

Culture Presentation Assignment

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1. The dish I was planning to bring in to class for culture day was pickle rolls. These pickle rolls have been a tradition in my family for years. The way the pickle roll is made, is by take a beef slice of meat covering it in cream cheese and rolling a dill pickle in it. Then you refrigerate the pickles overnight and cut up the next day before serving. My grandma has always been interested in gardening and used to make her own pickles, so that had contributed to us making pickle rolls. However, looking into the culture aspect, I was unaware how it culturally connected us. I researched the history of pickle rolls and found a German recipe that I believe is where the cold pickle roll came from. It is called the "German Rouladen". My family has a huge German culture background and my family enjoys eating German foods. German Rouladen is a meat roll filled with bacon, onions and pickles and then cooked. I believe the pickle roll, that a lot of us use today, is an easier version of this German recipe.
2. In the case of caring for a German patient, you are assessing the patient and find out that they are needing help with nutritional information about what kind of foods they can eat for a low carb diet. During the planning intervention you can give them certain examples of foods that might interest them from their culture. Before you give them certain examples, be sure to address any foods that they are allergic to. An example could include, the pickle roll, or "German Rouladen". This is a low carb food that you could recommend to your patient to try at home. The pickle roll is also gluten free, low in calories and low in fat. This would be a good example to give to your patient for his/her culture.