produce are more organic and healthy. It also, enforces residents to grow their own food in their back yards. One of the most things i missed is eating from my backyard. My dad would plant corns, Tomatoes, callaloo, yams, and hot peppers. Also, I had fresh fruit trees i.e Mango and orange, and a coconut tree right in my back yard.

In the video, the Bolivia Salteña dish somewhat looks a lot like Jamaican Coco bread. We would eat it with a patty which is filled with cheese, beef, chicken or vegetable. But Bolivians called it Empanada and it s filled with beef, pork, and chicken. I could definitely see myself eating Bolivian Dishes. OMG! The next dish I fell in love with was from Brazil. their National Dish is called Feijoada which consists of black beans, beef or pork trimmings, and Sausage. This dish reminds me of a soup dish we have in Jamaica called RED PEAS SOUP. It contains lots of red peas, salted pig tale or Oxail, dumplings, corn, and yam. este plato normalmente serviría el sábado o el jueves y es muy delicioso. Costa Rica's National dish, Gallo Pinto looks so much like Jamaican Cuisine Rice and Peas with sweet plantain and meat. The only difference is that In Costa Rica they served theirs with Salsa Lizano. I have tried Dominican food i.e. Rice and Red beans with meat (cooked chicken). Dominican food is tasty. It has a Caribbean flavor to it.

I have watched the video several times and honestly, I would eat everything that has been displayed. The food looks very bright and colorful and all look delicious. I definitely eat with my eyes.



○



SEBASTIAN MASSIMINI (<https://canvas.odu.edu/courses/122296/users/34014>)

Jul 17, 2022



Analise,

I wish we had grown more in our garden growing up. The most we had were some tomato plants, and we had a couple of orange trees, a grapefruit tree, and a lemon tree in our backyard. Looking back on it we should have made a garden, as we had plenty of room to do so.



BOBBIE AUSTIN (She/Her) (<https://canvas.odu.edu/courses/122296/users/18443>)

Jul 17, 2022

Hi Analise,

I think it is so interesting that you still enjoy a lot of the same foods you ate in Jamacia here in the United States. I think it is great that you still remember what your grandma told you about food. I think that saying that you all have in Jamacia is really great and a thing that more people should live by. I agree with you that I also eat with my eyes sometimes, my eyes are often bigger than my stomach. I enjoyed reading your post and about your culture. Great job!



BOBBIE AUSTIN (She/Her) (<https://canvas.odu.edu/courses/122296/users/18443>)

Jul 15, 2022

I have wondered about the food that other countries eat and why they are different. I think that the food that I personally eat every day really does show that I am an American. But I enjoy learning about other cultures, especially through their food. I think that it is interesting how even different Hispanic cultures have different foods for special days for them. Cero queue me gustaría probar es Sopa Paraguaya. I love cornbread, so this is like the cheesy version of cornbread and I love cheese.



ANALISE FOSTER (<https://canvas.odu.edu/courses/122296/users/27152>)

Jul 17, 2022

Hi Bobbie,

Its nice that you often times think about food that other countries eat and how different they are. I was thinking, what kind of foods you eat every day? I am too a fan of cheese. Me encanta el queso!!! my top two favorite American foods are Philly Cheesesteak Sandwich and a good old Hamburger with melted cheese, tomatoes, green chili, and onions. Just thinking about makes my mouth watery.





SEBASTIAN MASSIMINI (<https://canvas.odu.edu/courses/122296/users/34014>)

Jul 17, 2022



Hello Bobbie!

I can agree with your love of cornbread! Being from New Orleans that is a very common side dish, or in the south in general. I had to introduce my wife to it after we had met, and now she makes it all the time.



HARVEY WEBB (<https://canvas.odu.edu/courses/122296/users/30449>)

Jul 18, 2022



Hey Bobbie- I also that the sopa paraguaya looked amazing! I also really love cornbread and cheese and whenever I make chili I love to have cornbread on the side



DAESHONA MCPHERSON (<https://canvas.odu.edu/courses/122296/users/57313>)

Jul 18, 2022



Hola Bobbie, I was quite interesting that Hispanic cultures have different foods for certain days, compared to America they only have different dishes for holidays. I love me some cornbread too and anything with cheese in it, so the Sopa Paraguaya caught my eye as well. It makes me think that it may taste like cheese bread but more of crumbled type bread still.



SHAMYIAH DUNCAN (<https://canvas.odu.edu/courses/122296/users/20171>)

Jul 18, 2022



Hi Bobbie!

I also love cornbread, my grandparents had me addicted to it since I was a baby. I also agree with you about what we eat every day shows how American we are, I think about this all the time.



JAKE ALBERT (<https://canvas.odu.edu/courses/122296/users/17120>)

Jul 20, 2022



Hello Bobbie, I think learning about other cultures through cuisine is very important to understanding them. I love cornbread also, a cheesier version of cornbread sounds

amazing and something that I would also love to try.



HARVEY WEBB (<https://canvas.odu.edu/courses/122296/users/30449>)

Jul 18, 2022



I have never given very much thought to what the food I eat can tell about where I come from, but now that I think about it I'm sure it says a lot! I have not been to very many different parts of the world, but when I went to Scotland I was able to experience some of their different types of food. I think food and certain culinary traditions are important to a person's culture because a lot of times it is something that brings people together be it while preparing the food or while eating! For example, I think a pretty traditional thing to do in the US is barbecue on the fourth of July and typically family and friends gather to celebrate and enjoy each others company.

After watching the video about national dishes of Latin America I saw a lot of food that I would be willing to try! I think the food that stuck out the most to me that I would want to try would be the national dish from Uruguay which is called chivito. Chivito es un bocadillo que consiste de churrasco, tomates, huevos, jamón, y tocino. Tambien hay condimento mayonesa. Para prepararlo es muy simple, solo necesita corta las verduras y ponerlas en el pan.



SHAMYIAH DUNCAN (<https://canvas.odu.edu/courses/122296/users/20171>)

Jul 18, 2022



Hello Harvey!

That's so cool that you've been to Scotland, that's on my list of places to travel. Also, I agree with you about how culinary traditions are important to a lot of cultures. We have so many dishes in my family that brings us together for events like Thanksgiving or Christmas eve.



ANDREW HASTY (<https://canvas.odu.edu/courses/122296/users/31751>)

Jul 18, 2022



I have actually been to most of these countries while I was in the military. Latin American food is considerably better than traditional American food. Las pupusas son mi plato

latinoamericano favorito! Es muy deliciouso!! I think that Latin American countries place a greater emphasis on food and use it as a way to be closer to friends and family. There are alot of similiarities between Latin American food and Portugal/Spain as well.



DAESHONA MCPHERSON (<https://canvas.odu.edu/courses/122296/users/57313>)

Jul 18, 2022

In my opinion, what we eat is based on our culture and what we eat everyday can tell you where you come from, but I also feel that how its made or cooked tells a person where you come from. People grow up eating the food their culture specialize in making. Most cultures makes almost the same foods but uses different ingredients/spices and names to differ their dishes from other cultures. Certain foods and dishes are important to a culture, because its a traditional thing. A culture certain dish may have its own meaning and benefits for them.

Some of the foods in the video sound a little familiar due to me having a Spanish dish fiesta in a previous Spanish class. I had the opportunity to try real authentic salteñas, made by a previous Spanish teacher I had. Sabía muy bien, era dulce y un poco picante. It tasted exactly like an empanada, described in the video. The dish that mostly caught my was the Sopa Paraguaya, which is not really soup. It was compared to American cornbread, but instead of the corn base its replaced with cheese.



ROSE BENJAMIN (<https://canvas.odu.edu/courses/122296/users/10667>)

Jul 18, 2022

If you are located anywhere near Virginia Beach, you should try this place called De Rican Chef if you haven't already. They have the best empanadas, but they are reffered to as pastelillos. Pastelillos con carne de res, los camarones, queso, queso con carne de res, o carnitas. Muy deliciosos!



TJ OLIVER (<https://canvas.odu.edu/courses/122296/users/30344>)

Jul 20, 2022

I agree certain cultures make certain foods. Depending on your household you will eat certain foods. I grew up eating a lot of chicken, pork and beef. Some families do not even

allow eating such foods.



(https://

ROSE BENJAMIN (<https://canvas.odu.edu/courses/122296/users/10667>)



Jul 18, 2022

As a Virginia Beach native, I am very fond of Latin American food because it's everywhere. Que rico! Uruguay's typical dish is a chivito. Es un sandwich con carne de res, los tomates, los huevos hervida, jamón, y mayo. It looks like a hoagie which is very popular in Virginia Beach. Another dish I would like to try are salteñas from Bolivia. They are similar to empanadas, which are one of my favorite Mexican dishes. Argentina's asado also looks very good. All cultures have some type of barbeque method and Argentina's flavors would probably taste so good!



(http

VIVIAN EVETT (<https://canvas.odu.edu/courses/122296/users/38699>)



Jul 18, 2022

Hello Rose,

I am also a native of Hampton Roads and have enjoyed Latin American foods in the area. I prefer burritos, quesadilla, and tacos from traditional, family-owned restaurants. Taco Bell offerings are a far cry from the traditional dishes. I am not a fan of the typical beans used in Latin American foods so I just substitute the beans for other ingredients.

I also like the look of the Salteñas and Chivito. They are definitely on my list of foods to try.

Sincerely,

Vivian



(http

CODY EVETT (<https://canvas.odu.edu/courses/122296/users/30274>)



Jul 20, 2022

i enjoy quesadilla too. my mom has a recipe for cheese quesadilla that is one of the most delicious things i have ever tasted. granted i don't really go out of my dietary comfort zone much.



[https://](https://canvas.odu.edu/courses/122296/users/20171) **SHAMYIAH DUNCAN** (<https://canvas.odu.edu/courses/122296/users/20171>)

Jul 18, 2022



All of the food in the video looked very interesting and it makes me think about how different our food is in different countries. I haven't had the opportunity to try any of these dishes, but I would love to try Saltenas and Gallo Pinto, they both look delicious! All of the dishes looked so nice and colorful. Learning about Latin dishes also helps me learn about their culture. ¡Mi plato americano favorito es el pollo y los waffles!



[http](http://) **VIVIAN EVETT** (<https://canvas.odu.edu/courses/122296/users/38699>)

Jul 18, 2022



Hello Shamyiah,

I'm with you on the Salteñas. They look quite delicious. The Gallo Pinto contains the beans that are favored in many Latin dishes so it would not be my choice. However, I would not insult my host or hostess if served such a meal. I would eat them with a smile of gratitude as is polite.

I have never tried chicken and waffles but have heard friends mention them. Do you usually serve them with maple syrup or some other topping? How is the chicken prepared? Is it fried, baked, or grilled?

Sincerely,

Vivian



[http](http://) **JAZ PARAHAM** (<https://canvas.odu.edu/courses/122296/users/27216>)

Jul 18, 2022



Hi shamyiah, Chicken and waffles seem really good to eat but i have never tried them. Not sure if I am missing out but if people say they are as good as they seem then it might be worth a try.





GREGORY ROSS (<https://canvas.odu.edu/courses/122296/users/3842>)

Jul 20, 2022



I would like to try all the dishes, especially the ones with corn in them, because I love corn. I have had Gallo Pinto before, or something similar, at a friends house before, very delicious



VIVIAN EVETT (<https://canvas.odu.edu/courses/122296/users/38699>)

Jul 18, 2022



No me gusta paella porque no me gusta comer pulpo.

In the video "National Dishes of Latin America: A Latin America Food Fiesta!," there were several interesting dishes that I would like to sample. I am not a fan of the types of beans used in several of the dishes featured in the video; however, the Bolivian Salteñas, Peruvian Ceviche, and Uruguayan Chivito look particularly delicious. As shown, the Salteñas are savory pastries filled with chicken, pork, beef, and/or vegetables. This dish looks like a tastier version of a British pasty. The Ceviche contains seafood, which gets my attention, and the Chivito seems like a twist on Philadelphia Cheesesteak.

As a southerner, my comfort foods are chicken and dumplings (drop-biscuit style, not those blasphemous noodles), meatloaf, fried chicken, corn bread and milk, and home-made ice-cream. To a casual observer, I imagine my food choices would indicate a penchant for fatty foods and hardened arteries. But, they sure taste good! No family get together would be complete without a big bowl of banana pudding.

While coordinating a yearly sales meeting many years ago, my boss and I had dinner at Ceasar's in Las Vegas. He ordered the paella. It arrived with a variety of seafood, which normally would have appealed to me; however, not so much the whole baby octopuses. Whole, bulbous little blue octopuses adorned the top of this dish. Frankly, I was grossed out. My boss thought it was humorous that I found the dish appalling and tried to get me to eat some of the paella. That was not going to happen. I had tried the fried calamari we served one night but whole octopus is where I draw the line.



CODY EVETT (<https://canvas.odu.edu/courses/122296/users/30274>)

Jul 20, 2022



i too find the idea of eating entire baby octopi gross. in fact, i'm not particularly fond of meat in general. i do wish i could go to Vegas sometime though.



TJ OLIVER (<https://canvas.odu.edu/courses/122296/users/30344>)

Jul 20, 2022

I also am from the south and find comfort in chicken and bread. I think that is one of my favorite dishes



CODY EVETT (<https://canvas.odu.edu/courses/122296/users/30274>)

Jul 18, 2022

No he tenido el placer de probar ninguno de estos alimentos. No estoy seguro de querer porque la comida picante me da gasolina.



JAKE ALBERT (<https://canvas.odu.edu/courses/122296/users/17120>)

Jul 18, 2022

Yo quiero comer una pupasa de El Salvador, me recuerda a una empanada plana, me gustan mucho las empanadas. I have never tried any of the foods mentioned in the video combined as a dish, they all look very good. Any dish that comes with rice I'm all for, as I love eating rice with almost anything, I'm not too much a fan of fried plantains but I'm sure when paired with other flavors that compliment it well then I may like it. I hadn't realized how different hispanic countries could be from each other as far as food a drink go until doing this assignment.



JAZ PARAHAM (<https://canvas.odu.edu/courses/122296/users/27216>)

Jul 18, 2022

Hey Jake empanadas are also one of my favorite foods to eat. I just recently found out about them and I honestly wish I found out about them sooner because they are so good. Chicken and beef empanadas are top tier.





[https://](https://canvas.odu.edu/courses/122296/users/27216)

JAZ PARAHAM (<https://canvas.odu.edu/courses/122296/users/27216>)

Jul 18, 2022



i have wondered how some foods come about from grains plants and meats. I kind of know why people eat different foods from all across the world. My best guess is because they made their own versions of foods and dishes based on their cultures. Sometimes I do question why certain foods are important in American culture like burgers pizzas and fries etc. I think that all of the foods are delicious and look worth trying. The ones that I want to try are the Bandeja paisa and the pastel de Choco. I have tried the gallo pinto and Ropa vieja at local Mexican restaurants.



[http](http://)

JAZ PARAHAM (<https://canvas.odu.edu/courses/122296/users/27216>)

Jul 18, 2022



"Mi comida favorita para comer son frijoles y arroz y burritos."



[http](http://)

AMARI' YOUNG-EL (<https://canvas.odu.edu/courses/122296/users/13358>)

Jul 22, 2022



I also want to try that! And I also think in the early days you would go out and forage for what you and your people needed and it evolved with time and certain dishes became popular staples.



<https://>

KHAYLA BAILEY (<https://canvas.odu.edu/courses/122296/users/24523>)

Jul 18, 2022



The Feijoada, a dish from Brazil, is something I'd like to try. It stated that it contains sausage, beef or pork, and black beans. There were potatoes and some sort of greens on the side, as I saw in the video. Since I enjoy comfort food, it makes me think of pot stew, which is one of my favorite dish.



KHAYLA BAILEY (<https://canvas.odu.edu/courses/122296/users/24523>)

Jul 18, 2022

Me encanta probar comida de diferentes culturas.



GREGORY ROSS (<https://canvas.odu.edu/courses/122296/users/3842>)

Jul 20, 2022

That dish looks a lot like the dish my mom would make with the leftovers from a large piece of meat. I want to try it as well.



GREGORY ROSS (<https://canvas.odu.edu/courses/122296/users/3842>)

Jul 20, 2022

Todo las comidas en el video miras muy delicioso.

I once had the Mexican dish Mole when I was staying with my friend who's mom is from Mexico. It was great, and she also made a lot of Hispanic foods I never had before, all delicious.



TJ OLIVER (<https://canvas.odu.edu/courses/122296/users/30344>)

Jul 20, 2022

One dish I would like to try is ropa vieja because it looks so good. My mom always makes shredded meat with veggies so I feel like I would really enjoy this dish a lot. Also the DR makes La Bandera and that looks really good. Me encantan los frijoles y arroz con pollo al lado. I have also wanted to go to the DR for a very long time and try their food. All of the food that was demonstrated throughout the video looked really good honestly. I really liked the different meals shown. I love the culture and how every different place had it's own national dish. I have not had the chance to try any of the dishes shown in the video but I would honestly love to try them all since I love food.



AMARI' YOUNG-EL (<https://canvas.odu.edu/courses/122296/users/13358>)

Jul 22, 2022



I also love food but my eyes are always bigger than my stomach. And your right they all looked good in there own way!



AMARI' YOUNG-EL (<https://canvas.odu.edu/courses/122296/users/13358>)

Jul 22, 2022



I do believe that what you typically eat says a lot about you and where you're from. No I've never wondered that because its called culture, traditions and heritage. No, because that's what makes my culture as well as yours important in its own right and different from the others'. Quiero prober el plato Chileno pastel de choclo.

