



Bites From Brazil Lesson Plan for Homeschool

Overview

Raddish is designed by a dedicated team of teachers and chefs who believe the kitchen classroom is the tastiest place to learn. We love watching learning come alive when kids mix math, stir science, and taste culture!

Paired with the materials found in your Bites From Brazil box, this lesson plan divides your box into 3 45-90 minute lessons you can use and adapt to support your homeschool study, pre-k – middle school. Depending on your timeframe and child's age and engagement, these can be taught together or separated for a longer lesson. Please refer to the curriculum provided in your box: recipe guides, activity card, and introduction card. Happy cooking! Happy learning!

Lesson 1: Brazilian Cheese Bread and Biomes of the World

Activity Time: 60-90 minutes

Learning Outcomes

- Students will learn the term *biome*.
- Students will learn that there are many different *biomes* around the world.
- Students will choose one *biome* to study in depth.
- Students will design a zoo habitat for an animal that lives in their chosen *biome*.
- Students will conduct research and create a design using a combination of writing, drawing, model building, drama, and proposal presentation.
- Students will make and share Brazilian Cheese Bread.

Materials

- Recipe guide, ingredients, and tools listed within.
- Design a Zoo Habitat Worksheet (included)
- Internet access
- Books about different biomes of the world (rainforest, desert, grassland etc.)
- Writing tools
- Drawing tools
- *Optional materials:*



- Materials for building a diorama (shoe box, old magazines, glue, etc.)
- Video equipment for filming a commercial or presentation.

Resources

- <http://www.mbgnet.net/pfg/diverse/index.htm>
- <http://online.kidsdiscover.com/unit/biomes>
- Map of Major Biomes of the World: <https://rgsbio09.wikispaces.com/06+Biomes>

I. Introduction

- Ask: Have you ever heard of the word biome?
 - If yes, ask: How would you explain it to someone that doesn't know?
 - If no, ask: Do you know what a desert is? A rainforest? Those are examples of some of the world's biomes.
- Explain to students the different characteristics of biomes.
 - Scientists divide the world into large natural areas called biomes. Each biome is known for certain kinds of plants, animals, temperatures and weather.
 - Scientists cannot agree on how many biomes there are in the world. Some people say there are only 5: aquatic, desert, forest, grassland, and tundra. Others divide the biomes up further for example forest can be rainforest, taiga, temperate, and chaparral.
- Read the Biodiversity in Brazil section of the Recipe Guide.
 - Explain that Brazil is a large country (3.288 million square miles) that can be divided into a number of biomes.
 - Ask: Which of those biomes would you like to visit? Why?
 - Ask: What animals do you think would live there?
 - Ask: What plants do you think would grow there?
 - Ask: Do you think it would be warm? Cold? Wet? Dry?

2. Zoo Habitat Design

- Introduce the project. Tell the students that the director of a local zoo has chosen them to build a new zoo habitat. You will need to research which biome the zoo should build next to present to the zoo director.
- Research your biome. Use the following helpful websites for your research:
 - <http://www.mbgnet.net/pfg/diverse/index.htm>
 - <http://online.kidsdiscover.com/unit/biomes>
 - <http://kids.nceas.ucsb.edu/biomes/>
 - <http://www.l.a.animalsoftherainforest.org/>
 - Map of Major Biomes of the World:
<https://rgsbio09.wikispaces.com/06+Biomes>
- Design your biome. You can:
 - Make a diorama
 - A labeled drawing



- iii. Create a presentation to the zoo to sell your idea for the new biome exhibit.
- iv. Make a commercial (video or dramatic play) that shows all the exciting parts of the new zoo exhibit.

Extension Ideas

- a. Visit a local zoo.
- b. Plan a pretend or real trip to a biome different than the one you live in.
- c. Choose a country (other than Brazil) and map its biomes.

3. Kitchen Prep

- a. Read the Brazilian Cheese Bread recipe card together.
- b. Identify and gather ingredients.
- c. Gather tools.
- d. Discuss kitchen safety. Specifically, oven safety. See the Culinary Skill section of the Recipe Guide or (Visit Raddishkids.com/pages/safety)

4. Prepare Brazilian Cheese Bread

- a. Ask children to read or describe each step.
- b. Together, follow the steps in the recipe.
- c. Give each child a turn to measure, blend and bake.
- d. While the Brazilian Cheese Bread is baking students can display the results of their zoo habitat design.
- e. When the Brazilian Cheese Bread is ready, eat, taste and share!
- f. Share your zoo habitat design plans with your friends and family.

Lesson 2: Gaucho Steak Skewers and Sports Invented in Brazil

Activity Time: 45 minutes

Learning Outcomes

- Students will learn about Gauchos and their traditional foods.
- Students will learn about sports invented in Brazil like Biribol and Peteca.
- Students will learn the rules of these games and teach and play one with their friends or family.
- Students will learn how location, weather, and physical environment affect the way people live.
- Students will make Gaucho Steak Skewers to share with their friends and family.

Materials



- Recipe guide, ingredients, and tools listed within
- Sports invented in Brazil information sheets (included)
- Sports equipment (depending on sport chosen)
 - Soccer ball
 - Badminton birdie
 - Net or piece of rope
 - Swimming pool

Resources

- wikipedia.com
- <http://www.brazil.org.za/brazil-sports.html>
- <http://www.mapsofworld.com/brazil/sports/>
- <http://www.kids-world-travel-guide.com/brazil-facts.html>
- <http://www.topendsports.com/world/countries/brazil.htm>
- www.youtube.com

1. Introduction

- a. Read the Gaucho's Grill section of the recipe guide with your students.
- b. Do the Food For Thought Activity.
 - i. The gauchos created a cooking technique called *churrasco*. Research this term. Why is churrasco important to Brazilian culture?
 - ii. *Optional*: Make churrasco! For example:
<https://www.easybrazilianrecipes.com/brazilian-grilled-chicken-frango-churrasco/>
- c. After researching how gauchos invented *churrasco*, you will now learn how the people of Brazil invented different sports.

2. Sports in Brazil

- a. Introduce sports in Brazil. Explain how the Summer Olympic Games are taking place in Rio de Janeiro, Brazil from August 5 - August 21.
- b. Today you are going to have the opportunity to learn about four sports that originated in Brazil: foot volley, biribol, peteca, and capoeira.
- c. Read Sports Invented in Brazil (included) and watch the videos listed there to give you an idea of how the games are played.
- d. Ask: Why do you think these games were invented in Brazil? Think about the history of the people, the geography of the country, and the climate that they live in.
- e. Have each student choose one of the games, learn the rules, and find a place where they can play. Teach the rules to your family and friends and have a go!

3. Kitchen Prep



- a. Read the title page together.
- b. Identify and gather ingredients and tools.
- c. Read the **Featured Culinary Skill – How to Mince** on the recipe guide.

4. Prepare Gaucho Steak Skewers

- a. Ask children to read or describe each step.
- b. Give each child a turn to mince, season and skewer.
- c. Once the Gaucho Steak Skewers are ready, Eat, Taste and Share!
- d. While you are eating, teach your friends and family the rules for one of the Brazilian Invented Sports and then challenge them to a game!

Lesson 3: Brigadeiro Chocolate Bonbons and Portuguese Influence on Brazil

Activity time: 45-60 minutes

Learning Outcomes

- Students will learn a brief geography and history of Brazil.
- Students will place key historical events in a chronological sequence.
- Students will explain how the present is connected to the past, identifying both similarities and differences between the two, and how some things do or don't change over time.
- Students will judge the significance of the relative location of a place (e.g., proximity to a harbor, on trade routes)
- Students will make Brigadeiro Chocolate Bonbons.

Materials

- Recipe guide and ingredients and tools listed within.
- Chart paper and markers
- Brief history of Brazil (included)
- World Map
- Timeline
 - Younger students
 - Index card sized paper
 - Yarn or string
 - Drawing materials, pencil
 - Older Students
 - Long strip of paper (8 ½ X 11) cut in half lengthwise and then attached together.



- Writing utensils
- (Optional) Drawings

Resources

- <http://lanic.utexas.edu/project/etext/llilas/outreach/brazil10/lara/lara1.pdf>Brazil
- <http://kids.nationalgeographic.com/explore/countries/brazil/#brazil-soccer.jpg>
- www.youtube.com

1. Introduction

- a. Read the **Learn the Language** section on the Brigadeiro Chocolate Bonbons
- b. Ask: Why do you think that Brazil is the only country in South America that speaks Portuguese instead of Spanish? Look at a World Map. Chart ideas.

2. History of Brazil

- a. Read the Brief History of Brazil Information Sheet (included). Have older students read the document themselves or read it together with younger students.
- b. *Optional Videos*
 - i. Younger Students
 1. Basic Overview of Brazil (1:53)
<https://www.youtube.com/watch?v=f028paAX2M0>
 2. Brazilian culture highlights (including how to make brigadeiro) (5:52)
<https://www.youtube.com/watch?v=YDpHuo5TvnA>
 - ii. Older Students
 1. Geography Now! Brazil – Fast and informative (12:19)
<https://www.youtube.com/watch?v=JFfcD-Skqlc>
 2. Quick History of Brazil (1:11)
<https://www.youtube.com/watch?v=MPLXpmbHexc>
- c. Create a Timeline
 - i. Younger Students
 1. Have students choose 3 or more events in Brazil's history. Draw a picture to show each event, label it, and then string them together in chronological order.
 - ii. Older Students
 1. Have students choose 4 or more events in Brazil's history. Plot out when they happened (what year) and write why you think they were important in shaping the Brazil of today. Place your events and thoughts on the timeline and add drawings if you wish.
- d. *Optional Extensions*
 - i. Learn more Portuguese - Try Duolingo, a free app available.



- ii. Pick another country in South America and learn its history. Compare it to Brazil.
- iii. Learn more about Portuguese history and what other countries it colonized.

3. Kitchen Prep

- a. Read the title page together.
- b. Identify and gather ingredients and tools.
- c. Discuss kitchen safety, in particular stove top safety. (Visit Raddishkids.com/pages/safety)

4. Prepare Brigadeiro Chocolate Bonbons

- a. Ask children to read or describe each step.
- b. Give each child a turn measuring, stirring and forming the Brigadeiro Chocolate Bonbons. Read the **Featured Culinary Skill – Stirring Skills** on the recipe guide.
- c. While your chocolate mixture is cooling, post up your History of Brazil Timelines to teach your family and friends.
- d. Once the Brigadeiro Chocolate Bonbons are ready, gather your family and friends together to Eat, Taste and Share!

Design a Zoo Habitat Worksheet

1. Choose a biome:
 - i. rainforest
 - ii. grasslands
 - iii. desert
 - iv. woodland
 - v. alpine
 - vi. chaparral
 - vii. savannah
 - viii. taiga
 - ix. tundra
 - x. estuaries
 - xi. freshwater wetlands
 - xii. coral reef

2. Where does your biome exist?

3. What animals live in your biome? Choose one (or more) to live in your habitat.

4. What do you need to include in your zoo exhibit for your animal to feel at home? (Think about plants, food, temperature, terrain, etc.)

5. Design your zoo habitat. You can:
 - i. Make a diorama.
 - ii. Make a labeled drawing.
 - iii. Create a presentation to the zoo to present your idea for the new biome exhibit.
 - iv. Make a commercial (video or dramatic play) that shows all the exciting parts of the new zoo exhibit.

Sports Invented in Brazil

PETECA

Peteca is known to be a traditional sport of Brazil, which is played with a hand shuttlecock, like a birdie from badminton. The word *peteca* is derived from a **Tupian** word meaning *hit*. The game is played by hitting the shuttlecock with your hand over a high net, much like a volleyball net. Peteca was originally played at times of celebration along with songs and dances. Gradually, Peteca became practiced more as a sport activity.

Peteca can be played in singles or doubles. There is a court divided in half by the net. The shuttlecock can only be hit once while on each side of the net. You score a point by making the shuttlecock land in your opponent's court or if your opponent hits the shuttlecock over the net but it lands out of bounds.

Peteca is played to the best out of three games. The first player or team who scores twelve points first wins the game. The duration of a game is twenty minutes. If at the end of twenty minutes neither team has reached twelve points, the one with the higher score wins that game.

Equipment

Shuttlecock: a flat rubber base with feathers

Court: singles' played on 15 meter by 5.5 meter court. Doubles played on 15 meter by 7.5 meter court of wood, cement or clay.

Net height: a rectangular net topping 2.43 meters for men, 2.24 for women and 2 meters for children (8-12 years old)

Lightweight gloves: beginners often find that the rubber base of the peteca is hard on the hands, usually leaving red spots and a stinging sensation. It is suggested that they wear a lightweight fingerless **glove**, similar to those used in rugby.

Footwear: Running shoes with a firm grip to the floor are desirable.

Peteca video (0:45) <https://www.youtube.com/watch?v=FNzi6rYCcgE>

BIRIBOL

Biribol is the aquatic version of volleyball. Professor Dario Miguel Pedro developed it in Brazil in the 1960's. Biribol is an excellent sport for working all muscle groups with practically no injury risks since it's a no contact, low-impact sport. Biribol is also suited for all ages and genders, and is recommended for people with minor chronic injuries that feel discomfort or pain while playing other sports.

There is a net in the middle of the pool. The ball used in biribol is similar to the ball used in water polo but smaller in diameter. The ball weighs approximately 100 grams more than a volleyball and usually employs a "super grip" surface technology for playing in the water.

The game is played with two teams, with either two or four players on each team. Just like volleyball, matches are either decided in best-of-three or best-of-five sets of 21 points. Players can use any part of his or her body to touch the ball. Most of the rules are similar to volleyball.

One unique rule in biribol is that it isn't allowed to reach under or over the net. The players are allowed to block a hit from the opposing team but they cannot pass the line of the net.

There is a Brazilian League for biribol; it is participated in by teams from São Paulo, Minas Gerais, Goiás and more.

Equipment

Pool: 8m length, 4m width and 1.30m depth (the depth must be this for the entire pool)

Net height: in the middle of the pool with 2.62m for males and 2.40m high for the females.

The game space is constituted by 7m high measured from the surface of the water.

Service Area- There are lines that delimit the service area (where you serve the ball to the other team), by the end of the pool, 1m from its length limit and other 0.8m from its width limit.

Biribol- video (3:01) <https://www.youtube.com/watch?v=IxKwvUHVcq4>

CAPOEIRA

Capoeira is a form of martial art that originated in Brazil, which combines aspects of dance, acrobatics, and music. The origin of the sport is not very clear, but it is believed African slaves in Brazil played a part in the development of Capoeira.

As a competitive sport, Capoeira is played in a game format. A game can be played anywhere, but it is usually played in a circle, called a Roda, surrounded by musicians with their musical instruments.

Ginga is the most fundamental movement used in a game, which involves keeping the body in a constant state of movement so as not to be an easy target. Capoeiristas (people who practice capoeira) only attack when an opportunity arises. Some use fakes to mislead opponents into an attack, and then follow it up with a strong counter-attack. Attacks in capoeira are mostly made with the legs. Some of the moves used include swirling kicks, leg sweeps, and knee strikes. Elbow strikes and punches are also occasionally used. Head strikes are also used, but it is primarily used as a counter-attack move.

In games though, Capoeiristas don't usually focus on knock downs, but just display superior skills. It's often very common to see kicks to the head or other targets slowed down just inches before contact.

Capoeira video with kids (3:47) https://www.youtube.com/watch?v=BI_3bkY3mO4

National Geographic: Capoeira (23:24) https://www.youtube.com/watch?v=d5IGh_hCMEw

FOOTVOLLEY

Footvolley was created in Brazil by Octavio de Moraes in 1965 on the Rio de Janeiro's Copacabana Beach, and has spread to cities like Brazil, Santos, Florianopolis, Goiania and Recife. It was first known as "pevoley" which literally means foot volley.

Footvolley is a sport which combines aspects of volleyball and soccer. The rules are the same as beach volleyball except instead of their hands, players play with a soccer ball and use their feet, chest, head, and knees, just like in soccer.

Points are awarded if the ball hits the ground in the opponents' court, if the opponents commit a fault, or if they fail to return the ball over the net. Matches are usually one set to 18 points; or best of three sets to 15 points (with third set to 11 points). In international games players can score 2-pointers for all shots scored with the foot when one foot goes above the head when striking the ball and the other foot is off the ground.

Equipment

Ball: soccer ball

Court: 29.5 feet x 59 feet

Net Height: The height of the net varies based on the competition. The Official International Rule for the net height set is 2.2 meters men's competition or 2 meters for the women's competition. In international tours the net height is a bit lower at 2.1 meters.

English Pro Footvolley Tour Exhibition Match (24:43)

<https://www.youtube.com/watch?v=JSpxfBn3seg>

Basic History of Brazil

Brazil lies on the continent of South America. It is comprised of 26 states and a Federal District (like Washington DC), which has a population of 2,557,158 people.

Brazil is bordered to the east by the Atlantic Ocean, and to the north, west, and south by ten other countries.

Brazil is the biggest country in South America and it is the fifth largest country in the world. It also has the fifth largest population in the world with 180 million people.

The majority of Brazilians live in large cities in the southeast part of the country. The capital of Brazil is Brasília, which is a modern new city where elected federal officials live and work. Many different people have settled in Brazil through the years.

Until recently, scientists thought Brazil was first settled by Asian tribes about 10,000 years ago. But new evidence shows there were people living there at least 32,000 years ago. Some experts think they may have arrived from islands in the Pacific Ocean.

Brazil was added to the map of the world during the great European explorations in the late 15th century led by Portugal and Spain. When Europeans first reached the coast of Brazil, the country was home to about 30 million indigenous people, or Amerindians. Today, only about 300,000 remain, living primarily in Brazil's remotest places.

Portugal established its first colony in Brazil in 1530. Colonists created sugarcane plantations along the coast and sent diamonds and gold back to Europe. Soon, people from West Africa were brought to Brazil to work as slaves. The discovery of large inland gold reserves brought thousands of people from the coasts and as far away as Europe to the interior of the country.

In 1789, Brazilians tried to kick out their Portuguese rulers. The rebellion was soon put down, but it started a movement toward independence. By 1822, Brazil was a sovereign nation. Kings of Portuguese blood ruled until 1888, when military leaders and landowners expelled the king, and Brazil became a federal republic.