

# Cultural & Culinary

## CURRICULUM

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 children.

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
- 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 – Eid Al-Fitr

Discuss the following:

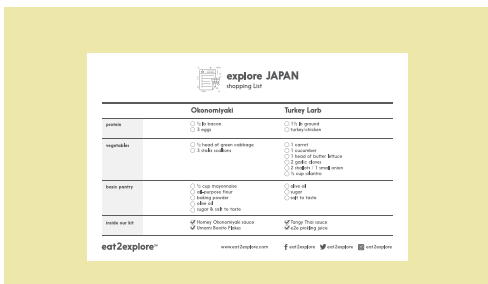
- What is Ramadan and what do the Muslims do during Ramadan?
- When is Eid Al-Fitr celebrated?
- What are some of the popular dishes served during Ramadan and during Eid Al-Fitr?



## Interactive Activity Sheet

Students will explore the following subjects:

- Social studies
- Language arts
- Geography
- Science
- Culture
- Mathematics



## 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 Cherry tomatoes: 1 cup = 5.5 oz
  - o Onion: 1 medium onion = 7 oz
  - o Lemon: 1 lemon = 3 oz
  - o Rice: 1 cup = 7 oz
  - o Greek Yogurt: 1 cup = 10oz



## Recipe Cards

Students will learn the following culinary skills:

- peeling
- mincing
- dicing
- juicing
- sautéing
- forming meatballs
- whisking
- broiling
- scooping and making zucchini "canoe"

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>



### Cutting pepper

[www.youtube.com/watch?v=zJiTvJkdbh0](http://www.youtube.com/watch?v=zJiTvJkdbh0)



### Cutting cucumber

[www.youtube.com/watch?v=rVYMb1CZ2c](http://www.youtube.com/watch?v=rVYMb1CZ2c)

### 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 - Beef / Chicken Shawarma

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



### Step 1

give each child a turn to add seasoning items to the meat and a turn to toss to coat the meat well with the marinade.

### Step 2

give each child a turn to juice the lemon.

### Step 3

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

While enjoying the meal, talk about Eid Al-Fitr celebration and the food served during the celebration. You can also talk about the fun facts of ingredients in this recipe – cloves and tarator sauce.

## Suggestion of cooking preparation - Kafta Meatballs

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



### Step 1

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 meatballs together!

### Step 2

give each child a turn to add an item to the large bowl, a turn to mix and spread the vegetables evenly on the baking sheet.

### Step 3

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

While enjoying the meal, talk about **Eid Al-Fitr** celebration and the food served during the celebration. You can also talk about the fun facts of ingredients in this recipe – **sumac spice** and **eggplant**.

## Suggestion of cooking preparation - Stuffed Zucchini

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



### Step 1

give each child a turn to scoop out the seeds to create "canoes"

### Step 2

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

### Step 3

give each child a turn to add an item to the large bowl and a turn to mix the meat mixture well. Give each child a turn to add an item to the 2nd medium bowl and a turn to mix the sauce.

### Step 4

give each child a turn to stuff the zucchini "canoes".

While enjoying the meal, talk about **Eid Al-Fitr** celebration and the food served during the celebration. You can also talk about the fun facts of ingredients in this recipe – **zucchini** and **cumin**.