



The Fairchild Challenge 2009-2010
How to Guide For Students
Option 8B: Research Project
Green Cuisine

I. Overview

With the popularity of fast food items and quick meal options, the United States is suffering from a nation-wide epidemic of obesity, childhood diabetes, and other health issues related to poor nutrition. Here is your chance to come up with a healthy, delicious vegetarian or vegan alternative to a traditional cultural dish! Making the dish vegetarian is not only healthy for you, but it also has less of an impact on our environment.

II. Approaching the Option

1. Choose a traditional dish from any cultural background and record the recipe.
2. To create a vegetarian dish, substitute any meat or seafood found in the traditional dish of your choice with vegetarian protein alternatives such as tofu, seitan, tempeh, textured vegetable protein, etc. In addition to substituting meat and seafood, vegan dishes will also need to substitute all animal-derived products.
3. Each plant ingredient that you use will need the following information:
 - Its common and scientific name
 - Its country/region of origin
 - The plant parts used
4. Try to use as many local plants and products as possible to reduce the ecological impact of your dish.
5. Record the nutritional values of your dish, provided as the Percent Daily Values (%DV) of key nutrients found on a Nutrition Facts label. Read the FDA's [*How to Understand and Use Nutrition Facts Label*](#) to better understand this step in creating your dish.
6. Type or neatly handwrite:
 - The name of your dish
 - The ingredients and directions for food preparation
 - The information gathered in items 3 and 5
 - The original, traditional recipe from your culture
7. In addition to the items above, you must compose a narrative not to exceed 450 words describing how you transformed the traditional recipe to a vegan or vegetarian recipe, as well as the importance of this dish in one's culture.

8. The written report (including new recipe, original recipe, % DV, and 450 word narrative) must be submitted to Fairchild by **Wednesday, March 17.**
9. Prepare a two-minute presentation for the judging panel at the Research Projects Showcase where your dish will be tasted and judged. Also be prepared to answer any questions posed by the judges.
10. The information from items 3, 5, 6, and 7 must be provided in written form prior to the judging.
11. Have enough samples of your dish for 15 people to try at the Research Projects Showcase on April 10, 2010. The event is from 1:30 to 3:30 pm. **Please arrive by 1pm to check in.**

CHECKLIST FOR THE DAY OF THE RESEARCH PROJECTS SHOWCASE

- Prepared enough of your Green Cuisine dish for 15 people to taste a small sample.
- Original traditional recipe
- Your newly created vegan/vegetarian recipe
- Ingredients and directions for food preparation
- The following information for each plant ingredient:
 - Scientific and common names of the plant
 - Country/region of origin of the plant
 - Plant parts used in the recipe
- Approximate nutritional values of your dish represented as Percent Daily Values of key nutrients (% DV)
- Typed narrative composed of 450 words. Bring extra copies for the judges.
- 2 minute presentation for judges
- Be prepared for any questions the judges might ask.