

Activity: Food/Cooking Goal: Cognitive Populations: All but Corrections

TH Activity Plan – Fring Frang Acadian Potato Dish

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ACTIVITY DESCRIPTION: Making a traditional Acadian food starting with raw potatoes.

THERAPEUTIC GOALS:

Cognitive/Intellectual: Explore historical food pathways of plants/potatoes

Physical: Use hand skills & hand strength for cooking prep tasks

Psychological/Emotional: Enhance mood through multi-sensory stimulation

Sensory: Explore gustatory/taste & tactile/touch senses recognizing the enjoyment they can provide

Social: Make and consume food in a group setting

STEP-BY-STEP PROCESS:

1. **Pre-Session Prep:** Gather & prepare workstations including BBQ station.
2. Facilitator explains how the fring frang dish will be prepared & cooked. Participants can write recipe for future use.
3. Each participant peels & grates 2 potatoes.
4. Leader lights BBQ & will be using a flat surface skillet.
5. Mix grated potato, squeezing water from mixture into golf ball size. Place on hot, oiled grill. Cook until outer edges turn crispy brown.
6. Put pat of butter on fring frang patty one at a time & flip over.
7. Cook till both sides are browned and soft.
8. Serve and eat plain or with fruit or condiments.
9. Discuss food pathways, the role potatoes play in cultural traditions, nutrition of potatoes.



APPLICATIONS FOR POPULATIONS: This activity is appropriate for most populations. Correctional facilities may not grant permission for making fring frang or use of a BBQ. The therapeutic aspects can involve physical domain – using hand strength, dexterity, pincer grip. In addition, sensory stimulation using tactile, gustatory, olfactory and visual elements can engage all levels of intellectual ability. Discussing and recognizing sensory pleasures from activities can be important for people who have eating disorders, have limited sense of taste or smell, or lack desire to eat (which may be due to smoking, cancer or other health issues). Sensory pleasures impact mood, this too can be a therapeutic focus with group discussion on food and other activities that can elevate mood.

Materials

potato- 2 per person
peeler, hand grater,
bbq & flipper
butter, oil, salt, bowls
gloves, wipes

Discussion of historic, nutritional, and horticultural aspects will appeal to higher functioning participants based on Acadian foodways and culture. Prior activities can include planting and harvesting potatoes. Appropriate for special events, food festivals and community garden events.

SAFETY CONSIDERATIONS: Essential to check with staff and individuals before the activity for allergies, swallowing difficulties, contraindications with medication. Leader may choose to be the only one to cook on BBQ. Safety related to the cooking element, knives & graters should be considered based on participant skill and judgement. Protocols for safe food handling should be reviewed with participants and implemented throughout activity.

NOTES OR OTHER CONSIDERATIONS: Referencing the Acadian culture and its food traditions offers an added element of interest while recognizing cultural influences important to Nova Scotia, Acadian and other communities. Potatoes, like other plant-based foods have been important components of health, culture and nutrition in many cultures. Exploring these can provide intellectual and educational platforms for many populations.

Potatoes are the fifth most important crop worldwide. Many aspects of potatoes can be explored and integrated into the TH session: potato flowers are five-lobed and purple, potatoes are considered more productive than grains, the first artificial pesticide treating the Colorado potato beetle which was devastating this food staple was developed as a result of horticultural crisis. Metaphors for potato cultivation, propagation, cooking preparations and varieties can intrigue, teach and inject humor into activity. The metaphor for rising from adversity (potato famine and disease) can be appropriate for populations who have experienced adversity and life setbacks - at risk youth, physically disabled gardeners, veterans and active military.



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Edits were made for THAD purposes in 2023.

TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2023.