

Cultural & Culinary

CURRICULUM

Ready to transform your kitchen into an interactive classroom?

Start your edible education journey using this guide as your resource to create fun, memorable teaching moments with your children.

eat2explore is curated by a dedicated team of educators and chefs who believe food and culture are interconnected and together present unforgettable, experiential learning opportunities for kids and adults alike. Making a meal together can be fun, tasty and educational while young chefs explore the 3 Cs – country, culture and cuisine.

The recommended age group is from 4 to 12 years old (pre-K to middle school) but it can be adapted for any age group. Depending on the skill sets, child's age and their engagement, these lessons can take average 30 – 90 minutes.



This guide outlines the lessons and subjects that may be taught using this explorer box:



Country Brochure

Students will learn the following cultural content:

- Official name of the country
- Capital of the country
- Geographic location
- National language
- Country flag and its significance
- Popular ingredients
- Popular dishes
- Popular animals
- Fun facts on one of the country's major celebrations – Ethiopian New Year

Discuss the following:

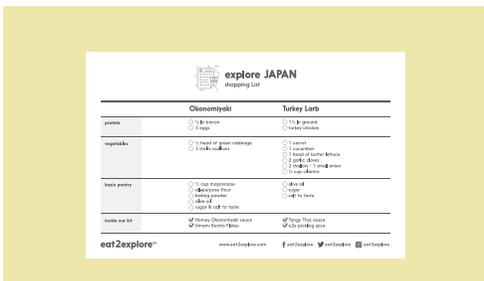
- What do adults give their children on Ethiopian New Year?
- What are some of the popular dishes served during the New Year?
- What is the name of ancient Ethiopian grain use in Injera flat bread?



Interactive Activity Sheet

Students will explore the following subjects:

- Social studies
- Language arts
- Geography
- Mathematics



Shopping List

Students will learn the following culinary lessons:

- Picking up fresh ingredients from grocery store's aisles
- Using math skills to figure out the correct quantity and weights
- Here is an approximate guide on weights for the recipes:
 - o Rice: 1 cup = 7 oz
 - o Cherry tomatoes: 1 cup = 5.5 oz
 - o Butter lettuce: 1 head = 6 oz
 - o Onion: 1 medium onion = 7 oz
 - o Lemon: 1 lemon = 3 oz
 - o Lime: 1 lime = 3 oz
 - o Collard green: 1 cup = 2.5 oz



Recipe Cards

Students will learn the following culinary skills:

- peeling
- dicing
- slicing
- sautéing
- cooking rice
- grating
- whisking
- measuring
- folding
- juicing
- tossing salad
- making pancake

Here are eat2explore videos that will help you and your young chef master some of these culinary skills:



Dicing onion

<https://www.youtube.com/watch?v=Jlmf0TLDoD0>



Mincing garlic

<https://www.youtube.com/watch?v=uF3cccu23CI>



Dicing carrots

<https://www.youtube.com/watch?v=lNeLMJ3dilQ>

Basic knife skills

<https://cooking.nytimes.com/guides/23-basic-knife-skills>

Kitchen prep:

- Read the recipe cards together.
- Identify and shop for ingredients.
- Gather all necessary cooking tools.
- Discuss kitchen safety



Always wash your hands before food preparation AND always wash and dry all fresh produce. Adult supervision is recommended when handling kitchen tools, the stove or oven.

Prepare Doro Wat

Read together and identify steps that can be done by the child or collectively with the parent(s).

Follow the steps together.



Step 1

give each child a turn to add an item to the bowl and a turn to stir the mixture. When the boiled eggs cool down, let your child/children peel them

Step 2

give each child a turn to juice the lemon and a turn to grate the onion (be careful with the grater!)

Step 3

give each child a turn to gently swirl the skillet with Injera batter to make the pancake

Step 4

give each child a turn to add an item to the salad bowl, a turn to whisk the dressing and a turn to toss the salad

While enjoying the meal, talk about **Ethiopian New Year** and how it differs from your family's New Year celebration. You can also talk about the fun facts of ingredients in this recipe - **teff** and **berbere**.

Prepare Misir Wat

Read together and identify steps that can be done by the child or collectively with the parent(s).
Follow the steps together.



Step 1

give each child a turn to juice the lemon
and a turn to whisk the coconut milk

Step 2

give each child a turn to add a
vegetable into the pot and a turn to stir
the pot

While enjoying the meal, talk about **Ethiopian New Year** and how it differs from your family's New Year celebration. You can also talk about the fun facts of ingredients in this recipe – **red lentils** and **spinach**.

Prepare Tibs Wot

Read together and identify steps that can be done by the child or collectively with the parent(s).
Follow the steps together.



Step 1

give each child a turn to juice the lime and
let the child(ren) tear collard green/kale
leaves off the stems.

Step 2

give each child a turn to add an item to the skillet
and a turn to sauté the vegetables

Step 3

give each child a turn to add an item to the
skillet and a turn to sauté the meat

While enjoying the meal, talk about **Ethiopian New Year** and how it differs from your family's New Year celebration. You can also talk about the fun facts of ingredients in this recipe – **paprika** and **fenugreek**.