Food & Flatbread Through An Artist’s Lens

COMMUNITY CONNECTIONS

**Accessible:** Easy for anyone to obtain and use.\(^1\) Available; Attainable.\(^2\)

**Breaking Bread:** To share a meal with someone. Meaning more than just eating; it is sharing a sense of brotherhood with someone or some group of people. It is a significant event that fosters some meaningful connection and cooperation.\(^3\)

**Comfort Food:** Food prepared in a traditional style having a usually nostalgic or sentimental appeal.\(^4\) Food that gives emotional comfort to the one eating it; [this] tend[s] to be favorite foods of childhood, or linked to a person, place or time with which the food has a positive association.\(^5\)

**Flat Out:** Something told with complete honesty.\(^6\) [No] … questions or hesitations.\(^7\) As fast as possible.\(^8\)

**Foodways:** The customs and traditions relating to food and its preparation.\(^9\) Not only the things that people do and do not eat, but why they eat them or not, [and] the traditions and history that help define [each] culture.\(^10\)

**Resourceful:** The ability to overcome problems or to make do with what is available to create a solution.\(^11\) Able to act effectively or imaginatively, especially in difficult situations.\(^12\)

**Staff of Life:** Bread, considered one of the mainstays of the human diet.\(^13\) Bread, regarded as the basic food.\(^14\) A staple of the diet.\(^15\)

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\(^1\) [macmillandictionary.com](http://macmillandictionary.com)  
\(^2\) [wordreference.com](http://wordreference.com)  
\(^3\) [writingexplained.org](http://writingexplained.org)  
\(^4\) [merriam-webster.com](http://merriam-webster.com)  
\(^5\) [urbandictionary.com](http://urbandictionary.com)  
\(^6\) [yourdictionary.com](http://yourdictionary.com)  
\(^7\) [onlineslangdictionary.com](http://onlineslangdictionary.com)  
\(^8\) [ldoceonline.com](http://ldoceonline.com)  
\(^9\) [collinsdictionary.com](http://collinsdictionary.com)  
\(^10\) [urbandictionary.com](http://urbandictionary.com)  
\(^11\) [yourdictionary.com](http://yourdictionary.com)  
\(^12\) [thefreedictionary.com](http://thefreedictionary.com)  
\(^13\) dictionary.com  
\(^14\) [collinsdictionary.com](http://collinsdictionary.com)  
\(^15\) [merriam-webster.com](http://merriam-webster.com)
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FOOD INFORMATION

**Farata:** Mauritian version of the Indian paratha, a layered, flaky, pan-fried flatbread. It consists of three basic ingredients: flour, water, and oil. Traditionally served warm, with accompanying spicy curry dishes or any kind of chutney.\(^{16}\)

**Flatbread:** Any of various breads made from usually unleavened dough and baked in flat, often round shapes.\(^{17}\) A bread that has a wide surface and little thickness.\(^{18}\)

**Fry Bread:** Native American bread, with many different versions, depending on the region and the tribe.\(^{19}\) Flat dough bread fried or deep-fried in oil, shortening, or lard.\(^{20}\)

**Injera:** Sour fermented flatbread with a slightly spongy texture, traditionally made out of teff flour. It is the national dish of Ethiopia and Eritrea.\(^{21}\)

**Lavash:** Traditional thin, unleavened, Armenian flatbread made in a tandoor oven. It is also popular in Turkey, Iran, and other Middle Eastern countries. It’s typically made with common ingredients like flour, water, and salt.\(^{22}\)

**Naan:** Leavened, oven-baked flatbread found in the cuisines mainly of Western Asia, South Asia, Indonesia, Myanmar, and the Carribean.\(^{23}\) A leavened, often tear-shaped flatbread of India, baked in a tandoor.\(^{24}\)

**Pita:** A thin flat bread that can easily be separated into two layers to form a pocket.\(^{25}\) Family of yeast-leavened round flatbreads baked from wheat flour, common in the Mediterranean, Middle East, and neighboring areas.\(^{26}\)

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\(^{16}\) tasteatlas.com
\(^{17}\) thefreedictionary.com
\(^{18}\) merriam-webster.com
\(^{19}\) thespruceeats.com
\(^{20}\) wikipedia.org
\(^{21}\) wikipedia.org
\(^{22}\) masterclass.com
\(^{23}\) wikipedia.org
\(^{24}\) dictionary.com
\(^{25}\) merriam-webster.com
\(^{26}\) wikipedia.org

Nourishing Literacy offers food, literacy, wellness, and life skills programming to youth and intergenerational groups. Nourishing Literacy has been created by the Free Library of Philadelphia’s Culinary Literacy Center, Honeypie Cooking, and the Nourishing Literacy teaching team.
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FOOD INFORMATION (CONTINUED)

**Pizza:** A flat, open-faced baked pie of Italian origin, consisting of a thin layer of bread dough topped with spiced tomato sauce and cheese, often garnished with [toppings].

**Raita:** An Indian side dish made of yogurt, usually diced cucumber, and seasonings. An Indian condiment consisting of yogurt, spices, and diced or grated vegetables or fruits.

**Roti:** (Also known as chapati) A round flatbread native to the Indian subcontinent made from stoneground wholemeal flour, traditionally known as atta, and water that is combined into a dough. An unleavened flatbread that is made in almost every part of India.

**Tortilla:** Flat, round, unfermented bread produced from wheat flour or lime-cooked maize. A round, thin Mexican bread that is usually eaten hot with a filling of meat, cheese, etc.

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27 dictionary.com
28 merriam-webster.com
29 dictionary.com
30 wikipedia.com
31 vegrecipesofindia.com
32 sciencedirect.com
33 learnersdictionary.com

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COOKING AS ART

Art: The expression or application of human creative skill and imagination, typically in a visual form such as painting or sculpture, producing works to be appreciated primarily for their beauty or emotional power. The making of objects, images, music, etc. that are beautiful or that express feelings.

Composition: The act of combining parts or elements to form a whole. A product of mixing or combining various elements or ingredients. The placement or arrangement of visual elements.

Design: To create, fashion, execute, or construct according to plan. The process of deciding how something will be made, including how it will work and what it will look like.

Focal Point: The central or principal point of focus. The area in a composition to which the viewer’s eye is naturally drawn.

Mosaic: A style of art where a larger image is created by arranging bits of materials in a pattern. A picture or pattern produced by arranging together small colored pieces of material.

Negative Space: Space between, within and surrounding an object in an image.

Still Life: A piece that features an arrangement of inanimate objects as its subject. A collection of inanimate objects arranged together in a specific way.

lexico.com
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