

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 – Hanukkah

Discuss the following:

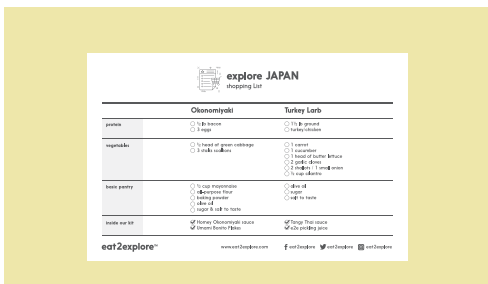
- What happened in history that contribute to this celebration?
- What are the rituals?
- What does the menorah signify?
- What are some of the popular dishes served during Hanukkah?



Interactive Activity Sheet

Students will explore the following subjects:

- Mathematics
- Social studies
- Language arts
- Science
- Geography
- Arts and crafts



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 Collard green: 1 cup = 2.5 oz
 - o Spinach: 1 cup = 1.7 oz
 - o Sweet potato: 1 medium sized potato = 6 oz



Recipe Cards

Students will learn the following culinary skills:

- dicing
- mincing
- peeling
- shredding potatoes
- sautéing
- braising
- juicing
- browning meat
- whisking

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=uF3cccu23Cl>



Cutting 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 Braised Brisket

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 seasoning item to the meat and a turn to add the vegetables to the Dutch oven.

Step 2

give each child a turn to grate the potatoes (be careful with the grater!) and a turn to squeeze out the liquid. Give each child a turn to add an item into the prep bowl and a turn to stir the mixture.

Step 3

give each child a flatten the pancake with a fork (be careful in handling hot skillet).

While enjoying the meal, talk about **Hanukkah** celebration and the food served during the celebration. You can also talk about the fun facts of ingredients in this recipe – **Worcestershire sauce** and **parsnip**.

Prepare Falafe

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.

Step 2

give each child a turn to add an item to the ground meat and a turn to mix the meat mixture together with hands. Have fun forming falafel together!

Step 3

give each child a turn to add an item to the bowl and a turn to toss the mixture together.

While enjoying the meal, talk about **Hanukkah** celebration and the food served during the celebration. You can also talk about the fun facts of ingredients in this recipe – **sumac** and **pita**.

Prepare Za'atar Cauliflower

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 let the child(ren) separate swiss chard leaves off the stalks.

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 medium bowl, a turn to whisk the dressing, a turn to add a salad item and toss the salad.

Step 4

give each child a turn to add an item to the small bowl and a turn to mix the sauce.

While enjoying the meal, talk about **Hanukkah** celebration and the food served during the celebration. You can also talk about the fun facts of ingredients in this recipe – **farro** and **za'atar spice**.