



Gourmet Gobble 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.

Driving Questions: What makes something “gourmet”? Who has helped to make gourmet food more accessible for everyone?

A Little Taste

Resource List

Background Information (also linked within lesson)

- *Bon Appetit! The Delicious Life of Julia Child*, picture book by Jessie Hartland, <https://www.amazon.com/Appetit-Delicious-Life-Julia-Child/dp/0375869441>
- Julia Child - Journalist and Chef, Biography video <https://www.youtube.com/watch?v=IK87Af7nXwc>

Optional Extensions

- *Minette's Feast*, picture book by Susanna Reich, <https://bookshop.org/books/minette-s-feast-the-delicious-story-of-julia-child-and-her-cat/9781419701771>
- *Minette's Feast*, video read aloud, https://www.youtube.com/watch?v=kEi64FU_c3Y
- *Julia, Child*, picture book by Kyo Maclear, <https://bookshop.org/books/julia-child/9780735264014>
- Julia Child on David Letterman, video https://www.youtube.com/watch?v=SHX0pv8_JOE#action=share
- Julia Child Burns Food, video, <https://www.youtube.com/watch?v=tGg4njImm0Y&feature=youtu.be>
- The French Chef Julia Child's Chicken, video, <https://www.youtube.com/watch?v=d2kYAF6qw6I>
- 10 Recipes to Celebrate Julia Child's Birthday, article from Food & Wine, <https://www.foodandwine.com/chefs/10-recipes-celebrate-julia-childs-birthday>
- Easy Homemade Ice Cream, Full Time Kid, video <https://www.youtube.com/watch?v=7TiMhu7nDdU>
- “Celebrating Lunar New Year With the Woman Who Changed Chinese Food in the U.S.”, audio and written radio segment, <https://www.npr.org/2017/01/28/512129917/celebrating-lunar-new-year-with-the-woman-who-changed-chinese-food-in-the-u-s>

Conceptual Knowledge - What Do You Want Them to Know?

1. Gourmet can refer to a lot of different aspects of food and cooking, but generally it refers to when food is prepared to look and taste its very best using the highest quality ingredients.
2. For a long time, there was a very small group of people who decided what was gourmet.
3. Julia Child made gourmet food more accessible for millions of people, and influenced cooking shows and cookbooks.

Key Vocabulary

- ***mise en place*** - French culinary phrase which means “everything in its place”, and refers to the setup of all ingredients and equipment ready before cooking
- **essential** - a thing that is absolutely necessary
- **foolproof** - done, made, or planned so well that absolutely nothing can go wrong

Cross-Curricular Links

- Math, Language Arts, Social Studies, Fine Art

Project Idea/Scenario

Use mathematical concepts to create a project that shows the reach and influence of Julia Child on the world of gourmet cooking.

Plan the Process:What Will the Students Do?

Students will learn about Julia Child’s life and work through books and videos, and then showcase her cultural influence through focusing on some of her recipes.

Warm-up Activity - Activating Background Knowledge

- What do you know about gourmet food? Ask students to try and make a list of ten gourmet foods. What makes them gourmet? Do you like gourmet foods?
 - Discuss how gourmet foods are usually marked by being of highest quality and flavor, prepared with precision and presented in an artful way. Do you still consider the foods on your list to be gourmet?
 - Can they name any gourmet chefs? Introduce Julia Child’s name if not mentioned; she is the focus of learning today, as she was a major influence in gourmet cooking who led a very interesting life.

Sequence/Procedure

1. Read *Bon Appetit! The Delicious Life of Julia Child*, and [watch Julia Child mini biography video](#).
 - a. Bring special attention to all the times that Julia had to learn a new language, adjust to living in a new place, or try to do something she didn’t know how to do. Discuss what qualities she likely developed as a result.
 - b. Identify what special foods she decided were gourmet and that she felt were essential to bring to America.
2. Have students work to fill out [Julia Child by the Numbers](#) handout, on page 7 of lesson plan.
3. Watch [one or all](#) of the video clips of Julia Child cooking.
 - a. Think about what she does in her cooking videos that made people want to watch her. She always had her *mise en place* to try to be prepared, but how did she handle any mistakes or problems?

- b. What did she do in her cooking videos that made anyone feel as though they could master French cooking? Many longer segments of her cooking can be found on Youtube for deeper research.
4. Decide on a project that illustrates Julia Child's influence. Share final results while enjoying any of the gourmet creations from the Gourmet Gobble kit. Discuss which recipe from Gourmet Gobble you think would have been Julia's favorite.

Possible Creations

1. Select 5 of [Julia's most well-known recipes](#), and then write predictions on how many of these foods your family and friends have tried and would be willing to try. Poll (can do this manually or by using a program like [Survey Monkey](#)) and then tally results.
2. Using [Julia's videos](#) and [kids' cooking videos](#) as inspiration, create your own instructional cooking video. Make sure to have your *mise en place* and try to shoot in one take like Julia did. Estimate how long it will take to shoot it in one take and see how close your final video length came to your estimate.
3. Count up all the different foods mentioned in *Bon Appetit!* Draw the foods that you have tried (or, if the answer would be zero, the foods you want to try) on a poster. Estimate how many different foods Julia Child wrote about, then research to find the actual total.

Extensions

1. Julia wrote letters for years with her friends when she couldn't be with them in person. Find a penpal to share recipes with (ask an adult for help to post in the [Raddish Facebook group](#) for a Raddish pen pal). Share a way that you improvised to make a Raddish recipe or any other recipe more gourmet, the way that Julia might have.
2. Read or [watch video read-aloud](#) of *Minette's Feast* and/or *Julia, Child*. These books are fiction, while *Bon Appetit!* is nonfiction. Identify the fictional parts of *Minette's Feast* and/or *Julia, Child*, and write a book recommendation to a friend highlighting both the fictional and the factual parts of the book.
3. Cecilia Chiang was a chef considered the Chinese version of Julia Child. [Listen to and/or read](#) the NPR news segment. Draw and write about the similarities and differences between the lives of Julia Child and Cecilia Chiang.

Driving Questions: Who determines what food is considered gourmet? How have food preferences changed over time?

A Big Bite

Resources

- “What Was on the Menu at the First Thanksgiving?” Smithsonian magazine article, <https://www.smithsonianmag.com/history/what-was-on-the-menu-at-the-first-thanksgiving-511554/>
- Why Lobster is So Expensive, video, https://www.youtube.com/watch?v=6gr_gMSF0c0
- “A Taste of Lobster History”, History.com article, <https://www.history.com/news/a-taste-of-lobster-history>
- 9 Foods That Have Been Renamed to Get You to Eat Them, infographic, <https://visual.ly/community/Infographics/food/foods-have-been-renamed>
- “Here’s how the low-rent lobster became an expensive global star”, news article from The World, <https://www.pri.org/stories/2014-09-06/heres-how-low-rent-lobster-became-expensive-global-star>
- “The 21 Best Seafood Restaurants in America”, article from The New York Post, <https://nypost.com/2016/04/06/the-21-best-seafood-restaurants-in-america/>

Project Idea/Scenario

Using knowledge on gourmet foods, reimagine a food to make it more appealing by making it gourmet.

Sequence/Procedure

1. Discuss what foods were served at first Thanksgiving — do you think the foods have changed a lot from then to now? Read [Smithsonian article](#) about first Thanksgiving foods, and discuss what was surprising.
2. Lobster is a food that was served at first Thanksgiving, and has evolved over time to transform from being an inexpensive food to a gourmet food. Read [articles about lobsters](#), and [watch video](#) about lobster being expensive.
 - a. What were the biggest influences in changing everyone’s views on lobster? Look at and consider price, access, preparation,
3. Fill out [Lobster by the Numbers](#) handout, on page 8 of lesson plan.
4. Select a project idea that allows you to demonstrate your understanding of gourmet food marketing.

Possible Creations

1. Using [original Thanksgiving foods list](#), choose something to reboot for a modern gourmet holiday meal. Create a print advertisement for this food to market it as a new gourmet Thanksgiving food to incorporate into celebrations.
2. Reinvent another food with an unappealing name or that is currently not considered gourmet. Create new packaging for the food so that it would appeal to someone shopping at the grocery store. Use [list of rebranded foods](#) for inspiration.
3. Conduct a price experiment — do you think that changing your description of a certain food will change what price people should think it should be? Use descriptive language (and [some menus from restaurants for inspiration](#)), and then create a survey in a program like [Survey Monkey](#) to poll how much someone thinks different lobster menu items would be at a restaurant. Write down your estimates of how much you think people will value certain items, and then check final results against your predictions.

Julia Child by the Numbers

Size 12	
	Her age when Julia marries Paul
	Number of suitcases they took to Paris
	Number of steps to make a galantine
2 knives	
	Number of pages in final draft of first cookbook
The year 1961	
	Number of years it took to write "Mastering the Art of French Cooking"
Age 91	
	Total number of cookbooks written

Lobster by the Numbers

2 times a week	
	Weight and length of largest known lobster
The 1880s	
	Height that lobster used to be found on the shore
\$38	
	The amount of meat you typically get from 1 ½ pounds of lobster
2 out of 50,000	
	The amount of time it takes for a lobster to grow to harvesting size
	The total cost of Ed's Lobster Bar daily delivery of 150 pounds of lobster at \$10 a pound
46 million pounds	