

Puerto Rican Tradition in Food

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Science and Society
E band

Food Rule:

“Finish what is on your plate first if you want seconds. Vegetables are important for you. Eat portion sized, about the size of your fist. We have to cut down on the sugar. Remember, you wanted to be on a diet. Eat when you are hungry.”

Food Making for Project:

Pollo Guisado



Ingredients (Part 1):

- 2 boneless skinless chicken breasts, cut into 1 inch cubes
- 1 (8 ounce) can tomato sauce
- 3/4 cup of water
- 1 large potato, chopped
- 1 large carrot, sliced
- 2 teaspoons vegetable oil
- 1 tablespoon sofrito sauce
- 1-2 teaspoon ADOBO seasoning (or more)
- 1-2 teaspoon sazón GOYA con culantro y achiote



Ingredients: (Part 2)

- hot cooked with white rice, made with a bit of (preferred rice: Sello Rojo)
- oil
- salt



Analysis (Part 1):

Health:

- * Body will like and recognize some of the food and it will settle well into your stomach
- * you can get food poisoning if the food is not cooked all the way

Environment: (Part 1)

- * ingredients came from the self governed country of Puerto Rico



Analysis (Part 2):

Environment: (Part 2)

- It deals with commercial growers because food doesn't say its organic unless recipes and ingredients change
- It also would affect the government because it would also affect the people who are vegetarian and keep off their diet

Political

- Pollo Guisado con arroz costs about \$3.08
- Food is not fattening like fast food places

Social

- People will like to hopefully enjoy this particular food more and more once they try it
- Food items were purchased at Shoprite and BJ's

How Pollo Guisado is Made and Processed:

(Puerto Rican Style)

- Heat a large saucepan and add the oil
- Add chicken and brown on all sides
(won't be cooked at this point)

<3 MMM... This looks good. I think I might try it. <3



- Add tomato sauce, water, veggies and spices
- Simmer 15-20 minutes until veggies are tender and chicken is done
- Serve over the white rice

Self-Reflection:

What I learned from this unit is that we need to all eat healthy in the way that we eat. The biggest problems in our food system is being obese or being too obese because you could get serious health problems. Being obese is a problem because most people just don't watch what they eat and it is important to watch what we put in our bodies if we want to continue living on Earth. Things I could change is just not eat snacks and junk food that is not going to make me the way I want to look which is to be both skinny and healthy. This is most important in the life spans that we all have. It will impact on that things that I will either like or just plain old dislike and people dislike things all the time. I could do these changes only if family if friends are willing to do this diet together with me so it could be a team effort.

That is most importantly one of the core values of Science Leadership Academy which is collaboration. For some people, this could work if people do it with them. Dieting is also a good thing for you because some people may not have time to go to the gym or they might not even have the money to go even if people wanted to join them. Some people also according to going to the gym, they probably are not really use to going to the gym a lot to work out or exercise. People should really keep an eye on what they are about to eat before they eat it. A saying that has been said is, "You are what you eat." Somehow this is true and somehow this isn't even possible to some people.

Source and Link Used:

- <http://www.food.com/recipe/pollo-guisado-chicken-stew-216402>

