



CAMP RADDISH Homeschool Lesson Plan

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 CAMP RADDISH box, this lesson plan divides your box into three 45-90 minute lessons. You can use these lessons for students from pre-K – middle school and adapt them to suit your needs. Depending on your timeframe, child's age, and their engagement, these lessons can be taught together or separated.

Please refer to the curriculum provided in your box: recipe guides, activity card, and introduction card.

Happy cooking! Happy learning!



Lesson #1: SUSHI HAND ROLLS
& WHAT IT TAKES TO BE A SUSHI CHEF
Activity Time: 60 minutes

LEARNING OUTCOMES

- Students will learn the skills that must be mastered in order to be called a sushi chef or *itamae*.
- Students will learn the path that a student takes to become a sushi chef.
- Students will be introduced to sushi making terminology.
- Younger students will make sushi forms from playdough or other art supplies.
- Older students will teach others what it takes to become an *itamae*.
- Students will read and practice with Preparing Mise en Place
- Students will make and share Sushi Hand Rolls



WHAT IT TAKES TO BE A SUSHI CHEF

Notes for the Teacher:

- Remind kids: “Don’t yuck my yum!”
 - Some kids love sushi and others think that it is “ewww gross.” It is ok not to like something, but you should always try it and try to explain why you don’t like it.
 - It is not ok to pressure someone else into not liking something just because you don’t.
 - This promotes palate development and a respect for differences in taste.
- Sushi is incredibly versatile: change up the fillings to appeal to your students.
- For younger students:
 - Younger students may not have a clear conceptual understanding of the length of time that it takes to become a sushi chef. Use comparisons to help them understand. For example, if your student is 5, you could say an apprentice might spend 2 of your whole lifetimes so far to become an *itamae*.

Teacher Prep:

- Collect Materials:
 - Recipe Guide, tools, and ingredients listed
 - Atlas, world map, and/or map of Japan
 - For younger students:
 - Images of sushi from books, internet, etc.
 - Art supplies (choose):
 - Playdough in a variety of colors and cutting and shaping tools
 - Paper, cardboard, magazines for clipping
 - Paint and paper
 - For older students:
 - “What it takes to be a sushi chef” (included)
 - For presentation (choose):
 - Informational documentary- video camera, props, sets, etc.
 - Poster- poster board, paper, art materials
 - Dramatic representation- a set, costumes, etc.
 - Cartoon- paper and pencil
 - A memoir- writing materials



WHAT IT TAKES TO BE A SUSHI CHEF

- Introduction:
 - Ask: Have you ever heard of sushi?
 - If so, what is it?
 - Where does it originate? (you could show a map of Japan)
 - Have you eaten it before? Where?
 - Read the Types of Sushi section of the Sushi Hand Rolls recipe guide.
 - Discuss:
 - Which kind of sushi do you think you would like the best? Why?
 - Do you think it would be easy or difficult to learn to make sushi?
 - Tell your students that in Japan, learning to make sushi in a restaurant takes a lot of training. Today they will learn about what it takes to do that job and get to design their very own sushi.

- Share: How to become a sushi chef
 - Share:
 - In Japanese, a sushi chef is called an *itamae* (pronounced ih-TAH-mai), which means one who stands in front of the cutting board.
 - In Japan, in order to receive the honor of being called an *itamae*, the person must be a skilled chef, be able to easily talk to customers, oversee the operation of the sushi bar, and prepare perfect sushi.
 - It takes at least ten years of practice, lots of training, and they must pass a national certification test.
 - Ask: What skills do you think an *itamae* must learn?
 - Patience- It takes at least ten years to become an *itamae*. A typical apprentice in Japan will spend the first year just cleaning.
 - Courtesy- Sushi chefs work in an open kitchen and serve their guests directly. Therefore, they must also be good at entertaining and communicating.
 - Dexterity- An *itamae* must not only move quickly but also gracefully while preparing beautiful, delicious, and consistent dishes.
 - Arithmetic- A skilled sushi chef keeps a mental running total of each customer's bill.
 - Selection and storage- They must learn what fish are available at each time of year, how best to slice each one, and how to properly store them.



- Knife mastery- Knives are an *itamae*'s number one tool. There are many different kinds for different jobs. Owning your own knives can be expensive.
 - If you want to learn more about Sushi knives-
<http://secretsofsushi.com/sushi-and-sashimi-knives>
 - Cooking rice to perfection- Rice is the foundation of sushi. To make perfect sushi rice takes a lot of steps and practice.
 - Watch: Simply Ming Vodcast 903: Sushi Rice (7:30)
https://www.youtube.com/watch?v=BZSg_5462O0
 - Confidence- A customer can request *omakase*, which means "I leave it to you." This means that the sushi chef will have to make the choice of what they believe to be the best dishes for that particular customer.
- Ask: Which of these skills do you think that you would be good at? Which would be more difficult for you?
 - Share: The path to becoming an *itamae* is called an *apprenticeship*. It is very demanding and competitive. Many apprentices begin as teenagers and learn according to the principle of *nusumu no gei*, which means 'stealing the art.' Remember when we learned that for the first year the apprentice may only have the job of cleaning? During this time they are observing—watching everything in the sushi bar and soaking up everything that they can.
 - Step 1 — The apprentice works for up to 3 years in the background, cleaning, scaling, and gutting fish, and assisting the *itamae*. This is called *shita-koshirae*, 'starting from the bottom.'
 - Step 2 — The apprentice is allowed to practice cooking and shaping rice. Students that are considered good may be allowed to work at a corner of the bar to prepare items. Some aspiring sushi chefs never make it further than this step!
 - Step 3 — The apprentice can now use a sushi knife. They gradually move closer to the *itamae-san* at the bar and may be able to serve customers under strict supervision.
 - Step 4 — After 7-10 years or more of hard work and a possible national examination, the apprentice may finally become an *itamae*.
 - Discuss the amount of time and dedication needed to become an *itamae*.
 - Ask: Why do you think that it takes so long to become a sushi chef?
 - Ask: Do you think that it needs to be such a long process? Why or why not?



ACTIVITY: SUSHI IS ART

YOUNGER STUDENTS

- Show your students images of sushi.
 - Note: A google search will turn up not only beautiful platters of traditional sushi but also some incredibly artistic variations that look like panda bears, pikachu, and so much more.
- Point out the main ingredients included: nori, rice, fish, and vegetables.
- Explain the idea of eating first with our eyes. Food that looks beautiful is food we want to taste!
 - (Optional) Watch Japan's Fake Food (4:54)
<https://www.youtube.com/watch?v=vZnnSlflgf0>
- Tell students that they are going to have the opportunity to make a model or picture of sushi of their very own design.
- Provide students with art materials. For example:
 - Playdough in a variety of colors and cutting and shaping tools.
 - Paper, cardboard, magazines for clipping.
 - Paint and paper.
- Have students name and label the type of sushi that they made and then display their sushi works of art.

Extension:

- Learn more about how Japanese children experience school lunch
 - Watch School Lunch in Japan (8:55)
<https://www.youtube.com/watch?v=hL5mKE4e4uU>
- Go to a sushi restaurant and sit at the bar to watch the *itamae* at work.
- Watch How to Make Sushi Flower Art (6:48)
<https://www.youtube.com/watch?v=AjnuMJRANLw>
- How to Make Panda Sushi Roll (8:46)
<https://www.youtube.com/watch?v=bvh3N5U-78c>



ACTIVITY: TEACHING ABOUT *ITAMAE*

OLDER STUDENTS

- Inform students that now that they understand the work it takes to become an *itamae*, it is their job to find a way to teach others what they have learned.
- Provide students with resource materials:
 - What it takes to be a sushi chef (included)
 - The steps to become a sushi chef: <http://www.youmesushi.com/blog/take-become-sushi-chef/>
 - Watch:
 - How to Become a Sushi Chef (4:14)
<https://www.youtube.com/watch?v=poyFIKT4Q5c>
 - The Life of a sushi apprentice is not glamorous (1:54)
<https://www.youtube.com/watch?v=7PSYi7bokNo>
- Assist students in deciding how they want to share the skills and steps that a sushi chef needs to master.
 - Presentation options:
 - Informational documentary- video camera, props, sets, etc.
 - Poster- poster board, paper, art materials
 - Dramatic representation- a set, costumes, etc.
 - Cartoon- paper and pencil
 - A memoir- writing materials, make up a story of someone that has gone through the process of becoming an *itamae*
- Have students perform/display/share their projects.

Extension:

- Go to a sushi restaurant and sit at the bar to watch the *itamae* at work.
- Watch the documentary film "Jiro Dreams of Sushi" directed by David Gelb



COOKING SUSHI HAND ROLLS

Kitchen Prep

- Read the SUSHI HAND ROLLS recipe card together.
- Identify and gather ingredients.
- Gather tools.
- Read the Featured Culinary Skill – Preparing Mise en Place
- Discuss kitchen safety. Specifically, STOVE TOP safety (Visit Raddishkids.com/pages/safety).

Prepare SUSHI HAND ROLLS

- Ask children to read or describe each step.
- Together, follow the steps in the recipe.
- Give each child a turn to stir, cut and roll.
- When the SUSHI HAND ROLLS are ready, eat, taste and share!
- While your friends and family are eating, display your sushi art and/or present what you learned about what it takes to become a sushi chef.



RESOURCES

- Books
 - Hiromi's Hands by Lynne Barasch
 - Sushi for kids by Kaoru Ono
 - First Book of Sushi by Amy Wilson Sanger
 - First Book of Sushi (1:39)
<https://www.youtube.com/watch?v=cKZYEooDah0>
 - Sushi Science Odyssey Magazing April 2013 Edition
- Websites
 - The steps to become a sushi chef <http://www.youmesushi.com/blog/take-become-sushi-chef/>
 - Sushi knives- <http://secretsofsushi.com/sushi-and-sashimi-knives>
 - Sushi Chef Apprentice <https://www.mrslinskitchen.com/nlaug09.html>
 - <https://en.wikipedia.org/wiki/Itamae>
 - How to Eat Omakase <https://www.wikihow.com/Eat-Omakase>
- Videos
 - Watch a sushi chef at work, knife skills (1:30) <https://www.youtube.com/watch?v=-cUyvyzNM0mo>
 - The Art of Sushi with Masayoshi (3:20) <https://www.youtube.com/watch?v=yvGqYZ4aFRE>
 - School Lunch in Japan (8:55) <https://www.youtube.com/watch?v=hL5mKE4e4uU>
 - First Book of Sushi (1:39) <https://www.youtube.com/watch?v=cKZYEooDah0>
 - How to Become a Sushi Chef (4:14) <https://www.youtube.com/watch?v=poyFIKT4Q5c>
 - The Life of a sushi apprentice is not glamorous (1:54) <https://www.youtube.com/watch?v=7PSYi7bokNo>



Lesson #2: HOMEMADE ITALIAN GNOCCHI
& ITALIAN CHEFS AND THEIR FOCUS ON LOCAL AND SEASONAL
INGREDIENTS

Activity Time: 45-90 minutes

LEARNING OUTCOMES

- Students will learn that Italian chefs take inspiration from their local areas.
- Students will learn the terms local and seasonal.
- Students will explore the foods of different areas of Italy.
- Students will watch videos of chefs explaining the pride and importance of local ingredients in their cuisine.
- Students will research what foods grow locally to them.
- Students will imagine or create a dish using only local ingredients.
- Students will read and practice with Featured Culinary Skill – Kneading Dough
- Students will make and share HOMEMADE ITALIAN GNOCCHI



ITALIAN CHEFS AND SEASONAL INGREDIENTS

Notes for the Teacher:

- The creation of your student's signature local, seasonal dish can be as simple as a bowl of local strawberries with whipped cream, or it can be more complex. Take the lead from what your student is curious about, interested in, and capable of doing in the kitchen.
- If they are stuck for ideas have them talk to a farmer at a farmers' market or check out seasonal menus from restaurants in your town.

Teacher Prep:

- Collect Materials:
 - Recipe guide and tools listed within
 - Map of Italy or atlas
 - Infographic: From where in Italy is your food? (included)
 - A map of your area.
- Watch and choose which is most appropriate for your students
 - Satra: A Local, Seasonal Restaurant in Southeast Sicily (6:46)
https://www.youtube.com/watch?v=2_oQLae1TKk
 - Inside the Best Restaurant in the World: Osteria Francescana (3:34)
<https://www.youtube.com/watch?v=bjN1-C76ugQ>



ITALIAN CHEFS AND THEIR FOCUS ON LOCAL AND SEASONAL INGREDIENTS

- Introduction:
 - Ask your students:
 - What do you know about Italy?
 - What foods do you think of as Italian?
 - What do you think it would be like to be a chef in Italy?
 - Show students the infographic "From where in Italy is your food?" (included)
 - Ask students:
 - Which of these foods do you recognize?
 - Have you eaten any of them before? If so, how were they prepared?
 - Are there any you would like to try?
 - Share: In Italy chefs must first learn about the ingredients that grow and the animals that are raised in the area where they will be cooking.
 - "As even in the finest and most sophisticated Italian recipes the [most important thing] is the unique taste of each ingredient, it is crucial to learn how to bring it out to its best." The Florence Culinary Arts School
 - (Optional) Watch Massimo Bottura- Maestro of Parmigiano Reggiano – Whole Foods Market (3:24)
<https://www.youtube.com/watch?v=xW3WeVrTcD8>
 - Discuss: Why do the ingredients that go into a dish matter?
 - Tell the students that today they will learn what Italian chefs think about when they are designing a dish and that they will get to create their very own signature dish!
- Background Information: What is important to Italian chefs?
 - Share:
 - Italian cuisine is characterised by (known for) its simplicity, with many dishes having only four to eight ingredients!
 - Italian cooks rely mainly on the quality of the ingredients rather than on elaborate or fancy preparation.
 - *Seasonal and local* ingredients play a huge role. You often can't even buy food if it is not in season!
 - Ask: What do you think seasonal and local mean?



- Seasonal refers to the times of year when that food is harvested. This is also when the item is the cheapest and freshest.
- Local food is food that is locally produced, not moved long distances to market. Commonly the definition of "local" food is food grown within 100 miles of where it is consumed.
- For Italian chefs, preparing great menus is all about the great ingredients. With local food, chefs are inspired to work with, rather than against, the seasons.
- Italian chefs offer multiple menus for multiple times of the year and celebrate the bounty that comes each season.
- When chefs buy local food, they are investing in their economy, where they live.
- Italian chefs show their love for their land in every dish that they put on the table.
- Watch one of these:
 - Satra: A Local, Seasonal Restaurant in Southeast Sicily (6:46)
https://www.youtube.com/watch?v=2_oQLae1TKk
 - Inside the Best Restaurant in the World: Osteria Francescana (3:34)
<https://www.youtube.com/watch?v=bjN1-C76ugQ>



ACTIVITY: SHOW YOUR LOVE OF WHERE YOU LIVE THROUGH FOOD

- Late spring and early summer are a fantastic time to explore what foods grow locally to you.
- Ask: What do you think is local and in season for us right now?
 - Research the answers:
 - Seasonal food guide <https://www.seasonalfoodguide.org/>
 - Seasonal Ingredient Map <https://www.epicurious.com/archive/seasonalcooking/farmtotable/seasonalingredientmap>
- Visit a farmer's market and pick 1-2 local, seasonal ingredients.
- Have a conversation with the farmer and ask them:
 - How is this season for _____? Is it growing well? Why or why not?
 - When was it picked? How was it picked?
 - How far did it travel to get here today?
 - What foods are coming into season next?
- Sample your local seasonal ingredients.
 - How do they taste?
 - Have you eaten this food at a different time of year? Compare how it tasted then to now.
- Challenge your students to create a simple dish. (Remember, the best Italian chefs use only a few ingredients!)
- Ask:
 - What flavor do you think will go well with _____?
 - How should we prepare the food? (cooked, raw, whole, in slices, etc.)
 - How should we present the food? (make it look beautiful on the plate)
 - (Optional) Draw a picture
 - What will you name your dish and/or how will you describe it to your guests?
 - (Optional) Make up a menu.
- Prepare your dish and share with your friends! Please take a photo and share with us too! #raddishkids

Extension:

- Learn about the slow food movement that began in Italy <https://www.slowfood.com/about-us/our-history/>
- Interview a local chef about where they source their ingredients and why?
- Research other countries and how they treat local and seasonal food.



COOKING HOMEMADE ITALIAN GNOCCHI

Kitchen Prep

- Read the HOMEMADE ITALIAN GNOCCHI recipe card together.
- Identify and gather ingredients.
- Gather tools.
- Read the Featured Culinary Skill – Kneading Dough
- Discuss kitchen safety. Specifically, KITCHEN UTENSIL safety (Visit Raddishkids.com/pages/safety).

Prepare HOMEMADE ITALIAN GNOCCHI

- Ask children to read or describe each step.
- Together, follow the steps in the recipe.
- Give each child a turn to peel, grate, and knead.
- When the HOMEMADE ITALIAN GNOCCHI are ready, eat, taste and share!
- While your friends and family are eating, tell them about what is local in your area right now. Inspire them to buy and cook with local and seasonal ingredients!



RESOURCES

- Books
 - La Cucina: The Regional Cooking of Italy by the Italian Academy of Cuisine
 - Let's Cook Italian, A Family Cookbook: Cuciniamo italiano, Un ricettario di famiglia by Anna Prandoni
- Websites
 - Seasonal food guide <https://www.seasonalfoodguide.org/>
 - Seasonal Ingredient Map
<https://www.epicurious.com/archive/seasonalcooking/farmtotable/seasonalingredientmap>
 - <https://www.scuoladicucinaetoile.com/en/italian-culinary-skills-course/>
 - Map of Italy's Regional Foods
<https://www.pinterest.ie/pin/350647520959742674/>
 - <https://blog.chefworks.com/uniforms/20-reasons-restaurants-should-buy-local-foods/>
- Videos
 - Satra: A Local, Seasonal Restaurant in Southeast Sicily (6:46)
https://www.youtube.com/watch?v=2_oQLae1TKk
 - Inside the Best Restaurant in the World: Osteria Francescana (3:34)
<https://www.youtube.com/watch?v=bjN1-C76ugQ>
 - Massimo Bottura- Maestro of Parmigiano Reggiano – Whole Foods Market (3:24) <https://www.youtube.com/watch?v=xW3WeVrTcD8>



**Lesson #3: CHOCOLATE AND BANANA CREPES
& THE CHEF DE CUISINE AND THE KITCHEN BRIGADE**

Activity Time: 45-90 minutes

LEARNING OUTCOMES

- Students will learn the history of how French kitchens are organized.
- Students will be exposed to the names for the different roles in a French kitchen.
- Students will explain how the brigade system helps with kitchen operations and teamwork.
- Students will learn what it takes to become a chef in France.
- Students will role play being a chef de cuisine and other members of the kitchen brigade.
- Students will read and practice with Featured Culinary Skill – Flipping a Crepe.
- Students will make and share Chocolate and Banana Crepes.



HOW TO BECOME A FRENCH CHEF

Notes for the Teacher:

- This lesson is heavy on information. There are many specific jobs in the traditional Kitchen Brigade. For younger students, you can choose to teach fewer roles and simplify the description of the responsibilities as appropriate.
- Read all of the instructions for the games ahead of time to familiarize yourself.
- You could create the cards in advance of the lesson for your students.
- Encourage students to create other games to cement an understanding of the roles in the kitchen.

Teacher Prep:

- Collect Materials:
 - Recipe guide and tools listed within.
 - Index cards or card stock cut to size.
 - Pen and markers for drawing.
 - The Kitchen Brigade (included)
- Read
 - The Kitchen Brigade (included)
- Watch
 - The Kitchen Brigade System- Informative Speech (5:53)
<https://www.youtube.com/watch?v=aAw31xGmP2U>
 - Escoffier's Brigade System - The First Master Chef: Michel Roux on Escoffier (4:13) https://www.youtube.com/watch?v=grGI_uYUCPM
 - Gordon Ramsay expediting on Master Chef Junior (1:16)
<https://www.youtube.com/watch?v=5V93QmXZcFQ>



THE CHEF DE CUISINE AND THE KITCHEN BRIGADE

- Ask: How many people do you think work in a restaurant kitchen?
 - What do you think those people do?
 - How do you think they learned how to do those jobs?
 - How do you think they all get along?
 - How does the food get from your order with the waiter to being prepared and arriving at your table just the way you wanted it?
- Watch a clip from the movie Ratatouille Ratatouille Kitchen Brigade (1:00)
<https://www.youtube.com/watch?v=Gd6HvYzN1uM>
 - Ask: Do you recognize any of the terms that Remy, the rat, mentions?
- Share that today the students will learn that it takes a lot of work and time to become a Chef de Cuisine. You will learn that there are many jobs in a professional kitchen and how those jobs are organized.
- Share: In order to become the head chef, which in France is called the *Chef de Cuisine*, it requires a long commitment, both in terms of schooling and on-the-job training. To become a chef, you have to work your way up from the bottom through all the different jobs in the kitchen.
 - The French start this process when they are young, around 14 years old in a vocational school which takes about 2-3 years. When they graduate, they get a job as an assistant *commis* or as a line cook. This is the bottom of the kitchen brigade. To become the chef de cuisine they have to work their way up from the bottom. Each level may take a few years to master.
 - If you are interested in learning more about the schooling of becoming a French Chef:
 - <http://www.theramblingepicture.com/how-to-become-a-chef-in-france/>
 - <https://www.cordonbleu.edu/paris/how-to-become-cuisine-chef/en>

BACKGROUND INFORMATION: THE KITCHEN BRIGADE SYSTEM

- The Kitchen Brigade system was designed in the late 1800's by a man named Georges-Auguste Escoffier. After working in the French army, he developed the modern brigade system. He designed it for maximum efficiency by organizing the kitchen into a hierarchy (a system in which people or things are placed in a series of levels with different importance or status) of:
 - authority (who is in charge of whom)
 - responsibility (something you are expected to do)



- function (what is your exact job or role).
- Ask: Can you think why this system would be helpful in a kitchen?
- Review: "The Kitchen Brigade" information sheet (included)
 - In the brigade, the boss is the *chef de cuisine*, assisted by a *sous chef*. Below them are the *chefs de partie*, each in charge of a production station and assisted by *demi-chefs* and *commis* (apprentices). The number of station chefs can vary depending on the size of the kitchen.
- Today, most restaurants use some simplified variation of Escoffier's kitchen brigade.
 - The executive chef coordinates kitchen activities, sets standards, manages costs, and directs training and work efforts.
 - The sous chef makes sure that the food is prepared, portioned, and presented according to the executive chef's standards.
 - The line cooks run the stations and prepare menu items according to specifications, aided by assistants and apprentices.
- (Optional) Watch:
 - The Kitchen Brigade System- Informative Speech (5:53)
<https://www.youtube.com/watch?v=aAw31xGmP2U>
 - Escoffier's Brigade System - The First Master Chef: Michel Roux on Escoffier (4:13) https://www.youtube.com/watch?v=grGI_uYUCPM
 - Gordon Ramsay expediting on Master Chef Junior (1:16)
<https://www.youtube.com/watch?v=5V93QmXZcFQ>



ACTIVITY: GAMES TO LEARN THE KITCHEN BRIGADE SYSTEM

- Provide materials to students:
 - cardstock or index cards
 - markers, crayons
 - “The Kitchen Brigade” information sheet (included)
- Have students create Kitchen Brigade Cards. (As outlined in the teacher’s notes, include as many or as few roles as appropriate for your students.)
 - Role Cards – Make a set of cards with the name of the role (Pre-readers can draw a picture.)
 - Responsibility Cards – Make a set of cards with a short written description of that chef’s responsibilities.
- Use the cards to play the following games:
 - Flash cards – Play this game to memorize responsibilities.
 - Lay out the cards with the role card face up and the matching responsibility card facedown beside it.
 - Read the name of the chef’s role and explain their responsibilities.
 - Flip over the responsibility card to check if you are correct.
 - If you knew the responsibility, take the pair of cards.
 - If you got the responsibility mixed up, turn the card back over and try again.
 - Memory
 - Mix up the cards and lay them all facedown. Play with a partner!
 - Take turns flipping over the cards to make a match between the role and the responsibility.
 - If you make a match you get to go again.
 - If you do not make a match turn the cards back facedown and it is your opponent’s turn.
 - The player with the most matches at the end of the game wins.
 - *Add a small number/color/symbol in the bottom corner on matching cards to make matching easier.*
 - Who is the boss? – Play this game to practice the brigade hierarchy.
 - Version 1
 - Use only the role cards.
 - Lay all the cards face up.
 - Arrange the cards in order from the biggest boss all the way down to the lowest job in the kitchen.
 - Use the Kitchen Brigade information sheet to check answers.



- Version 2
 - Place roll cards face down in a pile.
 - Pick a card and show it to your opponent, then ask them either:
 - Who is their boss?
 - Who do they boss around?
 - If they answer correctly they get the card and get to go again.
 - If they answer incorrectly the card goes to the bottom of the deck and it is the opponent's turn.
 - The game is over when you have been able to tell the boss of all the jobs.
 - Use the Kitchen Brigade information sheet to check your answers.
- Charades
 - Use responsibility cards only.
 - Have teams of students work together or just take turns being the performer and the guessers.
 - One player chooses a card from the facedown pile of responsibility cards and then acts out the job without speaking.
 - The player's teammates guess what the role is.
- Role play - Use the cards as a prompt for students to create situations and act them out.
 - Choose a few role cards.
 - Have students design a scenario of something that happens in the kitchen and then they can: act it out, write a story or draw a comic strip, etc.
 - Example:
 - The cards picked are: expediter, plongeur, sous chef, and poissonnier.
 - The situation created: The expediter calls out the order for tuna tartare, grilled swordfish, and calamari. The poissonnier messes up the order so the sous chef gets involved and somehow the plongeur saves the day.

Extension:

- Students can interview, research, and discover what it takes to make it in a career of their choosing.



- Learn more about Escoffier
 - Who is Escoffier? https://wiki.kidzsearch.com/wiki/Auguste_Escoffier
 - Auguste Escoffier
http://academickids.com/encyclopedia/index.php/Auguste_Escoffier
- History of the Chef's hat <https://www.escoffier.edu/blog/culinary-arts/a-history-of-the-chefs-hat/>
- Make your own chef's hat or toque
 - How to Make a Paper Chef's Hat (2:53)
<https://www.youtube.com/watch?v=7mGJ6zFkl34>



COOKING CHOCOLATE AND BANANA CREPES

Kitchen Prep

- Read the CHOCOLATE AND BANANA CREPES recipe card together.
- Identify and gather ingredients.
- Gather tools.
- Read the Fun Bite Preparing Perfect Crepes and the Featured Culinary Skill – Flipping a Crepe
- Discuss kitchen safety. Specifically, STOVE TOP safety (Visit Raddishkids.com/pages/safety).

Prepare CHOCOLATE AND BANANA CREPES

- Ask children to read or describe each step.
- Together, follow the steps in the recipe.
- Give each child a turn to whisk, crack and flip.
- When the CHOCOLATE AND BANANA CREPES are ready, eat, taste and share!
- While your friends and family are eating, teach them about how a kitchen is organized. After you are done eating you could perform a role play or play some games with them.



RESOURCES

- Websites
 - How to become a chef in France <http://www.theramblingepicure.com/how-to-become-a-chef-in-france/>
 - What it's really like to be a chef in France <https://pdx.eater.com/2016/5/27/11163326/whats-it-really-like-to-train-to-be-a-chef-in-france>
 - History of French cooking/roles: <https://www.culinaryschools.org/international/france-cooking-schools/#context/api/listings/prefilter>
 - Learn how to become a chef in the US: <https://www.learnhowtobecome.org/chef/>
 - History of the Chef's hat: <https://www.escoffier.edu/blog/culinary-arts/a-history-of-the-chefs-hat/>
 - Types of chefs: <https://www.culinaryschools.org/chef-types/#context/api/listings/prefilter>
 - Organization in a big French kitchen: https://en.wikipedia.org/wiki/Brigade_de_cuisine
 - The Brigade then and now: <https://www.reluctantgourmet.com/escoffier-kitchen-brigade-system/>
- Videos
 - Ratatouille Kitchen Brigade (1:00) <https://www.youtube.com/watch?v=Gd6HvYzN1uM>
 - Ratatouille Keep your Station Clear (2:39) <https://www.youtube.com/watch?v=GgiK-HWKPjw>
 - The Kitchen Brigade System- Informative Speech (5:53) <https://www.youtube.com/watch?v=aAw31xGmP2U>
 - Escoffier's Brigade System - The First Master Chef: Michel Roux on Escoffier (4:13) https://www.youtube.com/watch?v=grGI_uYUCPM
 - Gordon Ramsay expediting on Master Chef Junior (1:16) <https://www.youtube.com/watch?v=5V93QmXZcFQ>

WHAT IT TAKES TO BE A SUSHI CHEF

Steps:

- Step 1 — A person gets an *apprenticeship* with an experienced chef. The apprentice works for up to 3 years in the background, cleaning, scaling, and gutting fish, and assisting the *itamae*. This is called *shita-koshirae*, 'starting from the bottom.'
- Step 2 — The apprentice is allowed to practice cooking and shaping rice. Students that are considered good may be allowed to work at a corner of the bar to prepare items. Some aspiring sushi chefs never make it further than this step!
- Step 3 — The apprentice can now use a sushi knife. They gradually move closer to the *itamae-san* at the bar and may be able to serve customers under strict supervision.
- Step 4 — After 7-10 years or more of hard work and a possible national examination, the apprentice may finally become an *itamae*.

Skills:

- Patience- It takes at least ten years to become an *itamae*. A typical apprentice in Japan will spend the first year just cleaning.
- Courtesy- Sushi chefs work in an open kitchen and serve their guests directly. Therefore, they must also be good at entertaining and communicating.
- Dexterity- An *itamae* must not only move quickly but also gracefully while preparing beautiful, delicious, and consistent dishes.
- Arithmetic- A skilled sushi chef keeps a mental running total of each customer's bill.
- Selection and storage- They must learn what fish are available at each time of year, how best to slice each one, and how to properly store them.
- Knife mastery- Knives are an *itamae's* number one tool. There are many different kinds for different jobs. Owning your own knives can be expensive.
- Cooking rice to perfection- Rice is the foundation of sushi. To make perfect sushi rice takes a lot of steps and practice.
- Confidence- A customer can request *omakase*, which means "I leave it to you." This means that the sushi chef will have to make the choice of what they believe to be the best dishes for that particular customer.

From where in Italy is your food?

Italian foods by region

Northern Italy
Northern Italy, home to the Slow Food movement, incorporates a lot of rice (risotto), meats, fish, pesto, and cheese into their cuisine. The fertile Piedmont region in northern Italy produces a great amount of Italian favorites like cheeses, wines, mushrooms and sweets.

An island region, Sardinia contains excellent seafood like lobster, shrimp and (of course) sardines. The island is also home to pork dishes.

Central Italy
This region of Italy is known for many different types of pasta, especially tortellini and lasagna. The fertile ground is perfect for the coveted truffles, both black and white. Dishes can also be very meat-based, and many cured meats like salami come from this area.

Southern Italy
In southern Italy, tomatoes abound, as well as fresh vegetables and Parmesan cheese. The largest amounts of olive oil are produced here, and vast coastal regions and islands are great for seafood.

Tomatoes are an essential component to Italian cuisine, and you can find them the most in central and southern Italy. The southern region of Campania produces the most tomatoes, especially the San Marzano, renowned for making the best sauce in the world.

For meats, Italy is probably best known for cured pork such as salami and prosciutto. North and central regions Friuli-Venezia Giulia, Piedmont, and Emilia-Romagna are best known for their meats, while many coastal and island regions like Marche and Sardinia have sucking pig and pork dishes.

It's hard to separate Italian cuisine from pasta, and it's most prominent in central and southern Italy. Tortellini, tagliatelle and lasagna are famous in Emilia-Romagna; Liguria has corzetti and pansotti; Lazio is known for pasta alla carbonara, and Naples combines pasta with beans and vegetables, a la pasta e fagioli.

Olives and olive oil are absolutely essential to Italian cooking. The region of Apulia produces the most olive oil in the entire country. Liguria in the north uses olives in many of their dishes, and Umbrian cooking also relies heavily on the oil.

Truffles provide one of the most complex flavors in Italian cooking. The fertile northern Piedmont region produces truffles, and they are also found in the central regions of Tuscany and Umbria (both white and black).

Cheese is found everywhere in Italy, although different areas produce different varieties. Montasio cheese can be found in the northern Friuli-Venezia Giulia, Gorgonzola in Lombardy, Parmesan from Parma, and mozzarella from Campania. Piedmont boasts the greatest amount of cheese in Italy.

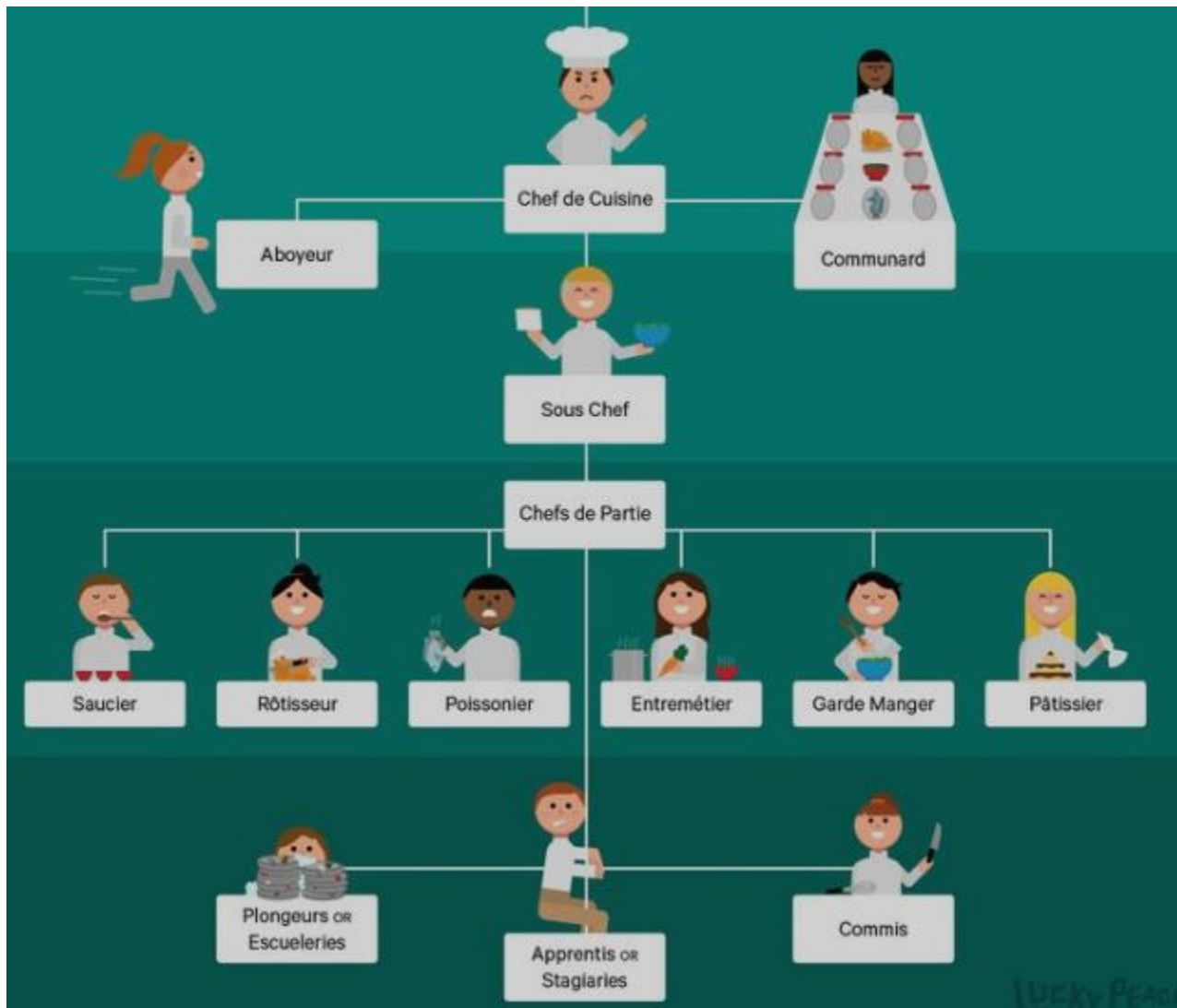
Since much of Italy is coastal, seafood is very popular. Regions with fish include Veneto (especially the port city Venice), Trentino-Alto Adige, Piedmont, Marche, Campania (especially near Naples), Apulia (known for oysters and mussels), and of course islands Sicily and Sardinia.

Sweets in Italy include biscotti, tiramisù, cookies and cakes. Piedmont has a large production of desserts and the famous Nutella spread. Lazarroni amaretti cookies are said to originate in the town of Saronno, Christmas panettone is from Lombardy (Milan), cannolis are Sicilian, and gelato dates back to ancient Rome and Florence.

Mushrooms, especially portobello, are a healthy and delicious component of many northern and central Italian dishes. They are most commonly grown in the Piedmont and Tuscan regions.

Italian rice is an essential component of a famous signature dish: risotto. Especially popular in the north in regions like Veneto, Piedmont and Lombardy, it is also grown there. Other regions that use rice include Campania and Sicily.

The Kitchen Brigade



- Chef de Cuisine – Responsible for all kitchen operations, including ordering, supervision of all stations, and creating the menu.
 - Sous Chef – The “under” chef (second in command); answers to the chef, fills in for the chef, and assists the station chefs as necessary.
 - Chefs de Partie (station chefs):
 - Saucier (sauté chef) – responsible for sautéed items and their sauces. This position is often considered the most demanding and glamorous on the line.
 - Poissonier (fish chef) – responsible for fish items, including fish butchering, and their sauces.

- Rôtisseur (roast chef) – responsible for roasted foods and their sauces.
- Grillardin (grill chef) – responsible for grilled foods.
- Fritteurier (fry chef) – responsible for fried foods.
- Entremetier (vegetable chef) – responsible for soups, vegetables, pastas, and starches. In some kitchens this job might be separated into a potager (soup chef), and legumier (vegetable chef).
- Garde manger (cold food chef or pantry chef) – responsible for preparation of cold foods like salads, cold appetizers, and pâtés.
- Boucher (butcher) – responsible for butchering meats, poultry, and occasionally fish.
- Pâtissier (pastry chef) – responsible for baked items, pastries, and desserts. The pastry chef often supervises a separate kitchen area and would therefore be equal to the sous chef in their own section. This position may be further broken down into:
 - Confiseur – responsible for candies and *petit fours*.
 - Boulanger – responsible for unsweetened doughs like bread and rolls.
 - Glacier – responsible for frozen and cold desserts.
 - Décorateur – responsible for showpieces and special cakes.
- Aboyeur (expediter or announcer) – responsible for accepting orders from the dining room and relaying them to the various station chefs. This person is the last person to see the plate before it leaves the kitchen – it's their job to ensure everything looks great!
- Communard – responsible for cooking a meal for the kitchen staff.
- Under all of these station chefs are:
 - Commis (line cook) – responsible for food preparation work and basic cooking under the supervision of a chef de partie.
 - Apprentice – responsible for cleaning and prep work; working to gain experience.
 - Plongeur (dishwasher) – responsible for washing dishes.