

THE
WORLD
IN YOUR
LUNCH
BOX



Claire Eamer

artwork by
Sa Boothroyd



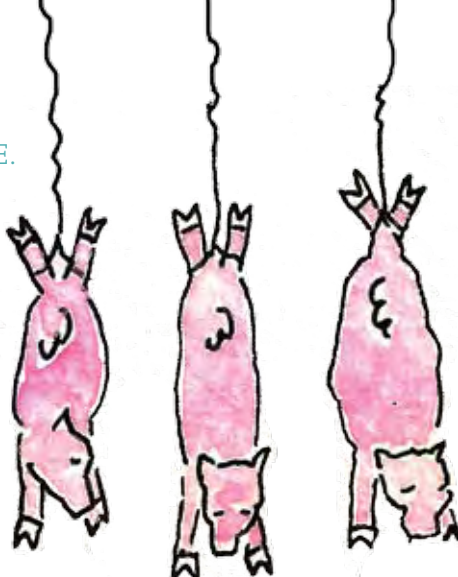
annick press
toronto + new york + vancouver

To Alan and Patrick, my food guys—C.E.
To Mum and Dad—S.B.



© 2012 Claire Eamer (text)
© 2012 Sa Boothroyd (illustrations)

Edited by Catherine Marjoribanks
Copyedited by Pam Robertson
Proofread by Elizabeth McLean
Designed by Natalie Olsen, Kisscut Design



Annick Press Ltd.

All rights reserved. No part of this work covered by the copyrights hereon may be reproduced or used in any form or by any means—graphic, electronic, or mechanical—without the prior written permission of the publisher.

We acknowledge the support of the Canada Council for the Arts, the Ontario Arts Council, and the Government of Canada through the Canada Book Fund (CBF) for our publishing activities.



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO

Cataloging in Publication

Eamer, Claire, 1947–

The world in your lunch box : the wacky history and weird science of everyday foods / Claire Eamer ; artwork by Sa Boothroyd.

Includes index.

ISBN 978-1-55451-393-2 (bound).—ISBN 978-1-55451-392-5 (pbk.)

1. Food—Juvenile literature. I. Boothroyd, Sa II. Title.

TX355.E12 2012 j641.3 C2011-907219-X

Distributed in Canada by:
Firefly Books Ltd.
66 Leek Crescent
Richmond Hill, ON
L4B 1H1

Published in the U.S.A. by Annick Press (U.S.) Ltd.
Distributed in the U.S.A. by:
Firefly Books (U.S.) Inc.
P.O. Box 1338 Ellicott Station
Buffalo, NY 14205

Printed in China

Visit us at: www.annickpress.com

Visit Claire Eamer at: www.claireeamer.com

Visit Sa Boothroyd at: www.saboorthroyd.com

THE Menu

The Lunch Box Mission **page 1**

DAY 1	Monday	Brown-bagging it: Ham, bread, tomatoes, and watermelons	6
DAY 2	Tuesday	Cooking a classic: Macaroni, cheese, black pepper, and grapes	20
DAY 3	Wednesday	Fast-food heaven: Hot dogs, mustard, potato chips, and ice cream	36
DAY 4	Thursday	Pocket lunch: Eggs, pita, mayonnaise, and apples	54
DAY 5	Friday	Hot lunch for a hot class: Pizza, chili peppers, onions, and herbs	66
DAY 6	Saturday	Food on the fly: Peanuts, bananas, tortillas, and spices	78
DAY 7	Sunday	The perfect picnic: Chicken, potatoes, corn, and chocolate	92

Dessert! Our Top 10 food facts **106**

Further Reading & Selected Bibliography **110**

Index **113**

Acknowledgments & Image Credits **120**

About the Author and Illustrator **121**



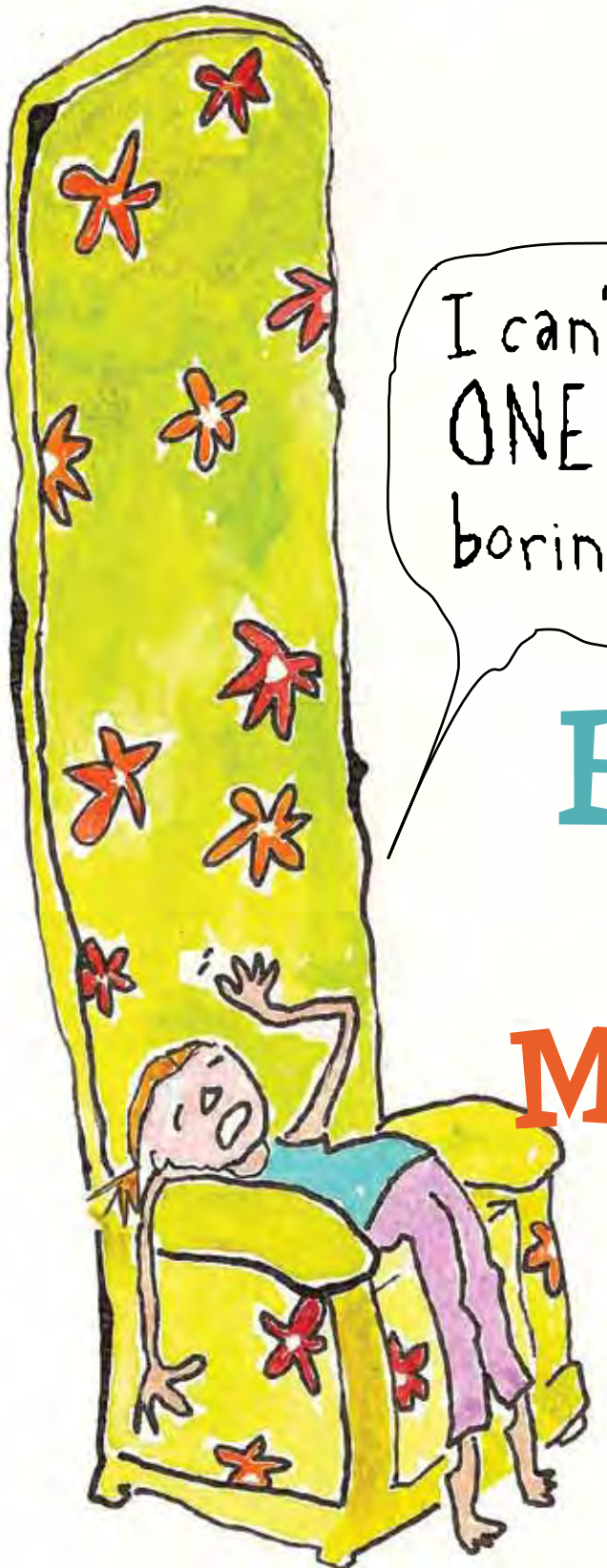
THE LUNCH BOX MISSION

We're learning about cooking this year at school and I thought it would be pretty boring. The cooking teacher says

Boring? NO WAY!

He says everything's interesting if you take the time to learn about it, even stuff as dull as white bread or potatoes. We all groaned when he said that—well, wouldn't you?—but he says he's going to prove it, and we're going to help.





I can't handle
ONE MORE
boring lunch!

Here's **OUR** **MISSION:**

A LUNCH DiARY

Is your lunch dull, blah, boring?

Have you seen and tasted it all before? Well, don't give up on that sandwich yet! There might be a lot more to it than you realize.

Food doesn't have to be fancy to be interesting. Every kind of food, no matter how basic, has ties with exciting history, amazing science, and some very strange stories. One kind of food travels halfway around the world to reach you; another comes from just down the road. Your favorite sandwich was soldier's rations centuries ago. Your favorite fruit could come from a desert in Africa, and your favorite vegetable from a mountainside in Peru.

Wars have been fought over food. People have been killed by food or for food. Others have been saved by it. Some foods are created by complicated chemical reactions. Others create chemical reactions when you eat them.

Your job is to keep a lunch diary that tracks your lunch for a whole week. Then we'll do some research and see where it takes us. I'm guessing we'll find prehistoric nomads, ancient tombs, explorers' ships, maybe even a little mad science.



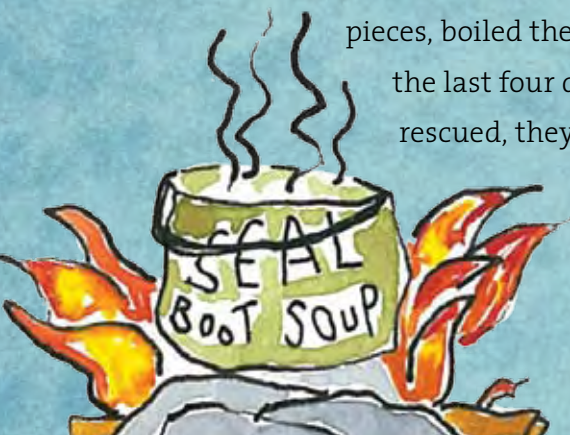
Here's a true food story
to start you off:

EXTREME FOOD:

THE BISHOP WHO ATE HIS BOOTS

In 1909, Bishop Isaac Stringer and a companion set out to travel 800 kilometers (500 miles) through Canada's far north. They were used to the wilderness and figured they could reach Dawson City in the Yukon in five days. But they hit bad weather and worse luck—and spent 51 days slogging through fresh snow, fog, and freezing cold. Near the end, they even ran out of food. The only thing left was their boots, made of sealskin with walrus-hide soles. They cut the boots into pieces, boiled them for hours, and then roasted them. For the last four days of the journey, just before they were rescued, they ate nothing but boots toasted over the fire.

The soles, Bishop Stringer wrote, tasted better than the tops.



The soles are
way more juicy



After 50 days look how skinny his feet were.

DAY 1

Monday

My lunch diary: This is the first day of my lunch diary, and my lunch is pretty dull, mostly leftovers from the weekend. A ham sandwich, with slices of last night's supper ham on white bread. Cherry tomatoes, from my aunt's garden. Chunks of the watermelon we brought to Saturday's picnic. Not much excitement there.

Don't judge too soon... This lunch might be more interesting than you think. I want you to investigate

**HAM, BREAD, TOMATOES,
AND WATERMELON.**

Good luck!



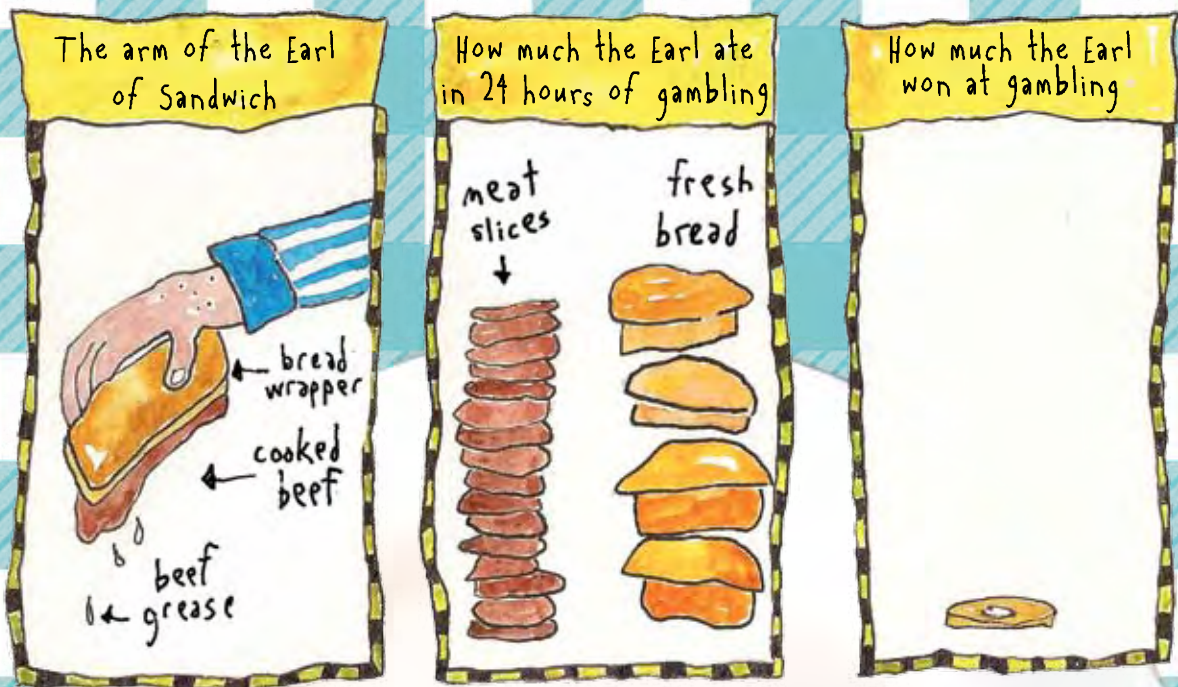
MY LUNCH DIARY

Dear Diary,

Today I ate lunch. It was pretty boring but Kaitlyn traded me her granola bar for my cherry tomatoes. She is a tomato freak.

this is Kaitlyn





The Earl's Lunch

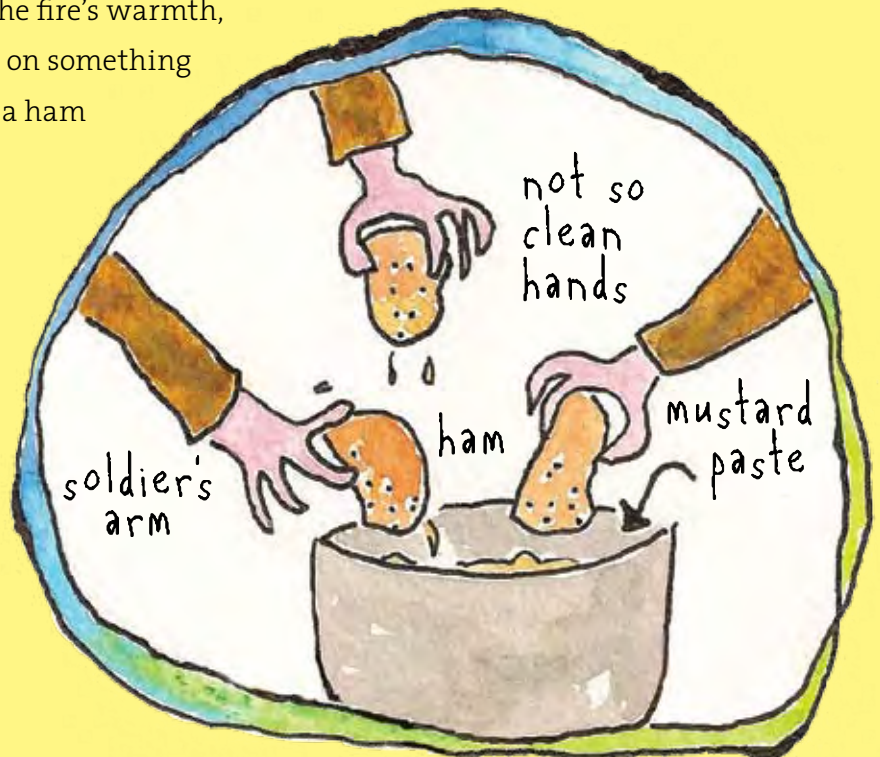
According to an 18th-century travel writer, the sandwich was named for the fourth Earl of Sandwich, who once gambled for 24 hours straight, eating slices of beef stuck between two pieces of bread to keep himself going. He's certainly not the only one in history who used bread as a wrapper for other food, but he's the one whose name stuck.

- HAM
- BREAD
- TOMATOES
- WATERMELON

LUNCH ON THE MARCH

About 1800 years ago, a small group of Roman soldiers stopped for lunch in the shadow of Hadrian's Wall, the great stone barrier that cut across Britain and marked the farthest edge of the Roman Empire. They were patrolling, on the lookout for intruders from the unconquered north. The soldiers built a small fire and dug food and cooking gear out of their packs. Soon, the smell of fried ham drifted over the northern heather. The soldiers smeared their ham with mustard paste from a small pot and cut off hunks from a loaf of heavy bread.

Crouching in the fire's warmth, they munched on something pretty close to a ham sandwich.



The Romans didn't invent ham. They picked up a taste for it—and some good recipes, too—when they conquered the people known as Gauls, who lived in northern France. The Gauls ate lots of meat, especially pork from domestic pigs and wild boar. To make it last longer, they cured it with salt. The largest chunks, usually from the thick part of the leg, were used for ham.

In the Middle Ages in Europe, any family that could afford it kept a pig. In the fall, before the winter made pig feed scarce, they would slaughter the pig, salt the meat, and hang hams from the rafters, safe from rats and mice. All you had to do to check your winter meat supply was look up.

