



## TASTE OF INDIA 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 TASTE OF INDIA 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: YELLOW RICE BIRYANI  
& TRADITIONAL INDIAN DRESS  
Activity Time: 45-60 minutes

### LEARNING OUTCOMES

- Students will **learn** what a *Sari* and a *Dhoti* are.
- Students will **think** about why Saris and Dhotis are worn in India, considering climate and culture.
- Younger students will **read** fictional stories about Saris.
- Younger students will **design** their own Sari material.
- Younger students will **mix paint** colors and **learn** the term *embellishments*.
- Older students will **watch** videos to understand how Sari fashion has evolved over the last 100 years.
- Older students will **learn** the names of different parts of the sari: *Pallu*, *Choli*, and *Petticoat*.
- Older students will **watch tutorials** to learn how to **wrap** a Sari or a Dhoti and optionally practice it themselves.
- Students will **read** and **practice** with **Featured Culinary Skill** - Cooking Rice.
- Students will **make** and **share** Yellow Rice Biryani.



## TRADITIONAL INDIAN DRESS

YOUNGER STUDENTS

### Notes for the Teacher:

- Diversity activities teach young children to respect and celebrate the differences in all people. Learning about different cultural aspects offers new experiences for children and helps them realize that we are all humans, despite differences in how we look or dress, or what we eat or celebrate.
- Books, games, and activities are a fun and engaging way for young children to learn about differences and similarities among people and to introduce the concept of diversity. All types of differences such as race, religion, language, traditions, and gender can be introduced this way.
- When do children notice differences between people? At about age 2 years, children begin to notice gender and racial differences. At 2 ½ or so, children learn gender labels (boy/girl) and the name of colors – which they begin to apply to skin color.
- Some Books that are great to discuss diversity:
  - The Sneeches by Dr. Seuss
    - In this story the star-belly and plain-belly Sneeches learn that neither type is superior and that they are able to get along and become friends.
  - The Color of Us by Karen Katz
    - This story explores how everyone in the neighborhood is a different shade of brown – from peanut butter to chocolate – and does a great job of subtly explaining that people are all different shades of the same color.
  - Why Am I Different by Norma Simon
    - This book outlines the variety of ways people can be different from each other including hair color, size, language, and family.

### Teacher Prep:

- **Collect Materials:**
  - Recipe Guide, tools and ingredients listed
  - Map of India, world map or atlas
  - **Book: Mama's Sari by Pooja Makhijani**
    - If you can't find this book other options are:
      - My Dadima Wears a Sari by Kahmira Shethmama'
      - My Mother's Sari by Sandhya Rao
        - Read aloud on YouTube (4:45)  
<https://www.youtube.com/watch?v=IVqzUTSgCm8>
      - Granny's Sari by Asha Nehemiah
    - Art materials for creating Sari pattern
      - Large white rectangular paper (cardstock or watercolor paper)
      - Watercolors paints and brushes
      - Ribbon, yarn, tin foil, glitter, plastic gems or sequins etc.
- **Read**



- Whichever book you choose to read, make sure that it is appropriate and you can craft relevant discussion questions.
  - Some question ideas are:
    - How do we learn about other people's traditions? Why is it important?
    - What special clothes do you wear for birthdays, holidays and other celebrations?
    - Describe what the Sari looks like? Does it have any embellishments?



## WHY A SARI IS SPECIAL

- Introduction:
  - Read Mama's Sari by Pooja Makhijani (or other chosen book)
  - Discuss the book
    - Discussion Questions for Mama's Sari:  
<http://www.poojamakhijani.com/mamas-saris-teachers-guide/>
  - Tell students that today they are going to learn a bit about the history of Saris and Dhotis, the traditional men's version, and get to design their very own sari material pattern.
  
- Background Information: Sari and Dhoti Explained
  - Saris
    - Saris have been around for at least 4000 years! The sari is a garment (piece of clothing) made of one piece of cloth, between 13 and 26 feet long.
      - Ask students: Can you guess how long 13 feet? 26 feet is?
        - Use a tape measure to show the actual length.
    - What are they made of?
      - The most common sari material is cotton (like your t-shirts).
      - Fancy saris for weddings are usually made of silk.
      - Saris are often colorful and decorated with patterns.
    - How to wear a sari?
      - Draping a sari is a bit like tying a necktie or learning to tie your shoe laces for the first time. It's tricky at first, but easy once you learn it.
  - Dhotis
    - Men in India may wear something very similar to a sari that is called a *dhoti*.
    - A dhoti is a rectangular piece of unstitched cloth, usually around 15 feet long. It is worn wrapped around the waist and the legs and knotted at the waist.
    - The word dhoti comes from a Sanskrit word "dhauti" that means to cleanse or wash. When used to describe clothing, it referred to a clean piece of cloth worn during religious ceremonies.



### ACTIVITY: DESIGN YOUR OWN SARI PATTERN

- Provide students with:
  - a large white piece of rectangular paper (cardstock or watercolor paper works well)
  - watercolor paints
  - ribbon, yarn, glitter, tin foil, etc.
  - (optional) pictures of saris for inspiration
    - do a Google image search for sari fabrics
    - visit: <https://blog.utsavfashion.com/fabrics/saree-fabrics>
- Challenge students to create a design for their very own sari material.
  - Instruct them to first paint the background color (experiment mixing colors to get just the right hue they want) and then embellish it (make it more attractive by adding details) with repeating designs.
- **Encourage** students to embellish it further:
  - Will you add something along the borders?
  - Will you add some type of sparkle?
- Have students **share** their creations and **describe** why they made the color and embellishment choices that they did.
- Hang the sari patterns as works of art in a gallery.

### EXTENSION

- Watch videos of how sari's and dhotis are worn:
  - Sari
    - How to tie a Sari- Ayesha Patel- Martha Stewart (5:02)  
[https://www.youtube.com/watch?time\\_continue=297&v=PN17CQOMrt8](https://www.youtube.com/watch?time_continue=297&v=PN17CQOMrt8)
    - Wear a Saree in 2 Minutes- quick Saree Draping Tutorial (2:11)  
[https://www.youtube.com/watch?time\\_continue=10&v=jorqok0ydid](https://www.youtube.com/watch?time_continue=10&v=jorqok0ydid)
  - Dhoti
    - Explain a bit about how to wear and why. What exactly is a dhoti or a mundu? (1:36) <https://www.youtube.com/watch?v=d4djvMTJ2U4>
- Go on a field trip to a Sari shop or fabric store to explore different fabric types and colors.



## TRADITIONAL INDIAN DRESS

OLDER STUDENTS

### Notes for the Teacher:

- If you are going to complete the activity of trying to wrap a sari or dhoti with your students, you will need to do one of the following:
  - go to a fabric store or Sari shop in advance to get material (5-9 yards for a sari or 5 yards for a dhoti)
  - take students on a field trip to choose their own fabric
  - get some used bed sheets and cut and sew them together to make the correct length
- This lesson provides an excellent opportunity to discuss differences and similarities among cultures.
  - Check out this site for a list and description of books that celebrate diversity for 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> Graders:
    - <https://www.greatschools.org/gk/book-lists/7-books-that-celebrate-diversity-for-older-elementary-schoolers/>
  - If you are interested in activities to further discussions about diversity:
    - <https://www.mentoring.org/new-site/wp-content/uploads/2015/12/Diversity-Discussion-Starters.pdf>

### Teacher Prep:

- **Collect Materials:**
  - Recipe Guide, tools and ingredients listed
  - Map of India (included)
  - Atlas or world map
  - (optional) fabric to wrap your own sari or dhoti (see Teachers Notes above)



## TRADITIONAL DRESS OF INDIA

- Introduction:
  - Read the “All About India” section of the Yellow Rice Biryani recipe guide.
  - **Show** the students a world map in order to see where India is located in relation to where they live.
    - Ask: What is the same geographically between India and your home country? Different?
  - **Ask:** How many official languages are there in your country?
    - India has two official languages: Hindi and English.
    - India also has 22 officially recognized languages
    - According to the Census of India, the total number of mother tongues spoken in India is 1652!
  - **Ask:** What does it mean for an animal to be a sacred?
    - **Ask:** Does your culture hold any animals sacred?
  - **Watch:** 10 Popular Traditional Dresses of India (1:49)  
<https://www.youtube.com/watch?v=m3mRm83OMLk>
  - **Ask:**
    - Do you know what a sari or a dhoti looks like?
    - Have you ever seen a sari or dhoti up close?
    - Where did you see one? What did you think of it?
    - Why do you think that the people of India have this as one style of their traditional dress? Do you think that the climate plays a role?
  - **Tell** the students that today they will be learning a bit about the history of the sari and dhoti and even try to put one on themselves.
- Background Information: History and Culture of Sari and Dhoti
  - Origin of saris:
    - The origin of sari goes back nearly 5,000 years.
    - The word 'sari' translates to 'strip of cloth'. Saris are worn by women.
  - How to wear a sari:
    - The fabric is simply draped over a woman's body starting at the waist and ending over a shoulder. Saris come in all different colors and can be worn in eighty different ways!
    - Historically there were many different ways of draping saris, depending on how rich you were and where you lived in India.
    - Most saris are made of one piece of cloth, between 5 to 9 yards long and about 4 feet wide.
    - Younger women generally wear brightly-colored saris, while widows and women in mourning wear only white saris.
    - Different ways saris were worn:
      - To dress up, women wore their sari like skirts with a top part thrown over their shoulder or worn over their heads as a veil.





- Working women often pulled their sari up between their legs to make a sort of pants.
- Women who were fighting with the army tucked in the top part of the sari in the back, to free up their arms for fighting.
- The sari is one piece of material but it has 3 parts:
  - The *Pallu*
    - The end of the Sari.
    - It's usually the fanciest part of the Sari and is draped over the shoulder.
  - The body of the Sari
    - The middle part where the pleats are folded into the petticoat.
  - The inner end/edge of the Sari
    - The part of the Sari that should be tucked into the petticoat.
- Clothing to accompany a sari:
  - A sari is worn over a fitted top known as a blouse or *choli* and ranges in looks.
  - Women wear a *petticoat*, or straight skirt, on the bottom under their sari. It gives the sari structure and holds up the entire sari, since it is tucked into the petticoat. The petticoat can be of different materials and even have pleats at the edge.
- Discuss how sari fashion differs across India
  - **Watch:** 1 Woman, 8 Sarees (shows on the map where each is from) (2:23)  
<https://www.youtube.com/watch?v=NOu5iOH0kGs>
    - Have students **locate** the places on the Map of India (included).
  - (Optional) **Watch** how sari fashion has changed over the last century:
    - 100 Years of Indian Saree (5:19)  
<https://www.youtube.com/watch?v=Dt1746gYmK0>
- Dhotis
  - Men in India may wear something very similar to a sari that is called a *dhoti*.
  - A dhoti is a rectangular piece of unstitched cloth, usually around 15 feet long. It is worn wrapped around the waist and the legs and knotted at the waist.
  - The word dhoti comes from a Sanskrit word “dhauti” that means to cleanse or wash. When used to describe clothing, it referred to a clean piece of cloth worn during religious ceremonies.



#### ACTIVITY: HOW TO WRAP A SARI OR A DHOTI

- **Watch** the following videos
  - Sari
    - How to tie a Sari- Ayesha Patel- Martha Stewart (5:02)  
[https://www.youtube.com/watch?time\\_continue=297&v=PN17COQMrt8](https://www.youtube.com/watch?time_continue=297&v=PN17COQMrt8)
    - Wear a Saree in 2 Minutes- quick Saree Draping Tutorial (2:11)  
[https://www.youtube.com/watch?time\\_continue=10&v=jorqok0ydig](https://www.youtube.com/watch?time_continue=10&v=jorqok0ydig)
  - Dhoti
    - A dhoti explained (1:36)  
<https://www.youtube.com/watch?v=d4djvMTJ2U4>
    - How to put on a dhoti (5:13)  
<https://www.youtube.com/watch?v=iKo2nT2Q0o0>
- Have students either imagine how it would be to wrap a sari or dhoti or give it a try!
  - Optionally:
    - Have students video tape one another putting on their sari or dhoti.
    - Have students write about their experience getting dressed in Indian traditional clothing.

#### Extension:

- Research traditional clothing from other cultures.
- Learn about the significance of Indian women's adornments like Bindi, toe rings, and bangles
  - <https://www.astroyogi.com/articles/astrologyarticles/significance-of-indian-womens-adornments-sindoor-bindi-toe-rings-and-bangles.aspx>



## COOKING YELLOW RICE BIRYANI

### Kitchen Prep

- Read the YELLOW RICE BIRYANI recipe card together.
- Identify and gather ingredients.
- Gather tools.
- Read the **Featured Culinary Skill - COOKING RICE**
- Discuss kitchen safety. Specifically, STOVE TOP safety (Visit [Raddishkids.com/pages/safety](http://Raddishkids.com/pages/safety)).

### Prepare YELLOW RICE BIRYANI

- Ask children to read or describe each step.
- Together, follow the steps in the recipe.
- Give each child a turn to peel, cut, and stir.
- When the YELLOW RICE BIRYANI is ready, eat, taste and share!
- While your friends and family are eating, tell them about the traditional clothing of India. Explain to them what a sari and dhoti are and what makes them a special piece of clothing. Younger students can display their art and describe the embellishments that they added. Older students can explain how to wrap a sari or a dhoti.



## RESOURCES

- Books

- Mama's Sari by Pooja Makhijani
- My Dadima Wears a Sari by Kahmira Shethmama'
- My Mother's Sari by Sandhya Rao also available read aloud on YouTube (4:45) <https://www.youtube.com/watch?v=IVqzUTSgCm8>
- Introduction to India: Culture and Traditions of India by Shalu Sharma
- Granny's Sari by Asha Nehemiah
- Handmade in India by Olivia Fraser

- Websites

- <https://www.astroyogi.com/articles/astrologyarticles/significance-of-indian-womens-adornments-sindoor-bindi-toe-rings-and-bangles.aspx>
- <https://blog.utsavfashion.com/fabrics/saree-fabrics>
- <http://www.lisaadelhi.com/traditional-dresses-and-fashion-culture-across-different-indian-states/>
- <https://www.culturalindia.net/indian-clothing/>
- <http://trendyfeeds.com/traditional-indian-dresses/>
- <http://www.shalusharma.com/how-to-wear-saree/>

- Videos

- How to tie a Sari- Ayesha Patel- Martha Stewart (5:02) [https://www.youtube.com/watch?time\\_continue=297&v=PNI7CQOMrt8](https://www.youtube.com/watch?time_continue=297&v=PNI7CQOMrt8)
- 10 Popular Traditional Dresses of India (1:49) <https://www.youtube.com/watch?v=m3mRm83OMLk>
- 1 Woman, 8 Sarees (shows on the map where each is from) (2:23) <https://www.youtube.com/watch?v=NOu5iOH0kGs>
- 100 Years of Indian Saree (shows some dancing and music as well) (5:19) <https://www.youtube.com/watch?v=Dt1746gYmk0>
- Dhoti explained (1:36) <https://www.youtube.com/watch?v=d4djvMTJ2U4>
- How to Tie a Kshatriya Dhoti- Tutorial for Women and Men (5:19) <https://www.youtube.com/watch?v=xPv7KdBckc0>
- How to put on a dhoti (5:13) <https://www.youtube.com/watch?v=iKo2nT2Q0o0>



Lesson #2: INDIAN NAAN BREAD  
& DIWALI – A FESTIVAL OF LIGHT  
Activity Time: 60 minutes

### LEARNING OUTCOMES

- Students will **learn** that Diwali is an important holiday for people of Indian heritage all around the world.
- Students will **discover** that Diwali is a festival of lights and celebrates the victory of light over darkness.
- Students will **learn** about some of the traditions associated with Diwali.
- Younger students will **read** stories or watch videos about Diwali.
- Younger students will **make** a Diya (a clay pot that holds a candle).
- Older students will **recognize** how different countries and cultures use light in celebration.
- Older students will **appreciate** differences in celebration among different cultures and countries.
- Older students will **locate** different countries that celebrate festivals of light on a map.
- Older students will **choose** one festival of light to **research** more about and then **share** the new knowledge with others.
- Students will **read** and **practice** with **Featured Culinary Skill** - Kneading Dough.
- Students will **make** and **share** Indian Naan Bread.



## DIWALI- A FESTIVAL OF LIGHT

YOUNGER STUDENTS

Notes for the Teacher:

- There are two recommended stories below. The first, "Story of Diwali", is a video of a read aloud of a rhyming story book filled with basic information and an explanation of all the days of Diwali. The second, "The Diwali Gift" can be downloaded to a Kindle and includes a glossary of terms and is a young kid friendly story.

Teacher Prep:

- **Collect Materials:**
  - Recipe Guide, tools and ingredients listed
  - Books about Diwali (see list at end of lesson plan)
  - Air dry clay or playdough
  - Decorations for the pots - options:
    - Clay paints
    - Glitter
    - Gems
    - Flower petals
  - Tea light candle (optional battery operated for fire safety)
- **Read**
  - [The Diwali Gift](#) by Shweta Chopra and Shuchi Mehta
- **Watch**
  - "Story of Diwali" (3:33) <https://www.youtube.com/watch?v=mQ9SbmFiyxc>
  - Legend of Prince Ram: Story of Diwali- A Short Video to Explain Diwali for Kids (3:52) [https://www.youtube.com/watch?v=GCsu9W\\_IOfc](https://www.youtube.com/watch?v=GCsu9W_IOfc)



## DIWALI

- Introduction: What is Diwali?
  - Read stories about Diwali with your students or choose to show one of these videos
    - “Story of Diwali” (3:33) <https://www.youtube.com/watch?v=mQ9SbmFiyxc>
    - Legend of Prince Ram: Story of Diwali- A Short Video to Explain Diwali for Kids (3:52) [https://www.youtube.com/watch?v=GCsu9W\\_IOfc](https://www.youtube.com/watch?v=GCsu9W_IOfc)
  - Discuss the book or video:
    - Who are some of the characters in the story of Diwali?
    - How many days is Diwali celebrated for?
    - Where do people celebrate Diwali?
    - What special things do people do during Diwali?
- Background Information: Diwali Facts
  - The name Diwali comes from the lamps that families light called *diyas*.
  - Diwali celebrates the victory of light over darkness.
  - It was originally a harvest festival and is celebrated in the fall around October or November, depending on the phases of the moon.
  - It is celebrated on a very dark night when there is a new moon.



#### ACTIVITY: MAKE YOUR OWN DIYA

- **Tell** students a bit more about *diyas*:
  - A *diya* was traditionally a clay pot filled with oil or ghee (clarified butter) with a wick in it.
  - Some people believe that the light from the *diyas* directs Lakshmi (the Hindu goddess of wealth, love, prosperity, fortune, and the embodiment of beauty) into their houses.
  - The lighting of *diya* lamps is done around the world to celebrate Diwali.
- **Explain** to students that today they will have the opportunity to make their own *diya*.
- **Show** students some images of *diyas*.
- **Provide** students with a ball of clay or playdough.
- **Model** how to form the ball into a pot shape that will be the right size to hold your tea candle.
- **Provide** students with decorating materials.
- Once finished **line up** your *diyas* in a dark space and **light** them up!

#### Extension:

- **Read** the Festival of Light section of the Indian Naan Bread recipe guide.
  - **Discuss:** If you made up your own multi-day holiday, what would you celebrate on each day?
- **Explore** how Diwali is celebrated in different ways around the world
  - <http://mocomi.com/different-celebrations-of-diwali/>





## DIWALI- A FESTIVAL OF LIGHT

OLDER STUDENTS

Notes for the Teacher:

- The two videos below are almost identical but the art work and length vary a bit. Watch them both to familiarize yourself with the content and decide which is more appropriate for your students.

Teacher Prep:

- **Collect Materials:**
  - Recipe Guide, tools and ingredients listed
  - Materials as needed for students to teach about a Festival of Light (dependent on method of sharing)
- **Watch**
  - Ramayana- Story of Diwali- Mythological Stories from Mocomi Kids (4:28)  
[https://www.youtube.com/watch?time\\_continue=268&v=pp59n0So-XE](https://www.youtube.com/watch?time_continue=268&v=pp59n0So-XE)
  - Legend of Prince Ram: Story of Diwali- A Short Video to Explain Diwali for Kids (3:52)  
[https://www.youtube.com/watch?v=GCsu9W\\_IOfc](https://www.youtube.com/watch?v=GCsu9W_IOfc)



## DIWALI

- Introduction: Diwali
  - Ask: What do you know about Diwali?
    - Let them share their understanding with one another.
  - Read the “Festival of Light” section of the Indian Naan Bread recipe guide.
    - Discuss the different elements celebrated on each day.
    - Ask: What do they think is the overall reason/message or moral for celebrating Diwali?
  - Tell the students that today they will learn more about the history behind celebrating Diwali and have an opportunity to **choose** another festival of light to **research** more about.
  
- Background Information: Why is Diwali a Festival of Light?
  - Share some further information about Diwali:
    - The name Diwali comes from the lamps that families light called *diyas*.
    - Diwali celebrates the victory of light over darkness.
    - It was originally a harvest festival and is celebrated in the fall around October or November depending on the phases of the moon.
    - It is celebrated on a very dark night when there is a new moon.
    - Diwali began as a Hindu celebration in India, but today people of Indian heritage and non-Indian heritage celebrate Diwali all over the world.
    - Some Diwali traditions are:
      - celebrating with family
      - lighting candles or lamps (diyas)
      - drawing Rangoli (like the mandala activity included in the Taste of India box)
      - lighting fireworks or sparklers
      - eating sweets
  - Show the students one of the videos:
    - Ramayana- Story of Diwali- Mythological Stories from Mocomi Kids (4:28) [https://www.youtube.com/watch?time\\_continue=268&v=pp59n0So-XE](https://www.youtube.com/watch?time_continue=268&v=pp59n0So-XE)
    - Legend of Prince Ram: Story of Diwali- A Short Video to Explain Diwali for Kids (3:52) [https://www.youtube.com/watch?v=GCsu9W\\_IOfc](https://www.youtube.com/watch?v=GCsu9W_IOfc)
  - Discuss how the Story of Diwali is a Festival of Light.
    - What does the light represent?
      - Diwali is celebrated by Hindus, Jains, Sikhs, and some Buddhists to mark different historical events and stories, but they all symbolize:
        - the victory of light over darkness
        - good over evil
        - knowledge over ignorance
        - hope over despair



## ACTIVITY: FESTIVALS OF LIGHT AROUND THE WORLD

- **Explain** to students that there are many festivals of light celebrated around the world.
- **Ask** them if they can name any. A list of a few below:
  - Hanukkah- Jewish people around the world
  - Christmas- Christians around the world
  - Hogmanay- Scotland
  - Pingxi Lantern Festival- Taiwan
  - St. Martin's Day- Netherlands
  - Loi Krathong- Thailand
  - Saint Lucia- Scandinavia
  - Chinese Lunar Year- China
  - Halloween- Canada, USA and some other countries (Keene Pumpkin Festival – New Hampshire)
  - Guy Fawkes – England
  - Las Fallas -Spain
- **Tell** your students to do some **research and choose** a festival of light that is interesting to them.
- Some helpful websites:
  - <http://www.bbc.com/travel/story/20131222-festival-lights-around-the-world>
  - <http://teacherlink.ed.usu.edu/tlresources/units/Byrnes-celebrations/light.html>
  - <https://www.msn.com/en-sg/news/other/festivals-of-light-around-the-world/ss-BBmGUZp#image=1>
  - <https://theblueberrytrails.wordpress.com/2014/10/30/festivals-of-light-around-the-world/>
- **Have** students research the following questions about their chosen festival:
  - **What is the significance of LIGHT in the festival?**
  - When is it celebrated? For how long (duration and since when)?
  - How is it celebrated? (special foods, clothes, dances, etc.)
  - Where is it celebrated?
- Have students decide how to share what they have learned:
  - Powerpoint presentation
  - Video
  - Poster
  - Dance
  - Create a meal or dish
  - Painting, sculpture, or collage
  - Informational Poster
  - Travel Brochure or Commercial to visit the Festival
- Have a Festival of Lights celebration where all the students can teach others about what they have learned.



Extension:

- Dive deeper into what is celebrated on each day of Diwali
  - <https://www.diwalifestival.org/diwali-traditions-customs.html>
- Explore the foods of Diwali
  - What special foods are eaten on each day: <http://kiddyhouse.com/Holidays/diwali/>
- Explore the phases of the moon and how it ties into the celebration of Diwali.
  - Does the moon have an impact on any other festivals of light?



## COOKING INDIAN NAAN BREAD

### Kitchen Prep

- Read the INDIAN NAAN BREAD recipe card together.
- Identify and gather ingredients.
- Gather tools.
- Read the **Featured Culinary Skill - Kneading Dough**
- Discuss kitchen safety. Specifically, Stove Top safety (Visit [Raddishkids.com/pages/safety](http://Raddishkids.com/pages/safety)).

### Prepare INDIAN NAAN BREAD

- Ask children to read or describe each step.
- Together, follow the steps in the recipe.
- Give each child a turn to knead, roll and cook.
- When the INDIAN NAAN BREAD is ready, eat, taste and share!
- While your friends and family are eating, younger students can light their Diya and explain the significance of them as part of the celebration of Diwali. Older students can teach their friends and family about Diwali or another Festival of Light.



## RESOURCES

- Books
  - Diwali by Christina Mia Gardeski
  - Here Comes Diwali: The Festival of Lights by Meenal Pandya [DiwaliFestival.org](http://DiwaliFestival.org)
- Websites
  - <https://www.diwalifestival.org/diwali-traditions-customs.html>
  - <http://www.bbc.co.uk/schools/religion/hinduism/diwali.shtm>
  - <http://mocomi.com/different-celebrations-of-diwali/>
  - <http://kiddyhouse.com/Holidays/diwali/>
  - <http://www.bbc.com/travel/story/20131222-festival-lights-around-the-world>
  - <http://teacherlink.ed.usu.edu/tlresources/units/Bymes-celebrations/light.html>
  - <http://hybridparenting.org/diwali-lesson-plan-teachers-k-3-free-worksheets-activities/>
  - <http://3curiousmonkeys.com/wp-content/uploads/2015/10/The-Diwali-Gift-Lesson-Plan-40-Minutes-Pre-K-K-and-1st-Grade.pdf>
  - <https://www.msn.com/en-sg/news/other/festivals-of-light-around-the-world/ss-BBmGUZp#image=1>
  - <https://theblueberrytrails.wordpress.com/2014/10/30/festivals-of-light-around-the-world/>
- Videos
  - Legend of Prince Ram: Story of Diwali- A Short Video to Explain Diwali for Kids (3:52)
  - [https://www.youtube.com/watch?v=GCsu9W\\_IOfc](https://www.youtube.com/watch?v=GCsu9W_IOfc)
  - Ramayana- Story of Diwali- Mythological Stories from Mocomi Kids (4:28) [https://www.youtube.com/watch?time\\_continue=268&v=pp59n0So-XE](https://www.youtube.com/watch?time_continue=268&v=pp59n0So-XE)
  - Diwala- Festival of Lights- National Geographic (3:05) <https://www.youtube.com/watch?v=HrW3rO5Iak>
  - Story of Diwali (3:33) <https://www.youtube.com/watch?v=mQ9SbmFiyxc>



Lesson #3: CHICKEN TIKKA MASALA  
& LUNCH AROUND THE WORLD  
Activity Time: 45 minutes

#### LEARNING OUTCOMES

- Students will **read** about what a *tiffin* is.
- Students will **watch** a video that shows the amazing delivery system of *tiffin* by *dabbawalas*.
- Students will **use** an **infographic** and **video** to see examples of lunches around the world.
- Students will **locate** the countries discussed on a map.
- Students will **compare and contrast** examples of lunches from different countries.
- Students will **create** their ideal lunch using what they have learned.
- Students will **read and practice** with **Featured Culinary Skill** - Mastering Measuring Spoons.
- Students will **make and share** Chicken Tikka Masala.



## LUNCH AROUND THE WORLD

Notes for the Teacher:

- Comparative thinking is one of our first and most natural forms of thought. Without the ability to make comparisons—to set one object or idea against another and take note of similarities and differences—much of what we call learning would quite literally be impossible.
- Teaching students to compare and contrast works to:
  - **Strengthen student's memories**, which enables them to remember key content.
  - **Develop higher-order thinking skills**
  - **Increase student comprehension** by highlighting important details, making abstract ideas more concrete, and reducing confusion between related concepts.
  - **Enhance writing abilities** by providing a simple structure to help them organize information and develop their ideas with greater clarity and precision.
  - **Develop student's habits of mind** such as thinking flexibly, metacognition (thinking about how they think), and applying past knowledge to new situations.
- Further reading about teaching the skill of compare and contrast and why it is important: <http://www.teachhub.com/teaching-strategies-authentically-compare-contrast>
- Info above sourced from Association for Supervision and Curriculum Development.

Teacher Prep:

- **Collect Materials:**
  - Recipe Guide, tools and ingredients listed
  - World Map
  - Tools for compare and contrast activity (depends on way that students choose to show the similarities and differences)





## INDIAN TIFFINS

- Introduction: What is a Tiffin?
  - Read “India’s Lunch Box” section of the Chicken Tikka Masala recipe guide.
  - Ask:
    - Can you locate India and Mumbai on a map?
    - Have you ever seen a *tiffin*?
    - What do you think would be good about getting your lunch in a *tiffin*? Not good?
  - Share: One of the most amazing things about *tiffin* in India are the way that they are delivered by hard working men called *dabbawalas*.
    - **Watch** the following video to learn a bit more:
    - The World’s Best Delivery Service? Lunch in Mumbai (2:47)<https://www.youtube.com/watch?v=dX-0el2wuEU>
  - Discuss the *dabbawalas*:
    - What do dabbawalas do?
    - How do they deliver lunches? (what transportation do they use)
    - How heavy are the trays they carry?
    - What did you find most interesting about dabbawalas?
  - Inform students that today they are going to learn about different typical lunches around the world.
  
- Background Information: Lunch Around the World
  - Watch
    - School Lunches You’ve Probably Never Heard About (8:13)  
<https://www.youtube.com/watch?v=-7YBTX7vnVc>
      - Pause the video 0:25 to have students answer the question:
        - What do you think the most popular ingredients of school lunches are?
          - Record student’s responses for comparison after watching.
      - Tell students to take notes during the video of what foods they have tried and not tried.
      - Discuss:
        - How does the way school is served compare to your lunch experiences?
        - Which of the lunches described would you most like to try?
      - Use a world map for students to find each country mentioned.
        - Discuss the reasons for certain types of foods in lunches for each country. Compare geography.



## ACTIVITY: COMPARE AND CONTRAST LUNCHES AROUND THE WORLD

- **Tell** students that their job is to compare and contrast two or more lunches from places around the world.
  - **Compare** is the way that the things being compared are similar.
  - **Contrast** is how the things are different from one another.
- **Ask:** What are your ideas for showing the similarities and differences between lunches from around the world?
  - Some ideas are:
    - Venn Diagrams
    - Similes and Metaphors
    - T-Chart
    - Rating and Ranking
    - Draw the difference
- **Show** students the following books/websites:
  - What's for lunch? How Schoolchildren Eat Around the World by Andrea Curtis
  - What School Lunches look like in 20 countries around the world
    - [https://www.buzzfeed.com/mjs538/what-school-lunches-look-like-in-20-countries-arou?utm\\_term=.nhAeOdwOX#.evLVljElb](https://www.buzzfeed.com/mjs538/what-school-lunches-look-like-in-20-countries-arou?utm_term=.nhAeOdwOX#.evLVljElb)
  - 6 school lunches from around the world with description
    - <http://www.cbc.ca/kidscbc2/the-feed/6-school-lunches-from-around-the-world>
  - Lunch around the world infographic
    - <http://www.nourishinteractive.com/blog/854-school-lunches-from-around-the-world>
- **Tell** students to:
  - **Pick** two or more countries to compare and contrast.
  - **Choose** a way to show comparison.
  - **Complete** the compare and contrast method.
- Have students **share** their results.

### Extension:

- Older students can learn more about the dabbawalla delivery system by reading this fascinating article about the business side with great information, storytelling, and discussion questions:
  - <http://kwhs.wharton.upenn.edu/2017/08/a-student-draws-inspiration-from-the-dabbawalas-of-mumbai/>
- Learn more about the history of the tiffin:
  - <https://www.theguardian.com/lifeandstyle/2014/aug/17/tiffin-the-history-of-indias-lunch-in-a-box-mumbai>
- Younger students can do this art activity and create a game about lunches around the world:



- <http://www.crayola.com/for-educators/lesson-plans/lesson-plan/whats-for-lunch-around-the-world.aspx>



## COOKING CHICKEN TIKKA MASALA

### Kitchen Prep

- Read the CHICKEN TIKKA MASALA recipe card together.
- Identify and gather ingredients.
- Gather tools.
- Read the **Featured Culinary Skill - Mastering Measuring Spoons**
- Discuss kitchen safety. Specifically, Stove Top safety (Visit [Raddishkids.com/pages/safety](http://Raddishkids.com/pages/safety)).

### Prepare CHICKEN TIKKA MASALA

- Ask children to read or describe each step.
- Together, follow the steps in the recipe.
- Give each child a turn to grate, smash, and measure.
- When the CHICKEN TIKKA MASALA is ready, eat, taste and share!
- While your friends and family are eating, students can tell what they learned about both the tiffin box, and lunches around the world and share the compare and contrast tool they created.



## RESOURCES

- Books
  - What's for lunch? How Schoolchildren Eat Around the World by Andrea Curtis
  - What's Inside my Lunch Box? By Hannah Elliot
  
- Websites
  - <https://www.theguardian.com/lifeandstyle/2014/aug/17/tiffin-the-history-of-indias-lunch-in-a-box-mumbai>
  - <http://kwhs.wharton.upenn.edu/2017/08/a-student-draws-inspiration-from-the-dabbawalas-of-mumbai/>
  - <http://www.crayola.com/for-educators/lesson-plans/lesson-plan/whats-for-lunch-around-the-world.aspx>
  - [https://www.buzzfeed.com/mjs538/what-school-lunches-look-like-in-20-countries-arou?utm\\_term=.nhAeOdwOX#.evLVljElb](https://www.buzzfeed.com/mjs538/what-school-lunches-look-like-in-20-countries-arou?utm_term=.nhAeOdwOX#.evLVljElb)
  - <http://www.cbc.ca/kidscbc2/the-feed/6-school-lunches-from-around-the-world>
  - <http://www.nourishinteractive.com/blog/854-school-lunches-from-around-the-world>
  - <http://www.ascd.org/publications/books/110126/chapters/Section-1%40-Why-Compare-%24-Contrast%C2%A2.aspx>
  - <http://minds-in-bloom.com/10-ways-to-compare-and-contras/>
  
- Videos
  - The World's Best Delivery Service? Lunch in Mumbai (2:47)
  - <https://www.youtube.com/watch?v=dX-0eI2wuEU>
  - Power Lunch:India's Mid-Day Meal Program (3:44)
  - [https://www.youtube.com/watch?time\\_continue=224&v=BUK0RCkbqFY](https://www.youtube.com/watch?time_continue=224&v=BUK0RCkbqFY)
  - School Lunches Around the World (1:18)
  - <https://www.youtube.com/watch?v=Po0O9tRXCyA>
  - School Lunches You've Probably Never Heard About (8:13)
  - <https://www.youtube.com/watch?v=-7YBTX7vnVc>

# INDIA

