



Fall Fiesta 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 Fall Fiesta 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

Lesson 1: Creamy Queso Dip and Fiesta Fun

Activity Time: 45-90 minutes

Learning Outcomes

- Students will learn and use the word “fiesta.”
- Students will read the Fiesta Favorites section of the recipe guide for an introduction to the elements of a fiesta.
- Students will research and record the elements of a festival of their choosing.
- Students will show on a map where the festival they are researching takes place.
- Students will create and plan a new Family Festival.
- Students will read and practice the **Featured Culinary Skill- Stovetop Safety Rules.**
- Students will make and share Creamy Queso Dip with friends and family.

Materials

- Recipe guide, ingredients, and tools listed within.
- World map or atlas.
- Access to the internet for research. Suggested websites below.
- Books about fiestas or celebrations around the world. See below for suggestions.



Resources

- Latin American festivals:
 - <http://www.chimuadventures.com/blog/2015/12/south-americas-top-5-most-inspiring-cultural-festivals/>
- Festivals around the world
 - <http://www.emlii.com/78e50642/22-Breathtaking-Festivals-Around-The-World-That-You-Must-See-Before-You-Die>
 - <https://dayzeroproject.com/festivals/>
- Cinco de Mayo
 - <http://www.kiddyhouse.com/Holidays/Cinco/>
 - <http://greenweddingshoes.com/diy-papel-picado-flags/>
- Piñatas
 - <https://www.somewhatsimple.com/mini-kid-pinatas/>
 - http://www.dltk-kids.com/world/mexico/simple_paper_bag_pinata.htm

Books (optional)

- Kids Around the World Celebrate!: The Best Feasts and Festivals from Many Lands by Linda Jones
- Children Just Like Me: Celebrations! By Anabel Kindersley and Barnabas Kindersley

I. Introduction- Fiesta Favorites

- **Ask:** Have you ever gone to a fiesta? What is a fiesta?
- **Read** the **Fiesta Favorites** section of the recipe guide with students. Review the three elements of a fiesta with the students.
 - **Ask:**
 - What reasons do people have fiestas?
 - What special foods do people have at fiestas?
 - What kind of decorations do people have at fiestas?
 - If you have been to a fiesta what was your favorite part? Why?



- If you haven't been to a fiesta what part do you think you would like the best?
- **Share:** Today we are going to learn about the Fiesta Cinco de Mayo and you will have the opportunity to create your own Family Fiesta!

4. A Fiesta Figured Out - Cinco de Mayo

- Share:
 - **What:** Cinco de Mayo is celebrated on the 5th of May. In Spanish, “Cinco de Mayo” means “the fifth of May.” Cinco de Mayo is a modern holiday created in 1967 by a group of California State University students that felt that there were no Chicano (a person of Mexican descent) holidays. They wanted something to recapture their history and identity and decided that the Battle of Puebla was symbolic and they could connect to it.
 - **Why:** To celebrate the Mexican victory over the French at the Battle of Puebla during the Franco-Mexican War and to celebrate being Mexican in the United States.
 - **Traditional Foods:** Traditionally in Puebla (100 miles east of Mexico City) the people eat Chalupas (fried thick tortillas topped with salsa, shredded meat, chopped onion, and queso fresco. In the United States people eat tacos and nachos.
 - **Traditional Decorations:**
 - The Mexican flag, and decorations in the colors of the Mexican flag – red, green and white.
 - Maracas, a musical instrument
 - Piñatas – hollow papier mâché creations in fun shapes, decorated with tissue paper and filled with candies and small toys

Extension Ideas

- Watch videos about Cinco de Mayo:



- Younger Students- Cinco de Mayo for Kids Song (2:18)
<https://www.youtube.com/watch?v=I9w04KbhlLc>
- Older Students- Cinco De Mayo: A Celebration of Mexican Heritage | History (3:09) <https://www.youtube.com/watch?v=QIICWQyK72Y>
- Find Puebla on a map
- Draw a picture of the Mexican flag

4. Fiesta Research

- Have students choose a Latin American fiesta to research.
 - Use the resources below for ideas:
 - Websites:
 - <http://www.chimuadventures.com/blog/2015/12/south-americas-top-5-most-inspiring-cultural-festivals/>
 - Books
 - Kids Around the World Celebrate!: The Best Feasts and Festivals from Many Lands by Linda Jones
 - Children Just Like Me: Celebrations! By Anabel Kindersley and Barnabas Kindersley
- Have students answer the following questions. (Have **older students** write their answers. Help **younger students** to read and record their answers.)
 - What is the name of your fiesta?
 - Where does it take place?
 - What does this fiesta celebrate?
 - What foods do they traditionally serve?
 - What decorations do they have?
 - Are there special costumes, music, or other activities?

Extension Ideas

- Write a travel article or brochure about the fiesta you researched and include a map.



- Find a recipe for the foods served at your fiesta and try to make one.
- Draw a picture of the fiesta you researched.
- Make some of the decorations that they use for your chosen fiesta.
- Research another cultural festival from around the world.

4. Family Festival Created!

- Have students brainstorm the creation of their own family festival.
- Have **older students** write their answers to the following questions and make a plan to execute it. Help **younger students** to read and record their answers.
 - **What is the name of your festival?** What time of year will you celebrate it? Who will you invite?
 - **What does your festival celebrate?** What does your family have to celebrate? Your family history? Where your family comes from? Something from your family values or beliefs?
 - **What foods will you have at your festival?** What foods are favorites in your family? What foods are in season at the time of your festival? Will you create a special drink?
 - **What decorations will you have at your festival?** Will you have a color scheme? Create a family flag or shield. Create a centerpiece for the table or banners to hang around.
- **Present your Family Festival Plan to your family.**
 - Ask them for feedback and ideas to make your festival even more fun and to get them to help out!

Extension Ideas

- Make up a song for your festival
- Make a piñata that fits with your festival theme
 - <https://www.somewhatsimple.com/mini-kid-pinatas/>
 - http://www.dltk-kids.com/world/mexico/simple_paper_bag_pinata.htm
- Create invitations for your festival



Kitchen Prep

- Read the Creamy Queso Dip recipe card together.
- Identify and gather ingredients.
- Gather tools.
- Read the **Featured Culinary Skill- Stovetop Safety Rules.**
- Discuss kitchen safety. Specifically, knife safety (Visit Raddishkids.com/pages/safety).

Prepare Creamy Queso Dip

- Ask children to read or describe each step.
- Together, follow the steps in the recipe.
- Give each child a turn to grate, mince, and stir.
- When the Creamy Queso Dip is ready, eat, taste, and share!
- While friends are eating, share what you learned about festivals and fiestas. Share your plans for your Family Festival!



Lesson 2: Chicken Tortilla Soup and Chile Heat

Activity Time: 45-90 minutes

Learning Outcomes

- Students will learn what their tongues do.
- Students will learn that we need our tongues, mouth, nose, and brains to taste things.
- Students will learn about different taste buds: sweet, sour, salty, bitter, and umami.
- Students will learn how their tongue works to detect flavors and what those flavors are.
- Students will learn why a chile tastes spicy, despite the lack of “spicy taste buds.”
- Students will learn what a scale is and use the terms least to greatest.
- Students will learn about the Scoville Scale and the science behind it.
- Students will create a scale of their own for a different flavor (sweet, sour, salty, bitter, umami, cool).
- In the Featured Culinary Skill students will learn **Mincing Garlic**.
- Students will make Chicken Tortilla Soup to share with their friends and family.

Materials

- Recipe guide, ingredients, and tools listed within.
- Foods of different flavors – examples:
 - salty (salty, seaweed)
 - sour (lemon, vinegar)
 - sweet (sugar, honey)
 - bitter (dark chocolate, coffee)
 - umami (mushrooms, meat)
 - cool (mint, menthol)

Resources

- The Neuroscience of Taste: <https://faculty.washington.edu/chudler/tasty.html>
- Sweetness Scale: [http://foodconstrued.com/2012/03/sweetness-scale/#Does a Sweetness Scale Exist](http://foodconstrued.com/2012/03/sweetness-scale/#Does_a_Sweetness_Scale_Exist)



- Taste bud Lesson Plan (Pre K): <http://www.brighthubeducation.com/pre-k-and-k-lesson-plans/127809-exploring-our-sense-of-taste/>
- <https://wonderopolis.org/wonder/why-are-chile-peppers-so-spicy>

Videos

- How your Tongue Works (5:01) <https://www.youtube.com/watch?v=0hwOL9IcjwM>
- How to Grow Chiles <https://www.youtube.com/watch?v=5PW1whthnLo>

I. Introduction- Taste!

- Have students name the 5 senses.
 - **Ask:** What part(s) of your body are responsible for each sense?
- **Share:** Today we are going to focus on the sense of taste!
- **Show** students the video:
 - How your Tongue Works (5:01) <https://www.youtube.com/watch?v=0hwOL9IcjwM>
 - Lead students in discussion questions:
 - What jobs does your tongue do?
 - Why is spit so important?
 - What parts of your body are involved in tasting flavors?
 - What are the bumps on your tongue called?
 - What flavors do your taste buds detect?
 - How does your tongue detect heat and cold?
- **Share:** Today we are going to learn how our taste buds and brains work together with our bodies to tell us that something is spicy. We are going to learn how people measure spiciness and you will have the opportunity to create your own flavor scale.

2. Scale Up the Heat- The Scoville Scale

- **Ask:** Have you ever eaten something really spicy? What was it? How did it make your body feel?
- Read the **Scale Up the Heat** section of the Chicken Tortilla Soup recipe guide.
 - **Ask:**
 - What is the Scoville Scale?



- Who is it named after?
- How is spiciness measured on the Scoville Scale?
- **Share:** What is a scale?
 - A scale has multiple meanings:
 - what you stand on to see how heavy you are
 - the ratio of distances in real life to a smaller measurement on a map
 - **a set of numbers, amounts, etc., used to measure or compare the level of something. A scale goes from least on the left or bottom to most at the right or the top.**
 - See the scale in the picture of the chile pepper in the **Scale Up the Heat** section.
- **Watch** the video:
 - Why are chiles so spicy? <https://wonderopolis.org/wonder/why-are-chili-peppers-so-spicy>
- **Ask:** Can you describe to someone else why hot peppers taste spicy when we don't have "spicy" taste buds?
- **Share:** Chile Pepper Facts:
 - Capsaicin is water insoluble, which means a glass of water won't cool your mouth once you bite into a pepper. If you're looking for relief, try a glass of cold milk instead.
 - Chile peppers are a great source of vitamin C.
 - There are three acceptable forms of spelling chile in the English language: "Chile" (Latin America and USA), "Chili" (USA), and "Chilli" (Europe).

3. Create Your Own Flavor Scale

- **Share:** Now that you understand how the Scoville Scale works to show levels of spiciness, it's your chance to create your own scale for another flavor.
- Have students choose a flavor (sweet, salty, sour, bitter, umami, cool).
- Have students create a list of foods that have that flavor.
 - Collect 3-7 foods that fit that category.
- Have students create a scale for their flavor.
 - Name the scale.



- Decide how to measure foods from least flavor to most.
 - You can use percentages, from none to total, or make up your own levels of measurement.
 - Example: A sour scale could go from bland to sour to pucker face.
- Test your food items and decide where they belong on your scale.
 - **Older students** can write the words of foods onto the scale.
 - **Younger students** can draw pictures to show how the food items measure up.
- Decide how to share results. Examples:
 - a decorated poster of your scale
 - a presentation or commercial (Who would your audience be? The sugar board, lemon producers, etc.)

Extension Ideas

- Have someone else test the same food items to see if their taste buds work the same as yours. Why would it be a problem if their results are different than yours?
- Create a scale for another flavor.
- Research other kinds of scales (Richter Scale of Earthquake Energy, Saffir-Simpson Scale of Hurricane Wind intensity, etc.)

3. Kitchen Prep

- Read the title page together.
- Identify and gather ingredients and tools.
- Read the **Souper Additions** section of the recipe guide. What additions would you create?
- Read the **Featured Culinary Skill- Mincing Garlic**
- Discuss kitchen safety. Specifically, stove top safety (Visit Raddishkids.com/pages/safety).

4. Prepare Chicken Tortilla Soup

- Ask children to read or describe each step.
- Give each child a turn mincing, seasoning, and topping the soup.
- When the Chicken Tortilla Soup is ready, add toppings, eat, taste, and share!
- Share with your family and friends the new Flavor Scale that you created.



Lesson 3: Sizzling Steak Fajitas and Fusion Cuisine

Activity time: 60 minutes

Learning Outcomes

- Students will learn the terms fusion cuisine and Tex-Mex cuisine.
- Students will learn who a Tejano is.
- Students will critically think about why and where fusion cuisine occurs.
- Students will create their own fusion dish.
- Students will learn about **Tex-Mex Cuisine** and the **Battle of the Alamo**.
- In the **Featured Culinary Skill** students will learn **How to Sauté**.
- Students will make **Sizzling Steak Fajitas**.

Materials

- Recipe guide and ingredients and tools listed within
- Atlas or world map
- Chart paper and markers
- Optional
 - art supplies to make a menu
 - recipe card to write a fusion recipe
 - tri-fold paper to make their own Raddish Recipe Guide
 - camera

Resources

- <http://www.esquire.com/food-drink/food/recipes/a24929/peter-gordon-fusion-tips-0913/>
- <https://en.wikipedia.org/wiki/Tex-Mex>
- <https://delishably.com/food-industry/what-is-fusion-cooking>
- <https://pregelamerica.com/pmag/articles/the-fusion-revolution-the-evolution-of-fusion-cuisine/>



1. Introduction- What are different cuisines?

- **Create** a table with two wide columns – one titled **My Country** and the second **Other Countries**.
 - Have students brainstorm national/traditional dishes for each category.
 - Have an atlas or world map handy to spur ideas.
 - Example:

My Country (Canada)	Other Countries
poutine (fries with gravy and cheese curds)	Japan - Sushi
tortiere (spiced meat pie in pastry)	Korea - Bulgogi

- **Ask:**
 - Have you tried any of these dishes? Which ones?
 - What is your favorite food on our list?
 - What is the strangest food you have ever eaten?
 - What do you like about trying new foods?
 - Are there any foods that you wouldn't eat when you were younger that you eat now?
 - Do you prefer your own country's food or other kinds of food?
 - Has your country 'adopted' many foods from other countries?
 - If you were living abroad, which food would you miss most from home?
- **Share:** All the dishes we listed come from one specific country. Today you are going to learn about Fusion Cuisine and how to create your own Fusion Dishes.

2. Fusion Cuisine Defined

- **Share:** Fusion cuisine combines elements of different culinary traditions. Fusion cuisine cannot be categorized according to one style. Fusion has played a huge part in the innovations of restaurant menus since the 1970's.
- **Ask:**
 - How do you think fusion cuisines start?



- Where do fusion cuisines occur?
- **Share:** Different types of Fusion Cuisine:
 - **Regional Fusion-** The combination of cuisines from a geographical area. For example Southeast Asian cuisine with stir fried noodles and cool shredded fruit salads.
 - **Multi-cultural Fusion** - Foods based on one culture are prepared using ingredients and flavors from another culture. An example of this is a bulgogi taco. It is a fusion of Korean and Mexican food, where traditional Korean meat (bulgogi) is added to a traditional Mexican dish (taco).
- **Read** the **Tex-Mex Cuisine** section of the Sizzling Steak Fajitas.
 - Tex-Mex Cuisine derives from the Tejano (Spanish for Texan) residents of Texas and Northern Mexico. To learn more why there is such a strong Mexican influence in that part of Texas, read the **Remember the Alamo** section of the Sizzling Steak Fajitas recipe guide.
 - **Ask:**
 - What are your favorites?
 - What Tex Mex Foods have you tried?

Optional Videos

- Difference between Tex-Mex and Mexican Food (1:07)
https://www.youtube.com/watch?v=a7L02Y2_mZw
- The Origins of Tex-Mex Cuisine- Chef Melissa Guera (3:15)
<https://www.youtube.com/watch?v=nuFv4D7IEVA>

3. How to Make Fusion Dishes

- “Tips on How to Get Fusing” (adapted from Chef Peter Gordon)
 - I. Do your research
 - a. Eat at interesting restaurants or try making foods from different cultures.
 - b. Ask: What aspects of each cuisine do you like? Is it flavors, textures, colors, presentation? Research traditional ingredients and sample them.



2. Prepare a dish you enjoy
 - a. Choose a dish you really like. Make it according to the recipe so that you understand the processes needed.
3. Prepare the dish again and tweak it (change it slightly)
 - a. Think about what you could add. Or swap an ingredient that you think would be interesting.
4. Instead of ingredients think tastes
 - a. You're thinking about using a lemon. How is it going to contribute? Do you want the tang (acid) or the smell (aroma)? For the aroma, you could try lemon zest, lemongrass, or lemon verbena. If you want acid, do you specifically want a citrus tang? You could also try limes, tangerines, oranges, or grapefruit.
5. Give yourself some boundaries
 - a. Choose your components- for example, protein and cuisine style.
 - b. You could choose to make a Japanese-American fusion hamburger. This could turn out to be a miso flavored burger topped with flaked seaweed on a sesame bun. Or an American style cheeseburger formed into a sushi roll with a wasabi ketchup dipping sauce.
6. Be practical with your changes
 - a. Some parts of recipes need to be kept constant for good reason. That doesn't mean that you can't change some things but the technique and ratios of ingredients have been tried and tested and work best in that way.

4. Fuse It!

- Create your own fusion dish:
 - Choose two cultures you would like to fuse
 - Brainstorm your favorite dishes from each culture.
 - Use the tips above and choose two dishes to fuse together
 - Be creative! Not all dishes go together easily!
- Choose how to share your fusion dish:
 - Draw a picture of your new recipe idea.
 - Research recipes online and cook your dish for your family and friends



- Teach someone your process for designing a fusion dish
- Make a Raddish style tri-fold recipe guide for your fusion dish.

Extension Ideas

- Create a menu for your own fusion restaurant.
- Create a game where you give someone an ingredient and two countries or regions and have them come up with an idea of a dish.

4. Kitchen Prep

- Read the title page together.
- Identify and gather ingredients and tools.
- Read the **Featured Culinary Skill- How to Sauté**
- Discuss kitchen safety. Specifically, knife safety (Visit Raddishkids.com/pages/safety).

5. Prepare Sizzling Steak Fajitas

- Ask children to read or describe each step.
- Give each child a turn cutting, slicing, and sautéing.
- Once the Sizzling Steak Fajitas are ready, gather your family and friends together to eat, taste and share!
- While everyone is enjoying their Sizzling Steak Fajitas, share your new fusion food creation!