



Filipino Kitchen

Homeschool Lesson Plan

Raddish Lesson Plan Road Map

We design these lessons to be adaptable and flexible to your students and your life. You can do A Little Taste in ~45 minutes, or you can use the extension activities and make the projects and activities listed last over several lessons or even weeks. The lessons are meant to be interdisciplinary, covering many subject areas at once. Students of all ages can use these materials, with learners who are pre-writers able to draw or verbally share responses.

If desired, you could extend these lessons into a project-based learning unit of study, where students tackle a real world problem and create solutions. The learning happens in the process of getting to the presentation of the solution, and students often find it more meaningful when they are investigating a topic of their choice.

For a deeper look at the topic, A Big Bite offers extension ideas for learners who are able to read, write, and think on a higher level.

We always love to see your finished projects! You can share them in our Facebook group, [The Raddish Table](#), or email us hello@raddishkids.com.

A Little Taste

Driving Questions: What is life like for kids who live in the Philippines?

Resource List

Background Information (also linked within lesson)

- *Cora Cooks Pancit*, picture book by Dorina Lazo Gilmore, <https://bookshop.org/books/cora-cooks-pancit/9781885008480>
- Lee & Low Storytime: *Cora Cooks Pancit*, read by Dorina Lazo Gilmore | Picture Book Read Aloud, video read aloud from Lee & Low Books, <https://www.youtube.com/watch?v=XQBxtFjuvO0>
- *Filipino Friends*, picture book from Liana Romulo, <https://bookshop.org/books/filipino-friends-9780804838221/9780804838221>
- Basic Greetings in Tagalog (Filipino) & How to Use PO & OPO | Tagalog for Kids, video from team Mesi, <https://www.youtube.com/watch?v=tTD2E4KwYjs>
- “How the Philippines deals with typhoons”, article from FutureLearn, <https://www.futurelearn.com/info/futurelearn-international/philippines-typhoons>
- Typhoon Rai: Philippines hit with severe flooding as storm intensifies to category 5, video from Global News, <https://www.youtube.com/watch?v=oGgDfRPE5MA>
- Introduction to the Philippines | Luzon, Visayas, Mindanao, video from Teacher Jenica, <https://www.youtube.com/watch?v=60upC--Uo3g>
- “Philippines”, article from National Geographic Kids, <https://kids.nationalgeographic.com/geography/countries/article/philippines>
- National Symbols of the Philippines, video from Teacher Jenica, https://www.youtube.com/watch?v=HyoNKKF_Pro
- Philippine flag and its meaning, video from Teacher Jenica, <https://www.youtube.com/watch?v=9A7dcaTeAUk>
- Life in the Philippines Pt 1 | A Foreigner’s Perspective, video from Where I’m From, <https://www.youtube.com/watch?v=LydKSvvBq>

Optional Extensions

- *Filipino Children’s Favorite Stories*, picture book retold by Liana Romulo, <https://bookshop.org/books/filipino-children-s-favorite-stories-fables-myths-and-fairy-tales/9780804850216>
- *Filipino Celebrations*, picture book by Liana Romulo, <https://bookshop.org/books/filipino-celebrations-a-treasury-of-feasts-and-festivals/9780804838214>
- *When Lola Visits*, picture book by Michelle Sterling, <https://bookshop.org/books/when-lola-visits/9780062972859>
- *When Lola Visits an Exploration of Summer Via the Sense of Smell* by Michelle Sterling and Aaron Asis, video read aloud from Dana Reads, <https://www.youtube.com/watch?v=ihcufPXHZXs>

Conceptual Knowledge - What Do You Want Them to Know?

1. Life in the Philippines is often very social, and a lot of time is spent outdoors and with family.
2. The climate and weather of the Philippines affects the structure of daily life.

Key Vocabulary

- *Po/Opo* – words used in Filipino when speaking to show respect to elders
- *Handaan* – party or feast
- Typhoon – a tropical cyclone that originates over warm oceans, with high winds and heavy rain

Cross-Curricular Links

- Language Arts, Fine Art, Social Science, Science

Project Idea/Scenario

Students will use figurative and literal imagery to create representations of life in the Philippines.

Plan the Process: What Will the Students Do?

Students will learn about the country of the Philippines, with a focus on the daily life of those who live there.

Warm-up Activity - Activating Background Knowledge

- What do you know about the Philippines? Create a list of any initial knowledge students possess about the country and the people who live there. Consider geography, food, language, and culture.
 - Next, look at a map to find the Philippines. What countries are nearby? How many islands do you think comprise the Philippines?
 - How close is it to the equator; how do you think this affects weather? How might its climate affect the types of food grown and eaten there?
 - Talk over what you would like to discover about life in the Philippines as you begin to explore the country. What parts of daily life are most interesting to learn about for you? (Consider school, where they live, what they eat, socializing, etc.)

Sequence/Procedure

1. [Read](#) or [listen to the picture book](#) *Cora Cooks Pancit*.
 - a. How does cooking bring Cora's family together?
 - b. How does Cora learn about Filipino culture through cooking? What are some of the Filipino ideas or customs that she learns?
 - c. What are some ways that you experience your own family's customs and traditions through food?
2. There are over 150 languages and dialects spoken in the Philippines, but the official languages of the country are Filipino, a standard form of Tagalog, and English. Browse through the book [Filipino Friends](#) and check out some of the Filipino vocabulary.
 - a. Does the language sound like any other language you know?

- b. Spaniards arrived in the Philippines in the 16th century, and started to colonize the country. Can you find any words that remind you of Spanish?
3. [Watch video](#) to hear Filipino spoken aloud, and see if you can learn any of the greetings and practice.
 - a. What is “po” and “opo”, and how are they used? Does English have anything similar to this (hint: think about the adults in your life and how you speak with and interact with them.)
4. Read through [the article about typhoons](#), and [watch the video showing some of the effects of a recent typhoon](#).
 - a. How does extreme weather affect life in the Philippines?
 - b. Why are the Philippines uniquely affected by typhoons? How does that affect life there now?
 - i. Consider where you live, and what types of extreme weather you face. How has your town or region adapted to face extreme weather challenges?
 - c. What else does tropical weather mean for daily life? What are the positives of living in a tropical location? Consider what can be grown there, and what the average temperatures are in the Philippines during the year.
5. [Refer to the article from National Geographic Kids](#) and [this video about the regions of the country](#), and then finish with [the video about the country's flag](#). Use all the various resources to complete the Philippines Map handout, found on page _ of the lesson plan.
6. Select a project from the list below. Complete and share while enjoying any of the recipes from Filipino Kitchen!

Possible Creations

1. Write a letter to a friend from the point of view of a child like Cora from *Cora Cooks Pancit*, talking about a day in her life. Cora's story does not specifically state where it is set, but imagine that you are writing as someone who lives in the Philippines. Include details about the weather, potential weekend plans, and a recent meal. Imagine writing to a friend who lives on the opposite side of the world; include sensory details that paint a picture for your friend.
2. Think about life in the city vs. life in the country: where in the Philippines would you like to live? For a deeper understanding of what life looks like there, you may want to watch [the video about life there from a foreigner's perspective](#). Consider what foods you would eat, activities, and what your house might look like in each area. Create a display showing the benefits and drawbacks of both, and which you would choose based on what you know.
3. Look at [the national symbols of the Philippines](#), and consider what other images come to mind when you think about daily life there. Use the national symbols and other images to create a collage of what best represents Filipino life. Keep in mind the colors used on the flag to represent the different areas of the country, and use those colors and other tropical themes to bring your collage to life.

Extensions

1. Read through some of the stories in [Filipino Children's Favorite Stories](#). Find a story that you enjoy, and identify the main characters, the conflict, and the resolution in the story. Draw a comic strip interpretation of the story to share it in a new way.
2. Look through the book [Filipino Celebrations](#) and see what different celebrations look like in the Philippines. Are any of them similar to your own family's celebrations? Pick a celebration to design a party around, and plan a menu and decorations that would fit the theme and occasion.
3. Read or [listen to When Lola Visits](#), and pay attention to the similes used for descriptions and how it affects the story. Which images from the story bring the story to life the most for you? Now, think about what summer smells like where you live? Write a poem using similar simile style to describe summer through the smells of the various components of summer where you live.

A Big Bite

Driving Questions: What are the major sites and attractions of the Philippines?

Resources

- All About the Philippines, book by Gidget Rocoles Jimenez, <https://bookshop.org/books/all-about-the-philippines-stories-songs-crafts-and-games-for-kids/9780804848480>
- It's Cool to Learn About Countries: Philippines, picture book by Vicky Franchino, <https://www.amazon.com/Its-Cool-Learn-About-Countries/dp/1602798346>
- 10 Best Places to Visit in the Philippines – Travel Video, video from touropia, <https://www.youtube.com/watch?v=ZjFzkhrglZs>
- Weather Disturbances in the Philippines | Earth Science (from 1:01 on), video from TeachTalk, <https://www.youtube.com/watch?v=rBewbSKxHWY>
- Philippines Travel Guide: Everything You Need to Know, website from Guide to the Philippines, <https://guidetothephilippines.ph/articles/ultimate-guides/travel-guide-philippines>
- “Getting Around Philippines”, travel guide from Rough Guides, <https://www.roughguides.com/philippines/getting-around/>
- “14 Best Places in the Philippines”, article from Planetware, <https://www.planetware.com/philippines/best-places-to-visit-in-the-philippines-phi-1-13.htm>
- Introduction to the Philippines | Luzon, Visayas, Mindanao, video from Teacher Jenica, <https://www.youtube.com/watch?v=60upC--Uo3g>
- Volcanoes of the Philippines, reference from Department of Science and Technology PHIVOLCS, <https://www.phivolcs.dost.gov.ph/index.php/volcano-hazard/volcanoes-of-the-philippines>

Project Idea/Scenario

Plan an island-hopping adventure through the Philippines, highlighting some of the unique features of the island nation.

Sequence/Procedure

1. Start by discussing what vacation means to you. What immediately comes to mind when you think about going on vacation?
 - a. Do you prefer to relax or sightsee, or a mix?
 - b. How do you like to relax? What does that look like?
 - c. Have you been to a tropical climate before? What did you do there?
 - d. The Philippines is a country that has a lot of beautiful things to see and experience, and has a tropical climate. Why are tropical locations often top vacation spots?
2. Learn more about the Philippines by reading through the book [*It's Cool to Learn About Countries: Philippines*](#). For additional reference, browse the book [*All About the Philippines*](#). Make sure you can answer these questions:

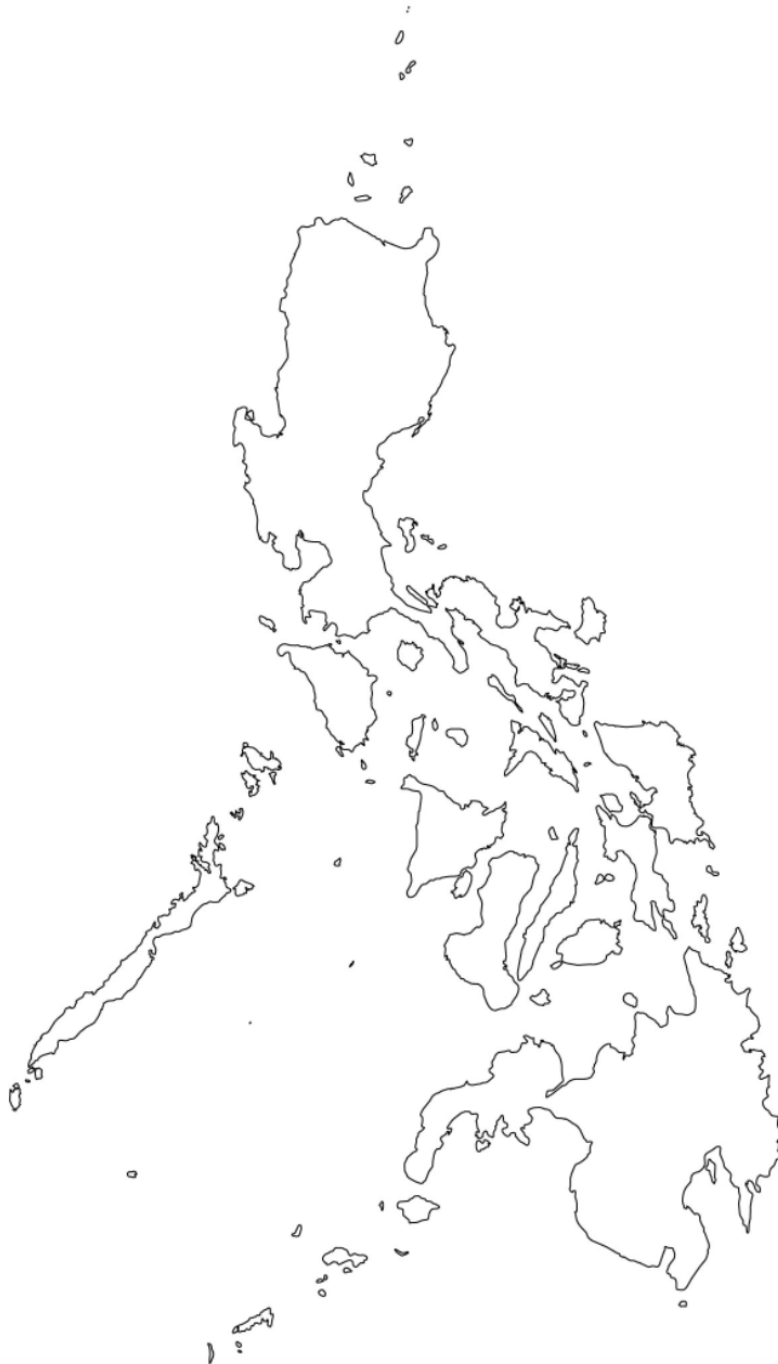
- a. Where in the world is the Philippines?
 - b. What languages are spoken there?
 - c. What is the main geography of the country? What vacation spots do you think are most interesting, and most visited?
3. Watch [the video about weather disturbances](#), and then watch [the video about top travel sites in the Philippines](#).
 - a. How does the weather and seasons affect the country? When would be the best time to visit the Philippines to see some of the top tourist spots?
4. Browse through [the sites listed in the article about the best places to visit](#).
 - a. Which would you most like to visit? What is appealing about it to you?
 - b. Which site seems most different from other places you have visited?
5. Complete Philippines map handout, found on pages 8-9 of the lesson plan. Use [this video](#) for reference, in addition to the other books.
6. Think about your ideal Island itinerary – use the travel guides from [Guide to the Philippines](#) and [Rough Guides](#) for inspiration and reference.
 - a. Consider a trip that includes both relaxation and possible recreational activities; countryside and city experiences.
 - b. Map out a route that would be possible to see in a week's time. Look at how most people get from one island to another in the country for rough travel estimates.
7. Select a project from the options below and complete. Share completed project while enjoying any of the recipes from Filipino Kitchen.

Possible Creations

1. Consider some of the parties and celebrations mentioned in *All About the Philippines*, and select one or two to highlight as great experiences for visitors. Make sure to specify if there are feasts or fiestas associated with the holiday, and which regions of the country might be best for participating in the festivities. Create a party guide of when and where to celebrate in the Filipino way.
2. Visit a volcano! With 23 active volcanoes in the Philippines, there are many possible ways to view a volcano. Review [the reference from the Philippine Institute of Volcanology](#), and think about how someone with a week might be able to best safely view and learn more about volcanoes.
3. Create a brochure that highlights a specific site or region of the Philippines. Some of the most visited tourist sites include Boracay, Manila, and the Chocolate Hills; consider what draws people to these sites, and what information people need to know in order to make a decision about where to spend their vacation time. Include graphics and short explanatory text for whichever site you choose to highlight.

Philippines Map Handout

Use the questions on the next page to fill in your map.



Philippines Map Handout continued

On the map:

1. Mark and label the capital city.
2. Mark and label the other large cities.
3. Label the 3 major island regions, and color them different colors.
4. Mark the location of a volcano
5. Add some icons to represent some of the activities and pastimes that Filipino people enjoy in their country.

What are the two official languages of the Philippines?

What continent is the Philippines part of?

What type of storm occurs in the Philippines?