

Cultural & Culinary

G U I D E

Ready to transform your kitchen into an interactive classroom?

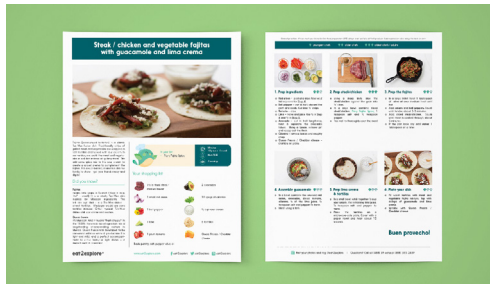
Start your edible education journey using this guide as your resource to create fun, memorable teaching moments with your child(ren).

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



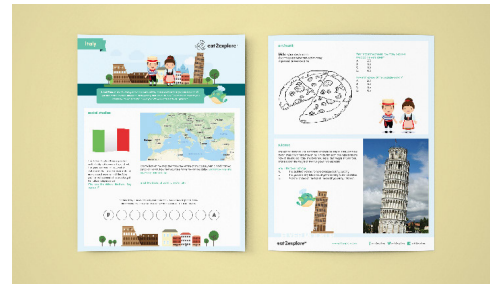
Country Brochure

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 Spanish regional cuisines

Discuss the following:

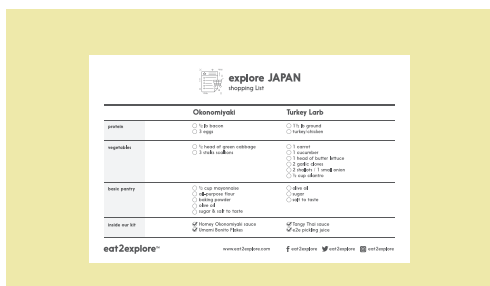
- What are the names of the 4 major regions?
- Which region brings you "The Mediterranean Diet."
- Which region is famous for roasted dishes?



Interactive Activity Sheet

Students will explore the following subjects:

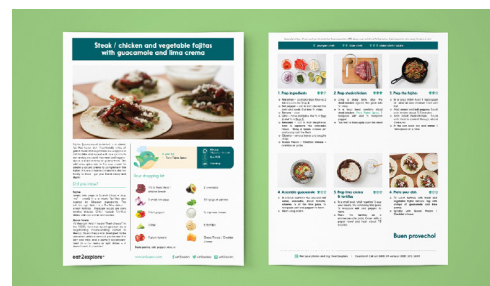
- Social studies
- Geography
- Language arts
- Mathematics
- Tapas
 - o Name some of the tapas that you have tried.
 - o Tapas vs paella



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 Potato: 1 medium sized potato = 8 oz
 - o Cherry tomatoes: 1 cup = 6 oz
 - o Rice: 1 cup = 7 oz
 - o Frozen peas: 1 cup = 5 oz



Recipe Cards

Students will learn the following culinary skills:

- slicing
- dicing
- mincing
- opening can
- sautéing
- mincing
- toasting
- drizzling
- peeling
- dicing
- whisking

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>



Dicing bell pepper

<https://www.youtube.com/watch?v=zJtVJkdbh0>

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 - Arroz Con Pollo

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 3

give each child a turn to add an item to the pan and a turn to sauté the vegetables

Step 5

give each child a turn to scatter peas and olives evenly over rice and chicken

While enjoying the meal, talk about how history influenced **Spanish cuisine** and the different regional cooking. You can also talk about the fun facts of ingredients in this recipe, such as **saffron** and **oregano**.

Suggestion of cooking preparation - Garlicky Shrimp

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 grate the tomatoes, a turn to add the seasoning and a turn to mix. Give each child a turn to spoon the tomato mixture over the toasted bread

Step 3

give each child a turn to add an item into the skillet and a turn to sauté the shrimp

While enjoying the meal, talk about how history influenced **Spanish cuisine** and the different regional cooking. You can also talk about the fun facts of ingredients in this recipe, such as **plum tomatoes** and **wild shrimp**.

Suggestion of cooking preparation - Tortilla Espanola

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 peel the potatoes

Step 4

give each child a turn to crack an egg and a turn to whisk the egg mixture

While enjoying the meal, talk about how history influenced **Spanish cuisine** and the different regional cooking. You can also talk about the fun facts of ingredients in this recipe, such as **red bell peppers** and the **Yukon gold potatoes**.