

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 Italian meals

Discuss the following:

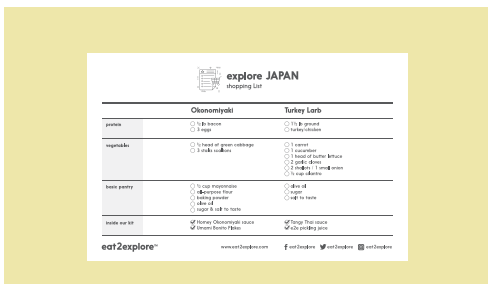
- What are the different courses of a full Italian meal?
- Why are there so many different courses and which is your favorite?
- Who is normally the "matriarch" of a family?



Interactive Activity Sheet

Students will explore the following subjects:

- Social studies
- Geography
- Mathematics
- Language arts
- Science
- Arts and crafts



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 Spaghetti: 1/2 pack = 8 oz
 - o Cheese: 1/2 cup = 4 oz
 - o Romaine lettuce: 1 head = 20 oz
 - o Lemon: 1 lemon = 3 oz
 - o Spinach: 1 cup = 1.7 oz
 - o Sweet potato: 1 medium sized potato = 6 oz
 - o Potato: 1 medium sized Yukon potato = 5 oz



Recipe Cards

Students will learn the following culinary skills:

- grating
- peeling
- mincing
- dicing
- juicing
- sautéing
- forming meatballs
- whisking
- braising,
- setting up breadng station,
- roasting

Prepare Chicken/Veal Milanese

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 peel sweet potatoes, potatoes, red onion and shallot.

Step 2

give each child a turn to add an item to the pan and evenly spread them out on a baking sheet.

Step 3

let your child/children coat the chicken and place them on the baking sheet.

Step 5

give each child a turn to add an item to the bowl and a turn to whisk the dressing until emulsified.

While enjoying the meal, talk about the different courses of an **Italian meal**. You can also talk about the fun facts of ingredients in this recipe – **shallot** and **arugula**.

Prepare Chicken Marsala

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 peel shallot, clean and cut mushrooms (using kid-friendly knife) and pick parsley leaves off the stems.

Step 3

give each child a turn to pound the chicken and shake the ziploc bag to properly coat the chicken

Step 5

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

While enjoying the meal, talk about the different courses of an **Italian meal**. You can also talk about the fun facts of ingredients in this recipe – **Marsala wine** and **parsley**.