

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



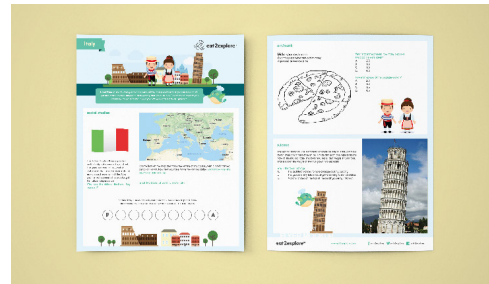
Country Brochure

Students will learn the following cultural content:

- Official name of the country
- Capital of the country
- Location
- National language
- Country flag and its significance
- Popular ingredients
- Popular dishes
- Popular animals
- Fun facts on one of the country's major celebrations – Diwali (Festival of Light)

Discuss the following:

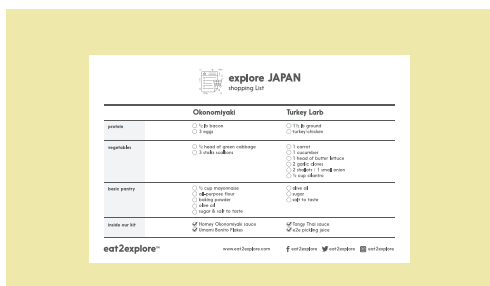
- How many days is Diwali celebration?
- Why is it called "Festival of Light"?
- What are the names of the two Hindu gods who are celebrated on Diwali?



Interactive Activity Sheet

Students will explore the following subjects:

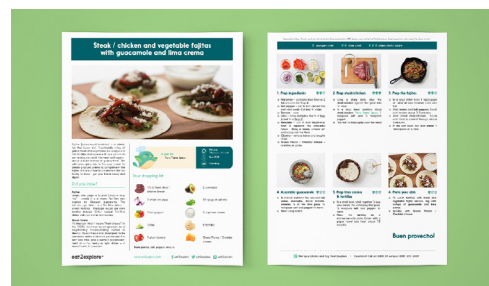
- Architecture & Art
- Social studies
- Geography
- Language arts
- Science
- Mathematics
- Landmark
 - o Introduce your child to one of the Seven Wonders of The World – Taj Mahal
 - o Taj Mahal – built in 1632-48, by Mughal emperor, Shah Jahan, in memory of his wife



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 Yogurt: 1 cup = 10 oz
 - o Rice: 1 cup = 7 oz
 - o Frozen peas: 1 cup = 5 oz
 - o Green beans: 1 cup = 5 oz
 - o Potato: 1 medium sized potato = 8 oz

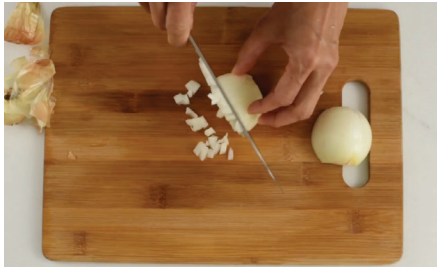


Recipe Cards

Students will learn the following culinary skills:

- peeling
- dicing
- mincing
- slicing
- making meatballs
- sautéing
- cooking rice
- juicing
- whisking
- roasting
- boiling

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=uF3ccu23CI>



Cutting cauliflower

<https://www.youtube.com/watch?v=poK7qinxqCs>

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 - Kofta Meatball

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

Step 3

give each child a turn to add an item to the pot (slowly add the meatballs) and a turn to gently stir the pot

While enjoying the meal, talk about **Diwali** celebration and how each day is celebrated. You can also talk about the fun facts of ingredients in this recipe, such as **curry leaves** and **yogurt**.

Suggestion of cooking preparation - Vegetable Korma

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 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 **Diwali** celebration and how each day is celebrated. You can also talk about the ingredient fun facts of this recipe, such as **kaffir leaves** and **coconut**.

Suggestion of cooking preparation - Nilgiri 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 juice the lime and a turn to whisk the coconut milk

Step 2

give each child a turn to add cauliflower and a turn to toss the mixture together

Step 3 & 4

give each child a turn to add a seasoning item to the meat and a turn to stir the pot

While enjoying the meal, talk about **Diwali** celebration and how each day is celebrated. You can also talk about the fun facts of ingredients in this recipe, such as **cilantro** and **naan**.