

Cultural & Culinary

GUIDE

Ready to transform your kitchen into an interactive classroom?

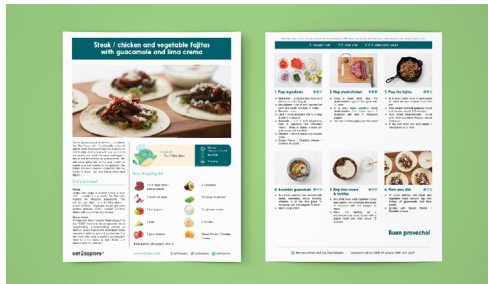
Start your edible education journey using this guide as your resource to create fun, memorable teaching moments with your child(ren).

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.



Here's an overview of the content that can be learned with this explorer box



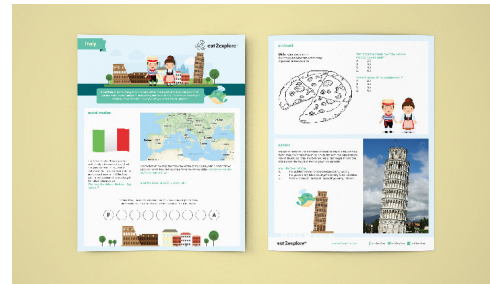
Country Brochure

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 Brazilian culinary history

Discuss the following:

- How many prominent countries contribute to Brazilian culinary?
- What is the national dish of Brazil and where was it originated from?



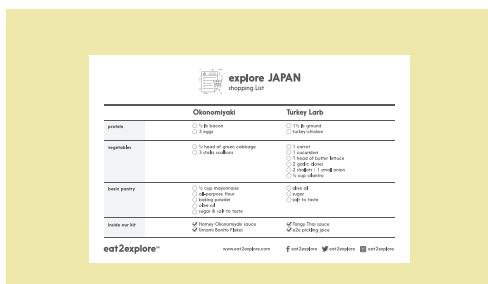
Interactive Activity Sheet

Students will explore the following subjects:

- Architecture & Art
- Social studies
- Geography
- Language arts
- Science
- Mathematics
- Landmark

Introduce your child to the Seven Wonders of The World – Taj Mahal (India), Great Wall of China (China), The Colosseum (Italy), Christ the Redeemer (Brazil), Chichén Itzá (Mexico), Machu Picchu (Peru), Petra (Jordan)

Chris the Redeemer – built 1026-31, by the Roman Catholic archdiocese atop a 710m tall mountain in Rio de Janeiro



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 Bacon: 1 strip = 0.75 oz
 - o Rice: 1 cup = 7 oz
 - o Collard green: 1 cup = 2.5 oz
 - o Spinach: 1 cup = 1.7 oz
 - o Cherry tomatoes: 1 cup = 5.5 oz
 - o Watermelon: 1 cup = 5.5 oz



Recipe Cards

Students will learn the following culinary skills:

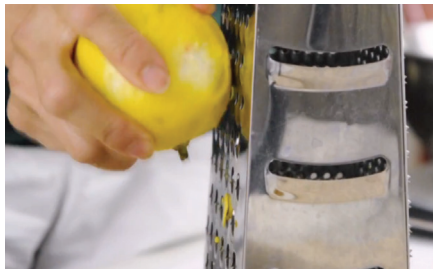
- peeling
- dicing
- slicing
- sautéing
- cooking rice
- mincing
- grating
- whisking
- chopping
- measuring
- folding
- rolling

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



Cutting pepper

www.youtube.com/watch?v=zJiTvJkdbh0



Zesting lemon

www.youtube.com/watch?v=gXmR3TAxWwU



Dicing onion

www.youtube.com/watch?v=Jlmf0TLDoD0

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.

Suggestion of cooking preparation - Feijoada

Read the steps together. Identify which steps your child(ren) will do and which steps you and your child(ren) will do together. Follow the recipe card one step at a time.



Step 1

let the child/children tear collard green/kale leaves off the stems

Step 2

give each child a turn to stir Farafo mix

Step 3

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

While enjoying the meal, talk about the origin of **Brazilian cuisine** and about how different countries influenced Brazilian cuisine. You can also talk about the fun facts of ingredients in this recipe, such as **bay leaves and black beans**.

Suggestion of cooking preparation - Shrimp Moqueca

Read the steps together. Identify which steps your child(ren) will do and which steps you and your child(ren) will do together. Follow the recipe card one step at a time.



Step 1

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

Step 3

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 the origin of **Brazilian cuisine** and about how different countries influenced Brazilian cuisine. You can also talk about the fun facts of ingredients in this recipe, such as **shrimp and spinach**.

Suggestion of cooking preparation - Pasteis

Read the steps together. Identify which steps your child(ren) will do and which steps you and your child(ren) will do together. Follow the recipe card one step at a time.



Step 1

give each child a turn to juice the lime and a turn to whisk the egg wash

Step 2

give each child a turn to break up the meat using a fork (be careful of the hot skillet)

Step 3

give each child a turn to roll out the pastry, a turn to assemble the pastéis and a turn to brush the pastéis with egg wash.

While enjoying the meal, talk about the origin of **Brazilian cuisine** and about how different countries influenced Brazilian cuisine. You can also talk about the fun facts of ingredients in this recipe, such as **puff pastry dough and watermelon**.