

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.



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



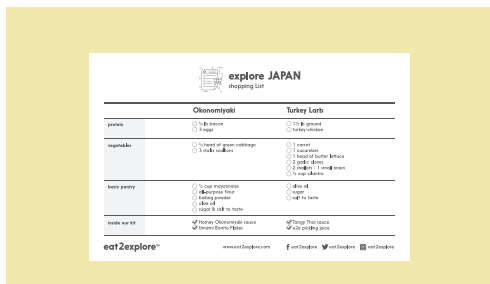
Country Brochure

Students will learn the following cultural content:

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

Discuss the following:

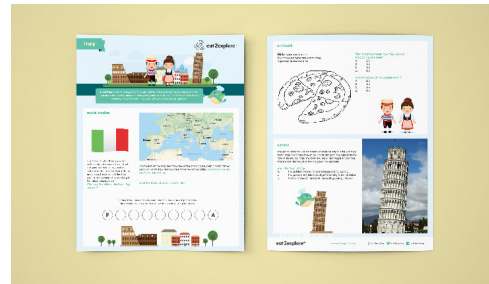
- How many days are the Chinese New Year celebration?
- What is a lunar calendar?
- What are the things that scared off "Nian" the monster?
- What are all animals in the Chinese zodiac?



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 Bok choy: 1 cup = 2.5 oz
 - o Mushroom: 1 cup = 2.5 oz
 - o Sugar snap peas: 1 cup = 4 oz



Interactive Activity Sheet

Students will explore the following subjects:

- Social studies
- Language arts
- Mathematics
- Science
- Chinese zodiac
 - o Determine the zodiac animals for all family members
 - o Determine the characteristics of your zodiac animal

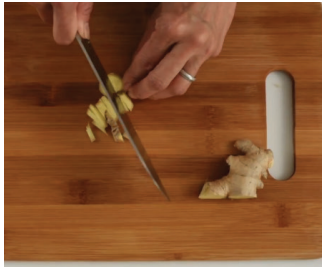


Recipe Cards

Students will learn the following culinary skills:

- dicing
- mincing
- rolling meatballs
- sautéing
- mincing
- slicing
- cooking rice

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



Mincing ginger

https://www.youtube.com/watch?v=1J_KtCCbJ3Y



Dicing onion

<https://www.youtube.com/watch?v=Jlmf0TLD0D0>



Mincing garlic

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



Cut broccoli

https://www.youtube.com/watch?v=_VACc2-puQU

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 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 - Sesame Ginger Meatballs:

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 separate leaves off lettuce and bok choy

Step 3

give each child a turn to add an item to the meat and a turn to mix it well. Have fun rolling the meatballs! You can use an ice cream scoop.

Step 5

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 **Chinese New Year** celebration and food served during the celebration. You can also talk about the fun facts of ingredients in this recipe, such as **portobella mushrooms** and **bok choy**.

Suggestion of cooking preparation - Mapo Tofu

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 3

give each child a turn to
add an item into the bowl
and stir well.

While enjoying the meal, talk about **Chinese New Year** celebration and food served during the celebration. You can also talk about the fun facts of ingredients in this recipe, such as **doubanjiang** and **ve-spice**.

Suggestion of cooking preparation - General Tso's Chicken

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 whisk the egg white

Step 2

give each child a turn to mix the sauce

Step 4

let your child/children coat the chicken and
place them on the baking sheet

Step 5

give each child a turn to mix the sauce

While enjoying the meal, talk about **Chinese New Year** celebration and food served during the celebration. You can also talk about the fun facts of ingredients in this recipe, **such as soy sauce** and **sesame seeds**.