

Don't Worry. Eat Happy.

An activity of "Taking pride in our ancestors' food"

Read the article, "Taking pride in our ancestors' food" (pages 16–17, *What's Up* January 2022). The following exercises are based on this talk by Aparna Pallavi.

1. Complete the following sentences using the connector "because" based on the *What's Up* story.

a) Many people gave up eating moth larvae, a traditional delicacy, because

_____.

b) Many people were shamed for eating wild vegetables, mushrooms, and flowers because

_____.

c) Some children told their parents it was yucky to eat crabs or sinful to eat meat because

_____.

d) No one in that place wanted to eat red rice or millets because

_____.

e) Pregnant women stopped eating the fruits picked off the forest because

_____.

2. Watch the following video clip about the last traditional stall that serves authentic stinky tofu in Singapore. The father and daughter speak mainly in Chinese. Don't worry if you do not know Chinese — there are clear English sub-titles.

"The Last Stinky Tofu Stall in Singapore: Mini Star Fermented Beancurd – Food Stories"

➤ <https://youtu.be/xkLaMZbsuL0>

Sethlui.com, 24 July 2020.

a) What would you say to encourage the stallholder of this stinky tofu stall in Singapore?

3. According to Aparna Pallavi, love is the answer to overcoming the shame associated with eating certain foods. Think of a time when you observed someone eating something that had a strong flavour (e.g. durian) or smell (e.g. stinky tofu). Were the responses shaming or loving? In the table below, circle the responses you noticed

Shaming Responses			Loving Responses		
<i>Gagging</i>	<i>Sticking tongue out in disgust</i>	<i>Exaggerated choking</i>	<i>Nodding</i>	<i>Taking time to inquire</i>	<i>Open to try something new</i>
<i>Shaking head</i>	<i>Grimacing/wincing</i>	<i>Horried looks</i>	<i>Welcoming gestures</i>	<i>Smiling</i>	<i>Genuine appreciation</i>
<i>Looking pained</i>	<i>Mocking tones/gestures</i>	<i>Frowning</i>	<i>Positive/ kind comments</i>	<i>Expressing curiosity/ interest</i>	<i>Encouragement and support</i>
<i>Pinching nose</i>	<i>Negative comments/ insults</i>	<i>Covering mouth to feign nausea</i>	<i>Respectful, polite tone</i>	<i>Looks of approval</i>	<i>Connecting with those who enjoy the food</i>

4. Think of a traditional local dish that is uncommon now. Imagine you have been asked to contribute a section to a booklet entitled "Yummier Than We Think!" to promote that dish. Draw this dish, and write a paragraph describing why you like it, its benefits, and how you hope others will respond to the food.

Yummier Than We Think!	
<i>Illustration of dish</i>	Name of dish: _____

