

# Cultural & Culinary

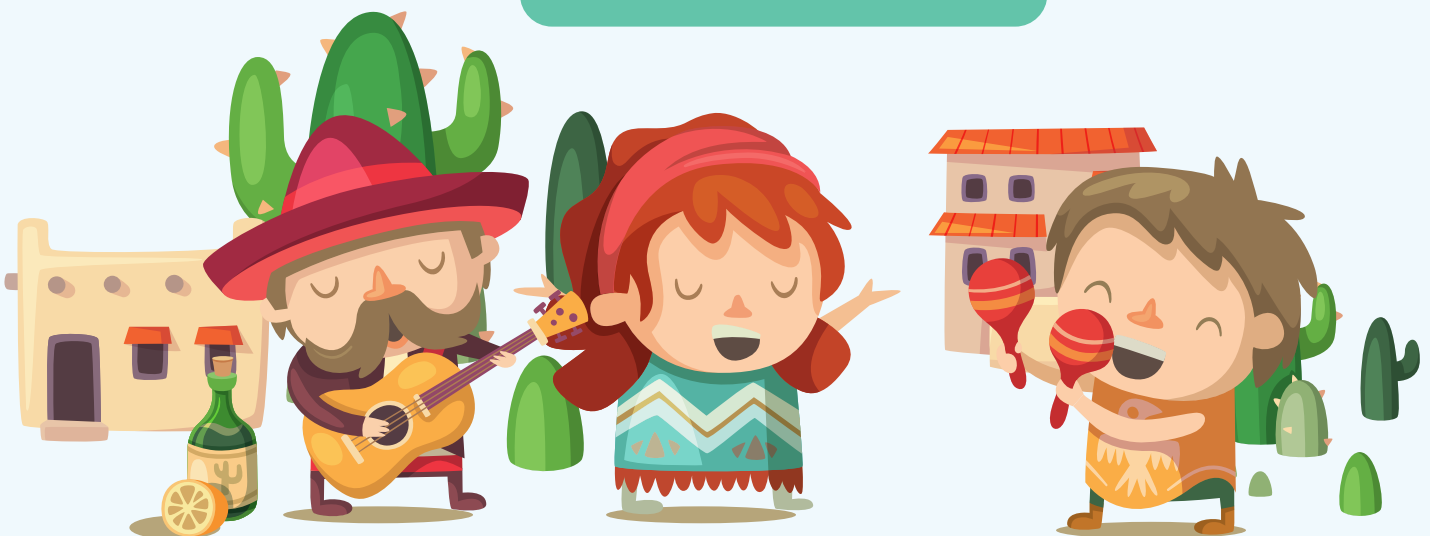
## G U I D E

Ready to transform your kitchen into an interactive classroom?

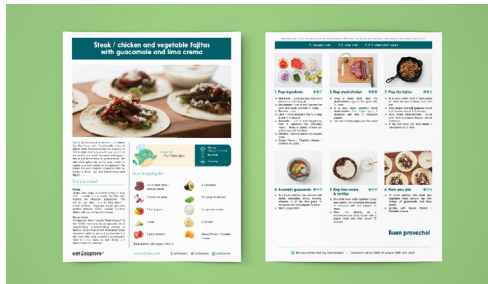
Start your edible education journey using this guide as your resource to create fun, memorable teaching moments with your child(ren).

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



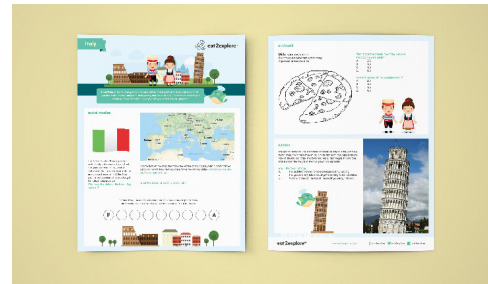
## Country Brochure

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 the different traditional cooking methods of Mexican cuisine

Discuss the following:

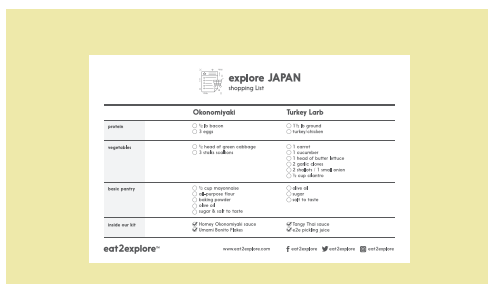
- What is UNESCO?
- What other cuisines are in the culinary list of UNESCO's Intangible Cultural Heritage?
- What are the 7 traditional cooking methods?



## Interactive Activity Sheet

Students will explore the following subjects:

- Mathematics
- Language arts
- Social studies
- Science
- Crossword
- Geography
- Arts & Craft
- Landmark
  - o Introduce your child to one of the Seven Wonders of The World – Chichén Itzá
  - o Chichén Itzá – built 1026-31, by the Roman Catholic archdiocese atop a 710m tall mountain in Rio de Janeiro



## 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 Sour cream: 1 cup = 8 oz
  - o Cheese: 1 cup = 4 oz
  - o Spinach: 1 cup = 1.7 oz



## Recipe Cards

Students will learn the following culinary skills:

- peeling
- dicing
- slicing
- juicing
- sautéing
- whisking
- mincing
- shredding
- baking
- rolling and filling tortillas

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



### Cutting broccoli

[www.youtube.com/watch?v=\\_VACc2-puQU](https://www.youtube.com/watch?v=_VACc2-puQU)



### Cutting pepper

[www.youtube.com/watch?v=zJITvJkdbh0](https://www.youtube.com/watch?v=zJITvJkdbh0)



### Dicing onion

[www.youtube.com/watch?v=Jlmf0TLDoD0](https://www.youtube.com/watch?v=Jlmf0TLDoD0)



### Cutting corn

[www.youtube.com/watch?v=1NGkFthCBs](https://www.youtube.com/watch?v=1NGkFthCBs)

### 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 - Fajita

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, remove leaves off cilantro and crumble / grate the cheese

### Step 2

give each child a turn to add a seasoning item to the meat and a turn to mix well to coat

### Step 4

give each child a turn to add an item to the bowl and a turn to mash the mixture

### Step 5

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 the origin of **French cuisine**, about how the Italian Renaissance influenced French cuisine and how locations influenced the regional cuisines. You can also talk about the fun facts of ingredients in this recipe, such as **fajita** and **Queso fresco**.

## Suggestion of cooking preparation - Vegetable Enchiladas

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

let the child/children remove leaves off cilantro

### Step 2

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

### Step 3

give each child a turn to mix the sauce

### Step 4

let the child/children roll up the tortilla with vegetable and sprinkle cheese evenly over the enchiladas

While enjoying the meal, talk about the origin of **French cuisine** (how the Italian Renaissance influenced French cuisine) and how locations influenced the regional cuisines. You can also talk about the fun facts of ingredients in this recipe, such as **black beans** and **Monterey Jack cheese**.

## Suggestion of cooking preparation - Taco Tuesday

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 skillet and a turn to stir the mixture

### Step 4

let your child/children make their own tacos with their favorite toppings

While enjoying the meal, talk about the origin of **French cuisine** (how the Italian Renaissance influenced French cuisine) and how locations influenced the regional cuisines. You can also talk about the fun facts of ingredients in this recipe, such as **cumin** and **Cheddar cheese**.