

Cultural & Culinary

G U I D E

Ready to transform your kitchen into an interactive classroom?

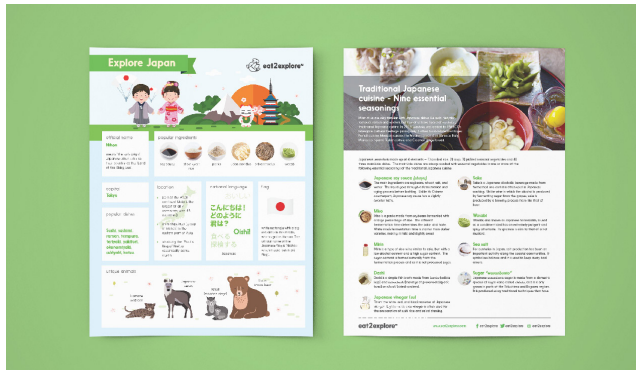
Start your edible education journey using this guide as your resource to create fun, memorable teaching moments with your child(ren).

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.



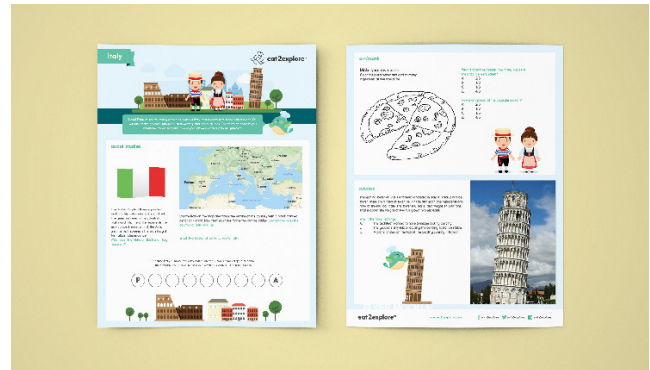
Here's an overview of the content that can be learned with this explorer box



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 one of the country's major celebrations (e.g. Greek Easter)



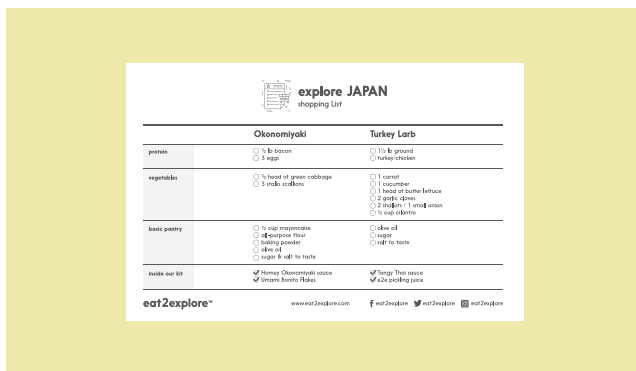
Interactive Activity Sheet

Students will explore the following subjects:

- Social studies
- Mathematics
- Language arts
- Science

Discuss the following on Greek Easter:

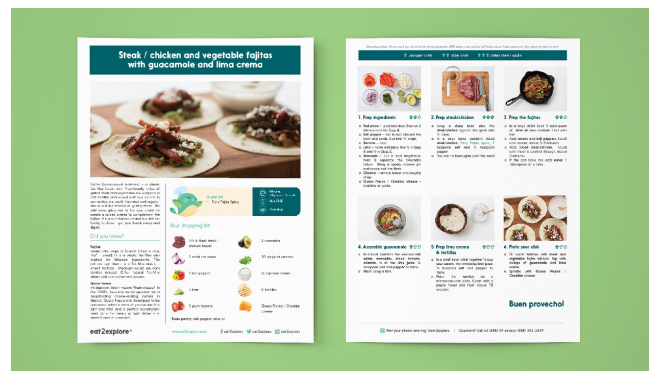
- How many days for The Great Lent?
- Why are the eggs dyed red?
- Why is it celebrated with roasted whole lamb?



Shopping List

Students will learn the following culinary lessons:

- Choosing 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:
 - Greek yogurt: 1 cup = 10 oz
 - Potato: 1 medium sized potato = 8 oz
 - Fish: 1 fillet = 6 oz
 - Cherry tomatoes: 1 cup = 6 oz



Recipe Cards

Students will learn the following culinary skills:

- slicing
- peeling
- cutting
- trimming
- measuring
- whisking
- sautéing
- marinating
- zesting
- roasting
- making burger patties
- tossing salad

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



Cutting cucumbers

www.youtube.com/watch?v=rVYMb11CZ2c



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 - Chicken Souvlaki

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 2

give each child a turn to add an item to the chicken as marinade and a turn to toss and coat the chicken evenly with marinade. Have fun threading chicken on skewers together!

Step 3

give each child a turn to add an item to the bowl and a turn to stir the sauce

While enjoying the meal, talk about Greek Easter and how it differs from your family's Easter celebration, if any. You can also talk about the fun facts of ingredients in this recipe, such as **dill** and **tzatziki**.

Suggestion of cooking preparation - Greek Baked Fish

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 pull fronds from the fennel

Step 2

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

Step 3

give each child a turn to sprinkle herb mix, salt and pepper to the fish filets and carefully place the filets on top of the roasted vegetables.

While enjoying the meal, talk about Greek Easter and how it differs from your family's Easter celebration, if any. You can also talk about the fun facts of ingredients in this recipe, such as **fennel** and **Alaskan Pacific cod**.

Suggestion of cooking preparation - Lamburgers

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 chance to juice the lemon.

Step 3

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 burger patties together!

Step 2

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

Step 4

give each child a turn to add an item to the bowl and a turn to stir the sauce together.

While enjoying the meal, talk about Greek Easter and how it differs from your family's Easter celebration, if any. You can also talk about the fun facts of ingredients in this recipe, such as **cucumber** and **lamb**.