

Cultural & Culinary

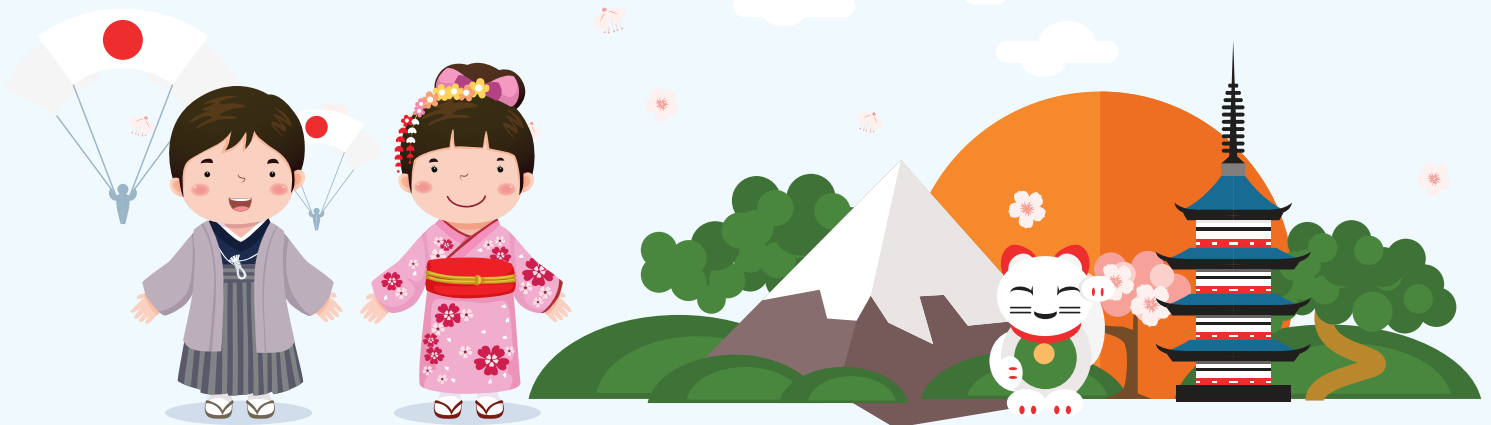
C U R R I C U L U M

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 lessons:

- 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 Japanese traditional and essential seasonings

Discuss the following:

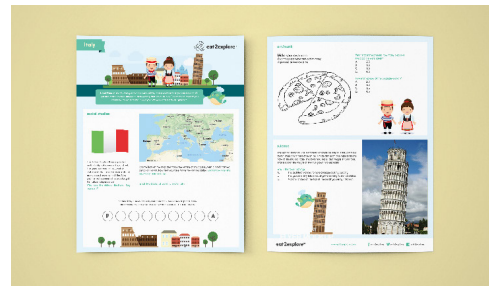
- The Japanese have been making salt in their traditional style for thousands of years. Seawater evaporated over fire, in a greenhouse, or other ways, then crystallized over fire to form exceptionally fine granular crystals.
- Miso is a fermented paste that is made from a mixture of soybeans and koji (a mold cultivated from rice, barley, or soybeans). The color of the miso determines its taste. White miso (Shiro miso), also known as "sweet" or "mellow" miso, is a paste made from soy beans fermented with a large percentage of rice. Its fermentation time is shorter than darker varieties, making it mild and slightly-sweet - perfect for soups, dressings and light sauces.



Recipe Cards

Students will learn the following culinary skills:

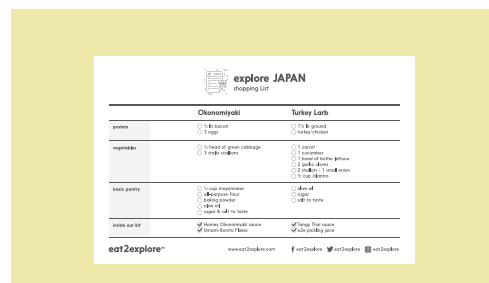
- peeling, mincing, slicing, whisking, boiling, sautéing, steaming, garnishing



Interactive Activity Sheet

Students will learn the following curriculum:

- Mathematics
- Social studies
- Language arts
- Science
- Word search
- Word scramble
- Cherry blossom
- o Determine the zodiac animals for all family members
- o Determine the characteristics of your zodiac animal



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 Spinach: 1 cup = 2 oz
 - o Bacon: 1 strip = 0.75 oz
 - o Mayonnaise: 1 cup = 8 oz
 - o Potato: 1 medium sized Yukon potato = 5 oz

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



Mincing ginger

www.youtube.com/watch?v=1j_KtCCbj3Y



Dicing onion

www.youtube.com/watch?v=Jlmf0TLDoD0



Mincing garlic

www.youtube.com/watch?v=uF3cccu23CI



Cut broccoli

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 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 Salmon / Chicken Teriyaki

Read together and identify steps that can be done by the child or collectively with the parent(s)



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 Japanese traditional and essential seasonings, and which of those seasonings are in this meal. You can also talk about the fun facts of ingredients in this recipe – **nori** and **soy sauce**.

Prepare Okonomiyaki

Read together and identify steps that can be done by the child or collectively with the parent(s)



Follow the steps together

Step 3

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

While enjoying the meal, talk about Japanese traditional and essential seasonings, and which of those seasonings are in this meal. You can also talk about the fun facts of ingredients in this recipe – **bonito flakes** and **Japanese mayonnaise**.

Prepare Pork / Chicken Katsu

Read together and identify steps that can be done by the child or collectively with the parent(s)



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 Japanese traditional and essential seasonings, and which of those seasonings are in this meal. You can also talk about the fun facts of ingredients in this recipe – **sesame seeds** and **panko**.