



newyorkedge

NEW YORK CITY,
GLOBAL CITY

SUMMER 2022
FOOD EXPLORERS



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HOW TO USE THIS CURRICULUM

Welcome to the Summer Season of 2022!

We are very excited to present the NEW YORK CITY, GLOBAL CITY Food Explorers Curriculum.

Each week of the season has been assigned a sub-theme. These are outlined in the [Table of Contents](#).

The informational content of each lesson is written to highlight how cuisine can reflect MORE than just flavor and satiation. We took this curriculum and tried to tell the social and emotional stories of food. From leadership positions in cuisine careers, to the feeling you experience when you eat your favorite comfort food, this curriculum touches on all of these aspects.

New York City is the ultimate cultural epicenter. The variety of foods that youth in NYC have access to is unmatched around the world. We want to provide the opportunity for youth to experience the most in the safety and comfort of their classroom.

When you are planning for your lessons, please look ahead to the lesson, review the theme and subsequent content. Some lessons require worksheets to be printed, others only require students to have a pen and paper.

There are four recipe options listed for EACH lesson. Please feel free to review the recipes and select the ones that work best for your cooking space/supplies. If none of the recipes *speak to you*, no problem! You may substitute for a different recipe. We just ask that you please send your recipe to foodexplorers@newyorkedge.org so we can review and approve.

Please note, all recipes in the FOOD EXPLORERS program are vegetarian. No meat products are permitted to be served in the classroom.

If you have any questions regarding this curriculum, its contents, ordering supplies, ordering food, or anything else, please do not hesitate to reach out to us. We are happy to help.

Have a wonderful Summer Season! We look forward to stopping by the sites to see these lessons in action!

With an Empire State of Mind,
Shelby and Emelia

LEARNING OUTCOMES

- Learn about the role and responsibilities of an executive chef.
- Discuss what it means to be a leader and how a leadership role is important to the culture of a kitchen.
- Participants will understand themselves and their traits in being a leader
- Participants will be presented with the opportunity to reflect on leaders in their own life.
- Participants will be encouraged to share the traits of the leaders that they know .

LESSON MATERIALS

- Paper
- Postersheets
- Writing Utensils
- PB&J Ingredients
- Recipe Ingredients from Fresh Direct
- Hardcopy recipes (1 per student)
- Hardcopy Leadership Activity Worksheets (1 per student)
- Cooking Supplies
- Cleaning Supplies
- Food Safety Supplies

FOOD EXPLORERS CLASS AGREEMENTS (5MIN)

- **Be Safe**
 - We will be using plastic knives and hot plates in this class! We should always practice proper knife safety and remain aware of our surroundings.
- **Wash Our Hands**
 - Before we begin touching food, we wash our hands so we don't spread germs or make others sick. To properly wash hands, we must wash with soap and water for at least 20 seconds, or sing the "ABC's." Not all classrooms will have sinks so we may use hand sanitizer to properly wash our hands.
- **1, 2, 3 Taste**
 - We eat as a class. Once everyone is served, we count to three and taste together.
 - Tasting works best when we take 2 bites. It will require us to be brave and willing to try new foods, but 2 bites will help us see if we really don't like the food that we are trying.
- **Don't Yuck My Yum**
 - Just because you may not like something does not mean your neighbor also does not like it. Let's use positive words to describe our food, or simply say "No, thank-you". Be respectful and avoid words like "yuck", "gross", and "eww".
- **The "No, Thank-You" Bite**
 - If we don't like the food we try we can say "No, thank-you". This means that you have tried the food and it wasn't for you. You may not like everything we try together, and that is okay.
- **Don't Throw Food**
 - We want to respect our surroundings and our food by not throwing food.
- **Clean Up Your Space**
 - It is important to leave the room as we found it. Let's practice cleaning as we go and throwing away things when our desks or spaces get too cluttered. Chef's call this "Mise en Place" --meaning, "everything has its place"
- **Have fun!**

INTRODUCTION (10MIN)

- Hello Food Explorers! Today we are going to be discussing Leadership! Can anyone tell me what “Leadership” means?
- In the world of cuisine, who would be considered a leader?
 - *Possible Answers: head-chefs, executive chefs*
- Chefs work in the kitchens of restaurants, hotels, cruise ships, and casinos.
- They create the menus, prepare the food, and manage the operations of the kitchen. There are different levels of chefs within a kitchen.
- An Executive chef holds the top position in a kitchen
 - They are in charge of all the kitchen operations. They are rarely involved in cooking the food and meal preparation.
 - Instead, executive chefs design the menus and oversee food preparation and ordering. They also train and manage the cooking staff.
- What skills do you think are required to become an executive chef?
 - *Leadership skills*
 - *Cooking skills*
 - *Baking skills*
- Can someone please raise their hand and share their definition of a leader?
 - *A leader isn't always someone who is in a position of power.*
 - *You can be a leader for someone or a group of people*
- As a group, lets choose some words that describe a good leader.
- *Possible Answers:*
 - *A good leader is hard-working, someone you can trust, patient and motivated.*
 - *Honest to yourself and to others to avoid misunderstandings*
 - *Focused and devoted on your work; this allows us to stay on task and finish the work properly*
 - *Reliable, respectful and patient.*
 - *An executive chef has to be around to support their team. They also have to respect themselves as they would want others to respect them*
 - *You have to be loyal, courageous and optimistic to your work, people and to others*

DISCUSSION (10MIN)

- Leadership is one of the single most important factors in any kitchen.
- A strong leader provides direction, discipline and inspiration, whether you're working with a small team or a large one.
- Can someone raise their hand and tell me about a person in your life that you believe is a good leader?
 - What characteristics do they have that make them a good leader?
- Can someone raise their hand and explain what a kitchen would be like without a strong, effective leader?
- *Possible Answers:*
 - *Wrong orders*
 - *Burnt food*
 - *Injuries in the kitchen*
 - *Production delay*
 - *Health and Safety Inspection violations*
- An executive chef must get to know their staff, know what motivates them, what their expectations are, and the daily obstacles they face
- Executive chefs need to lead from the front of their team.
 - A good leader must take the time to understand their staff because it will make it better and easier to work with them.

ACTIVITY (20MIN)

LEADERSHIP SELF-REFLECTION

- Let's self-reflect and think about what it takes to be a leader.
- We are going to take about 5 minute and self-assess ourselves in the qualities of being a leader (worksheet on next page). This will be done individually and we will not be sharing with the rest of the class.
 - Be honest in your reflection.
 - There are no wrong answers!
- *Scale*
 - 4 = I definitely possess that quality
 - 3 = I am pretty good at that quality
 - 2 = I need to work on this quality
 - 1 = I need help learning how to do this

EFFECTIVE COMMUNICATION AND INSTRUCTIONS

- Now we are going to test our leadership communication skills.
- Using a piece of paper and a writing utensil, you are going to write step-by-step instructions on how to make a peanut butter and jelly sandwich.
- After the instructions are written, I will make a sandwich following your instructions as they are written, so BE SPECIFIC.
 - *The students will read their instructions out loud and the specialist will make the PB&J (using the literal instructions/devil's advocate)*

HOW I RANK MYSELF IN QUALITIES OF BEING A LEADER

DESCRIPTION	4	3	2	1
Enthusiasm: I have energy a positive attitude and I'm motivated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepared: I assess the situation, understand how to prepare and how to report	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communication Skills: Effective speaker able to work with all kinds of people tactful good listener	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Caring: I am sensitive to others I accept others for who they are compassionate good sense of humor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Creativity: I can express ideas can come up with helpful suggestions I try to brainstorm for new ideas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Problem Solver: I can tackle problems I'm resourceful I think through difficulties	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Character: I act in an ethical manner and is not let astray by peer pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dependability: I am reliable others can trust me I make good on my promises and keep on task	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooperation: I work well with others even those that I may not like	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- 4 = I DEFINITELY POSSESS THAT QUALITY
 3 = I AM PRETTY GOOD AT THAT QUALITY
 2 = I NEED TO WORK ON THIS QUALITY
 1 = I NEED HELP LEARNING HOW TO DO THIS

RECIPE - OPTION 1



BUTTERNUT REFRIED BLACK BEAN EMPANADAS (MEXICAN)

4 servings

Prep: 20min | Total Time: 30min

Ingredients:

- 1 Tbsp olive oil
- 1 cup white onion, diced
- 3 garlic cloves, minced
- 1 tsp cumin
- 1 tsp smoked paprika
- 3 cups finely chopped butternut squash
- 1 jalapeño, minced
- salt & pepper
- 1 whole wheat double pie crust
- 1 cup Refried Black Beans with Chiles
- 1 egg

Directions:

- Add the olive oil to a large frying pan over medium heat, then add the onion, garlic, cumin, and paprika.
- Cook for 2 minutes before adding the butternut squash and jalapeño (or wait until later if you want more heat!).
- Cook, stirring occasionally, until the squash has softened to fork tender — 15-20 minutes.
- Add about 1/2 tsp each of salt and pepper, or to taste, and remove from heat.
- Roll your pie crust out to 1/8" thick, and cut into circles no bigger than 5" in diameter. Spread a 1/4" layer of Pacific Foods Organic Refried Black Beans with Chiles on half of each round of dough, leaving 1/4" bare around the edge.
- Spoon a small mound of the squash mixture on top of the beans, then fold the dough over to make a half-moon, crimping the edges with a fork, and making a small incision in the top of each empanada.
- When all of the dough has been used up, whisk together the egg and 1 Tbsp of water. Brush the top of each empanada with the egg mixture, then bake on a parchment-lined baking sheet at 400F for 20-30 minutes, or until golden-brown. Eat warm.

RECIPE - OPTION 2



GREEN CURRY WITH SPRING VEGETABLES (THAI)

Thai green curry is one of the popular curry dishes enjoyed by Thai people. This dish is normally prepared by combining fresh green vegetables with meat. As per the general perception green curry is associated with chicken; but now-a-days various ingredients like fish balls and spring vegetables are also used in the preparation of the dish. The curry is fondly called “Gaeng Keow Wahnin Thai” which translates to “sweet green curry”

8 servings

Prep: 15min | Total Time: 45min

Ingredients:

- 4 cups cooked rice
- 1 can coconut milk, or low fat coconut milk
- 1 Onion
- 1 Aubergine
- 1 Chopped green chilli
- Thai Green Curry Paste
- ½ bunch asparagus, tough ends removed and sliced into 2-inch long pieces (to yield about 2 cups prepared asparagus)
- 3 carrots, peeled and sliced on the diagonal into ¼-inch wide rounds (to yield about 1 cup sliced carrots)
- 2 tablespoons Thai green curry paste*
- 1 can (14 ounces) low fat coconut milk
- ½ cup water
- 1 ½ teaspoons coconut sugar or turbinado (raw) sugar or brown sugar
- 2 cups packed baby spinach, roughly chopped
- 1 ½ teaspoons rice vinegar or fresh lime juice
- 1 ½ teaspoons low sodium soy sauce
- Garnishes: handful of chopped fresh cilantro and red pepper flakes, to taste

RECIPE - OPTION 2 (CONT.)



Directions:

- To cook the rice, bring a large pot of water to boil. Add the rinsed rice and continue boiling for 30 minutes, reducing heat as necessary to prevent overflow. Remove from heat, drain the rice and return the rice to the pot. Cover and let the rice rest for 10 minutes or longer, until you're ready to serve.
- Warm a large skillet with deep sides over medium heat. Once it's hot, add a couple teaspoons of oil. Cook the onion, ginger and garlic with a sprinkle of salt for about 5 minutes, stirring often. Add the asparagus and carrots and cook for 3 more minutes, stirring occasionally. Then add the curry paste and cook, stirring often, for 2 minutes.
- Pour the coconut milk into the pan, along with $\frac{1}{2}$ cup water. Bring the mixture to a simmer. Reduce heat as necessary to maintain a gentle simmer and cook until the carrots and asparagus are tender and cooked through, about 5 to 10 minutes.
- Once the vegetables are done cooking, stir the spinach into the mixture and cook until the spinach has wilted, about 30 seconds. Remove the curry from heat and season with rice vinegar and soy sauce. Add salt and red pepper flakes (optional), to taste. Divide rice and curry into bowls and garnish with chopped cilantro and a sprinkle of red pepper flakes, if you'd like.

RECIPE - OPTION 3



VEGETARIAN CHILI WITH RICE (TEX MEX)

Chili is a classic dish enjoyed all over the world. Once considered a very exotic meal by Americans, it is now right at home within their cuisine, often credited as the dish that gave rise to Tex-Mex cuisine and consequently enjoying special status as the official state dish of Texas.

4 servings

Prep: 5min | Total Time: 30min

Ingredients:

- 1 Large onion chopped
- 2-3 Cloves of Garlic
- 2 Cans of chopped tomatoes
- 2 teaspoon of ground cumin
- dash of Worcester sauce
- Sprinkle of salt and pepper
- 2 Chopped red sweet pepper
- 2 16oz of rinsed and drained kidney beans

Directions:

- Fry the onion in a hot pan with oil until nearly brown then add chopped garlic
- Add the mince and stir until brown - drain any excess fat if desired
- Add all dried spices and seasoning then reduce heat and add chopped tomatoes
- Stir well and add tomato puree and worcester sauce then leave to simmer for about 20 minutes.
- Add the chopped red sweet pepper and continue to simmer for 5 mins, then add the tin of drained kidney beans and cook for a further 5 mins. If the chilli becomes too dry at any point just add a bit of water.
- Serve with rice.

RECIPE - OPTION 4



SPAGHETTI BOLOGNAISE (ITALIAN)

Bolognese, or bolognese, originated in Italy (Bologna in particular) and is a traditional meat sauce served over pasta. Bologna use can be made with no meat. Bolognese includes a combination of vegetables that is called soffritto. Soffritto includes onion, celery, and carrots, although other veggies are also often used

8 servings

Prep: 15min | Total Time: 45min

Ingredients:

- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 cup vegetable stock
- clove of garlic
- 2 cup Carrots celery
- 2 fresh bay leaves
- 2 cup mushrooms, finely chopped (about 2 medium sized)
- 2 cup celery finely chopped
- Small pack basil leaves picked,
- $\frac{3}{4}$ finely chopped and the rest left whole for garnish
- 4 tbsp tomato purée
- 6 cherry tomatoes sliced in half
- 1 cup low fat Parmesan cheese

RECIPE - OPTION 4



DIRECTIONS:

- Heat oil in a heavy-based pan and add onion, stirring over a moderate heat for 1-2 minutes.
- Reduce the heat and add the carrots, celery, garlic cloves and mushrooms, then fry for 5 mins.
- Stir the veg often until it softens.
- Cover and simmer gently for about 10 minutes, or until cooked through.
- Add plum tomatoes, the finely chopped leaves from small pack basil, dried oregano, bay leaves, tomato purée, 1 vegetable stock cube, Stir with a wooden spoon, breaking up the plum tomatoes. Cook for 10 minutes.
- When the bolognese is nearly finished, cook spaghetti following the pack instructions.
- Drain the spaghetti and either stir into the bolognese sauce, or serve the sauce on top.
- Serve with more grated parmesan, the remaining basil leaves.

WRAP UP (5MIN)

- Okay Food Explorers! Today we had a lot of discussion about Leadership!
- Here are some things to remember:
 - The best kitchens have head chefs who have practiced and mastered the art of effective leadership and communication
- Can someone please raise their hand and tell me what a leader is?
 - The best kitchens reflect head chefs who have practiced and mastered the art of effective leadership and communication.
- Can someone please raise their hand and share some characteristics of an exceptional leader in relation to an executive chef?
 - *Possible Answers: Enthusiasm, Preparedness, Communication Skills, Caring, Creativity, Problem Solver, Character, Dependability, and Cooperation.*
- That's all for today! Have a wonderful rest of your day and we will see you next week. We will be discussing TEAMWORK!

LEARNING OUTCOMES

- Learn about the inner workings of kitchen structure.
- Discuss the various positions in a kitchen and how each position is reliant on the others in order for the kitchen to run smoothly.
- Learn about the principles, skills, attitudes, and behaviors that make teamwork actionable
- Participants will be encouraged to reflect and share a time they felt like part of a team
- Participants will be encouraged to identify and share the qualities of a good team.

LESSON MATERIALS

- Paper
- Postersheets
- Writing Utensils
- Ingredients from Fresh Direct
- Hardcopy recipes (1 per student)
- Hardcopy Teamwork Activity Worksheets (1 per student)
- Blindfolds
- Cooking Supplies
- Cleaning Supplies
- Food Safety Supplies
- Airtight jars for recipe (only option 1)

PREVIOUS LESSON REVIEW (5MIN)

- Hey Food Explorers! While we prepare for our lesson today, lets review the content we covered in our last lesson.
- Can someone please raise their hand and tell me what a leader is?
 - The best kitchens reflect head chefs who have practiced and mastered the art of effective leadership and communication.
- Can someone please raise their hand and share some characteristics of an exceptional leader in relation to an executive chef?
 - Answers may include: Enthusiasm, Preparedness, Communication Skills, Caring, Creativity, Problem Solver, Character, Dependability, and Cooperation.

FOOD EXPLORERS CLASS AGREEMENTS (5MIN)

- **Be Safe**
 - We will be using plastic knives and hot plates in this class! We should always practice proper knife safety and remain aware of our surroundings.
- **Wash Our Hands**
 - Before we begin touching food, we wash our hands so we don't spread germs or make others sick. To properly wash hands, we must wash with soap and water for at least 20 seconds, or sing the "ABC's." Not all classrooms will have sinks so we may use hand sanitizer to properly wash our hands.
- **1, 2, 3 Taste**
 - We eat as a class. Once everyone is served, we count to three and taste together.
 - Tasting works best when we take 2 bites. It will require us to be brave and willing to try new foods, but 2 bites will help us see if we really don't like the food that we are trying.
- **Don't Yuck My Yum**
 - Just because you may not like something does not mean your neighbor also does not like it. Let's use positive words to describe our food, or simply say "No, thank-you". Be respectful and avoid words like "yuck", "gross", and "eww".
- **The "No, Thank-You" Bite**
 - If we don't like the food we try we can say "No, thank-you". This means that you have tried the food and it wasn't for you. You may not like everything we try together, and that is okay.
- **Don't Throw Food**
 - We want to respect our surroundings and our food by not throwing food.
- **Clean Up Your Space**
 - It is important to leave the room as we found it. Let's practice cleaning as we go and throwing away things when our desks or spaces get too cluttered. Chef's call this "Mise en Place"--meaning, "everything has its place"
- **Have fun!**

INTRODUCTION (10MIN)

- Hello Food Explorers! Today we are going to be discussing Teamwork! Can anyone tell me what “Teamwork” means?
- A great team is also dependent on the correct restaurant kitchen staff structure. Structure is important for running a successful restaurant.
- Can someone please raise their hand and share what you believe it means to have “structure”?
 - *Structure is having order and organization and this contributes to productivity.*
- In the kitchen there are specific structures. The kitchen structure is the flow of authority from top to bottom in a food service establishment and in respect to a kitchen.
- Also the place to store, prepare and cook food should be organized and in order.
- A second type of structure is the staff structure.
 - The staff structure is determined by the people in it with their training, experience and attitude and the procedures that tie them together in a string team.
- Specialists will then ask students to discuss how they think teamwork works in a kitchen setting.
 - In the kitchen you work with knives, many sharp objects, boiling liquids and flames.
 - All cooks need to get along with each other and watch out for each other’s safety.
 - Even if there are amazing cooks in the kitchen; the way every cook contributes as a whole in the kitchen determines its success.
- In sports, teams have to play together cohesively and tactfully in order to beat their opponents and win a game. The same applies to cooks in a kitchen.
 - There is a hierarchy in the kitchen. Can someone please raise their hand and tell me what they think "hierarchy" mean?
 - Hierarchy is a system or organization where people are grouped or ranked one above the other according to status or authority.
 - Even though there is a hierarchy in the kitchen, there is an understanding that each cook/team members is **EQUALLY IMPORTANT** in the execution of the meals and service.

DISCUSSION (10MIN)

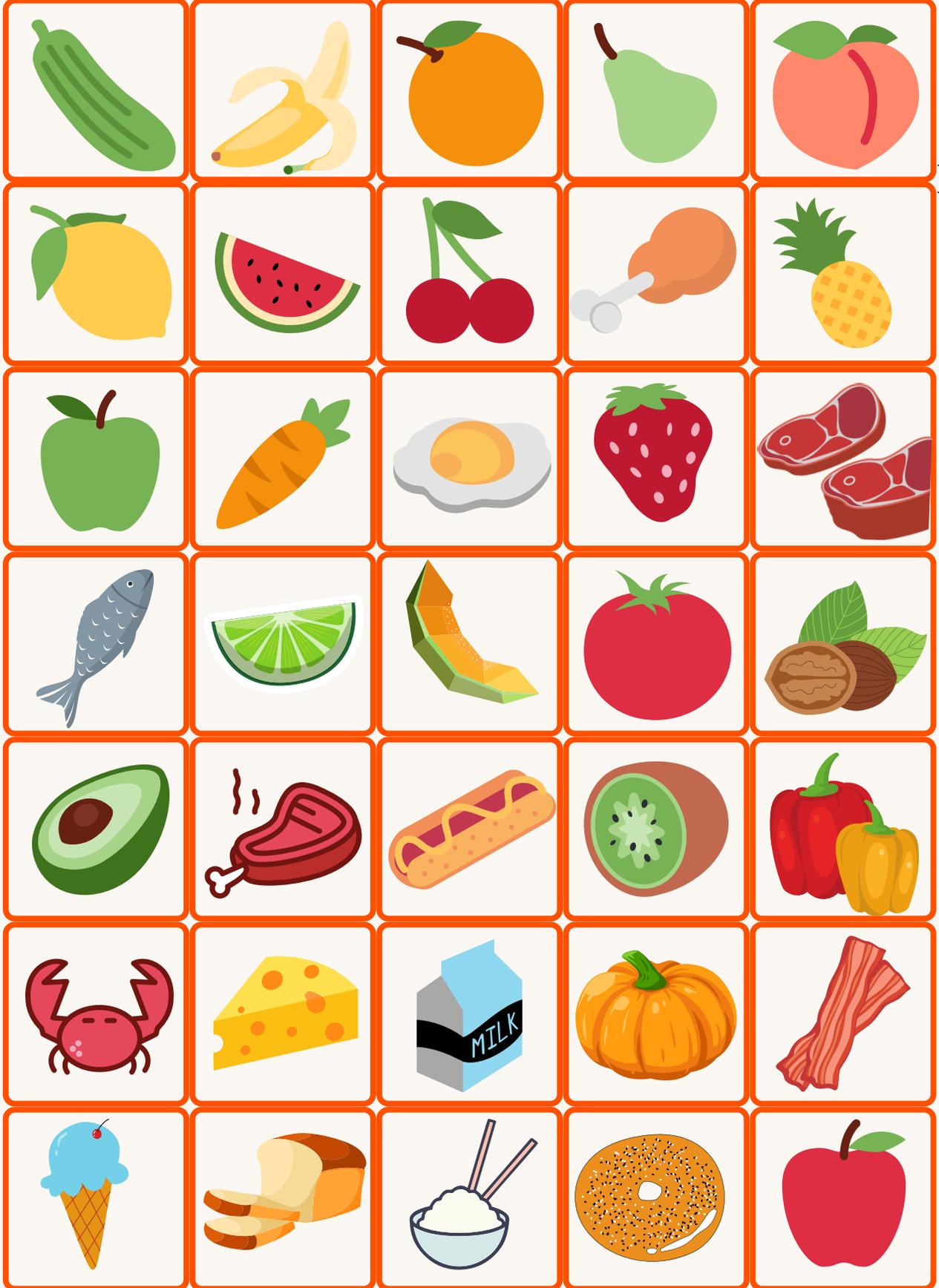
- Can someone please raise their hand and share some components to effective team work?
 - Trust
 - Specialists will explain to students that without trust, a group will never become a team. Cooks will not trust that their coworkers have each other's backs, trust that everyone will pull his or her weight and trust that the leader will support the decisions and actions of the team.
 - Respect
 - All cooks must have mutual respect. Each person who is part of the kitchen team is important to the success of the operation and must be given due respect for his or her role. This means that everyone is willing to jump in and help when needed because they are cognizant of the importance of every link in the chain.
 - Excellent Communication
 - All cooks must have complete, honest, consistent and timely communication from the top down and the bottom up.
 - Teaching and training:
 - Every cook from the bottom to the top should always strive to improve. - Specialists will explain to students that even the best football teams rely on weekly practices to work on their weaknesses and solidify their strengths.
 - Every cook and every chef can benefit from ongoing training and the opportunity to learn from others.
 - Win and lose as a team no finger pointing:
 - Great teamwork does not consist of finger pointing. If the team fails it is because the unit fell down in the process. This is the work environment that must be created in kitchens.
 - If someone is off his or her game, it becomes the group's challenge to step up and help. If they don't, then the finger needs to be firmly pointing inward.
 - Share:
 - Successful teams share knowledge, share success, share in each other's pain and joy, and share the blame and the opportunities that stand before them.
 - Encourage:
 - All cooks need to encourage each other and support each other to staff to be better.

ACTIVITY (20MIN)

The Blind Chef

- Students will learn about communication, and trusting each other. Each team member will learn to be observant of multiple actions as well as give clear and timely instructions to the team member playing the game.
 - Specialists will cut up pictures of foods from different food groups and mix them in a bowl
 - Each team will get 2 minutes from one station to the next.
- Specialists will explain to students that each student will make a fruit salad using cut out pictures of ingredients with the guidance of each team member
- Each student participant will be blindfolded and will grab each ingredient from the table with their only guidance being the vocal commands of their teammates who are not blindfolded.
- Specialists will use masking tape to mark of a start and finish line in a large shape on the floor
- Each participant must make their way from start to finish blindfolded. They cannot step outside of the boundary. If they do, they are frozen. They can only be unfrozen if someone else inside the shape guides them back to the start.
- Cut out food cards on the next page.

ACTIVITY (20MIN)



RECIPE - OPTION 1



BAECHU KIMCHI (KOREAN)

- This pickled and fermented Napa cabbage, called baechu kimchi, is the most popular and recognizable form of kimchi. A Korean staple, kimchi is a popular dish made of vegetables (often cabbage) and seasonings such as garlic, chili peppers, ginger, and fish sauce.

12 servings

Prep: 30min | Total Time: 78 hours *this recipe is prepped and tasted on different days*

Ingredients:

- 10 cups water
- 1 cup coarse salt, or kosher or sea salt
- 2 Napa cabbages, washed and cut into 2-inch squares
- 1 tablespoon finely chopped garlic
- 1 tablespoon chopped ginger
- 1/2 cup kochukaru, Korean red pepper powder
- 2 tablespoons sugar
- 5 scallions, cut into 1/2-inch pieces
- Fish sauce, to taste, optional

Directions:

- **PREPPED AHEAD OF TIME BY SPECIALIST**
 - In a large bowl or pot, add the water and mix in the salt.
 - Add the cabbage and, if necessary, weigh it down with a large plate so the leaves are all submerged. Soak the cabbage for 5 to 6 hours.
 - Remove the cabbage and rinse in cold water, squeezing out the excess liquid. Set aside.
- **WITH THE STUDENTS**
 - In a large bowl, mix the garlic, ginger, red pepper flakes, sugar, and scallions.
 - Add the cabbage and toss to coat with the seasoning mixture.
 - Pack the seasoned cabbage into a large airtight jar with a lid. Let the kimchi ferment in a cool place for 2 to 3 days before serving or putting it in the refrigerator.
- **TASTE IN 2-3 DAYS**

RECIPE - OPTION 2



CPOTATO SALAD (FRENCH)

- A simple French Potato Salad with fresh herbs – tarragon, parsley and chives, with a flavorful Dijon Vinaigrette. Healthy, vegan and light with no mayo!

4 servings

Prep: 20min | Total Time: 30min

Ingredients:

- 2 pounds fresh potatoes, sliced ¼-inch thick (little, thin-skinned potatoes work best here)
- 2 tablespoons of sea salt
- 2 large garlic cloves

Dijon Vinaigrette:

- 1 tablespoon dijon mustard
- ¼ cup champagne vinegar or white wine vinegar
- 1/3 cup olive oil
- ¼ teaspoon black pepper

Fresh Herbs:

- ¼ cup fresh flat-leaf parsley, roughly chopped
- 2 tablespoons fresh tarragon, roughly chopped (or sub 1/4 cup dill or basil ribbons)
- 2 tablespoons fresh chives (or sub green onions), minced

Directions:

- Slice the potatoes into 1/4-inch thick rounds.

RECIPE - OPTION 2 (CONT.)



DIRECTIONS:

- Place the sliced potatoes in a large saucepan cover completely with cold water.
- Sprinkle in salt and bring to a boil.
- Add the 2 cloves of garlic, reduce heat and simmer 5 minutes or until potatoes are just tender.
- While potatoes are simmering, make the vinaigrette by whisking together dijon, oil, vinegar and pepper in a small bowl.
- Set aside.
- Drain potatoes and garlic.
- Place potatoes mostly single layer on a baking sheet to cool.
- Mince the cooked garlic and add to the vinaigrette.
- Drizzle the vinaigrette evenly over the warm potatoes.
- Let sit at room temperature for about 10-15 minutes.
- Add to a serving bowl gently tossing with the chopped fresh herbs.
- Serve at room temp or refrigerate and chill.

RECIPE - OPTION 3



PURPLE YAM JAM (FILIPINO)

- A sweet treat made from purple yam which is commonly found in the country. You can eat this with bread or by itself.

8 servings

Prep: 20min | Total Time: 60min

Ingredients:

- 1 pound purple yam root, unpeeled
- ¼ cup butter
- 1 (10 ounce) can sweetened condensed milk
- ¼ teaspoon vanilla extract
- ½ (12 fluid ounce) can evaporated milk

Directions:

- Bring a large pot of water to a boil. Cook yam in the boiling water until tender, about 30 minutes.
- Drain and cool until easily handled. Peel and thinly grate the flesh.
- Melt butter in a wok over medium heat.
- Stir in condensed milk and vanilla extract.
- Add grated purple yam. Reduce heat to low and cook, stirring constantly, until mixture is sticky but not dry, about 30 minutes.
- Pour in evaporated milk; cook and stir for 15 minutes. Remove from heat.
- Transfer yam mixture to a container and cool to room temperature, about 30 minutes.
- Chill before serving.

RECIPE - OPTION 4



SICHUAN GREEN BEANS (CHINESE)

- This popular Sichuan dish is a staple at many Chinese restaurant buffets. What makes it characteristic of Szechuan cooking is not only the added spice but also the technique of dry-frying. Dry-frying isn't totally "dry," but you do use less oil and cook the vegetable for longer than if you were stir-frying.

4 servings

Prep: 15min | Total Time: 30min

Ingredients:

- 1 pound green beans

For the Sauce:

- 1 tablespoon bean sauce
- 1 tablespoon dark soy sauce
- 2 teaspoons Chinese rice wine
- 1 1/2 teaspoons sugar

For the Stir-Fry:

- 3 tablespoons vegetable oil, or peanut oil, divided
- 1 tablespoon chopped garlic
- 1 tablespoon chopped ginger
- 2 medium scallions, white part only, chopped
- 1/2 teaspoon chile paste

Directions:

- Peel and chop the onion and dice the tomatoes.
- Brown the onions in a pan with oil and add the tomatoes and cilantro. Incorporate the chopped pepper and the grasshoppers.
- Serve with corn tortillas, onion, cilantro and lemon.

RECIPE - OPTION 4 (CONT.)



DIRECTIONS:

- Wash the green beans and drain thoroughly. Trim the ends and cut on the diagonal into pieces approximately 2 inches long.
- Combine the sauce ingredients in a bowl and set aside.
- Heat the wok over medium heat and add 2 tablespoons oil, drizzling the oil down the sides of the wok.
- When the oil is hot, add the beans. Stir-fry for 7 to 10 minutes, until their skins pucker and turn brown and the green beans are tender without being mushy. Remove the beans from the wok/pan.
- Heat the remaining 1 tablespoon oil in the wok over medium-high heat. When the oil is hot, add the chopped garlic, ginger, and scallions. Stir-fry briefly for a few seconds until aromatic.
- Add the chile paste and stir to combine.
- Add the sauce and the green beans to the wok and toss the ingredients together.
- Serve hot and enjoy!

WRAP UP (5MIN)

- Okay Food Explorers! Today we had a lot of discussion about Teamwork!
- Can someone raise their hand and summarize what we discussed?
 - *Having strong teamwork skills is important not only in the kitchen but all through life.*
- Can someone raise their hand and tell us what they think will be barriers that hinder the forming of a strong team?
 - *Applying teamwork skills in a practical manner and being respectful of each other.*
 - *There is no "I" in the team.*
 - *There must be commonality and communication, and trusting each other in order for any team to thrive and be successful.*
- That's all for today! Have a wonderful rest of your day and we will see you next week. We will be discussing DIVERSITY!

LEARNING OUTCOMES

- Explore the various cultural differences in food preparation.
- Discuss various components of food preparation and how they influence the taste, texture and aroma of foods.
- Discuss the importance of dietary diversity in maintaining good health.
- Participants will be able to identify what diversity is through discussion.
- Participants will be empowered to share why diversity matters.
- Participants will be presented with the opportunity to reflect on and share their on diverse backgrounds.

LESSON MATERIALS

- Postersheets
- Pens & pencils
- Food From Around the World Images
- Small bowls
- Plastic forks and spoons
- Ingredients from Fresh Direct
- Hardcopy recipes (1 per student)
- Cooking Supplies
- Food safety Supplies

PREVIOUS LESSON REVIEW (5MIN)

- Hey Food Explorers! While we prepare for our lesson today, lets review the content we covered in our last lesson.
- Can someone raise their hand and summarize what we discussed?
 - Having strong teamwork skills is important not only in the kitchen but all through life.
- Can someone raise their hand and tell us what they think will be barriers that hinder the forming of a strong team?
 - Applying teamwork skills in a practical manner and being respectful of each other.
 - There is no “I” in the team.
 - There must be commonality and communication, and trusting each other in order for any team to thrive and be successful!

FOOD EXPLORERS CLASS AGREEMENTS (5MIN)

- **Be Safe**
 - We will be using plastic knives and hot plates in this class! We should always practice proper knife safety and remain aware of our surroundings.
- **Wash Our Hands**
 - Before we begin touching food, we wash our hands so we don't spread germs or make others sick. To properly wash hands, we must wash with soap and water for at least 20 seconds, or sing the "ABC's." Not all classrooms will have sinks so we may use hand sanitizer to properly wash our hands.
- **1, 2, 3 Taste**
 - We eat as a class. Once everyone is served, we count to three and taste together.
 - Tasting works best when we take 2 bites. It will require us to be brave and willing to try new foods, but 2 bites will help us see if we really don't like the food that we are trying.
- **Don't Yuck My Yum**
 - Just because you may not like something does not mean your neighbor also does not like it. Let's use positive words to describe our food, or simply say "No, thank-you". Be respectful and avoid words like "yuck", "gross", and "eww".
- **The "No, Thank-You" Bite**
 - If we don't like the food we try we can say "No, thank-you". This means that you have tried the food and it wasn't for you. You may not like everything we try together, and that is okay.
- **Don't Throw Food**
 - We want to respect our surroundings and our food by not throwing food.
- **Clean Up Your Space**
 - It is important to leave the room as we found it. Let's practice cleaning as we go and throwing away things when our desks or spaces get too cluttered. Chef's call this "Mise en Place" --meaning, "everything has its place"
- **Have fun!**

INTRODUCTION (10MIN)

- Hello Food Explorers! Today we are going to be discussing Diversity!
- Can someone please raise their hand and tell me what comes to mind when they hear the word “diversity”?
 - *Possible answers: Togetherness amongst race and culture, a variety of foods, music, and clothing*
- Wouldn't it be a boring world if everyone was exactly the same? If we all looked identical, dressed alike, ate the same foods, spoke the same language, the world would be pretty bland!
- What makes the world exciting is that we are all different. Diversity simply means differences. If there is a diverse group of pets, for example, there might be a dog, a cat, a bird, and a lizard.
- Maya Angelou, a famous African-American author, said, "It is time for parents to teach young people early on that in diversity there is beauty and there is strength."
 - She believed that by having groups of diverse people come together to work toward the same goal, they would be much stronger than if the groups worked separately.
- Another quote about diversity by Catherine Pulsifer points out that we wouldn't want to have everybody exactly the same because it wouldn't be very interesting.
 - She said, "We are all different, which is great because we are all unique. Without diversity, life would be very boring."
- In this section we will discuss diversity in various cultural differences in food preparation, food customs, nutrition and food for healthy living.
- People from different cultural backgrounds have different ingredients, methods of preparation, preservation techniques, and types of food eaten at different meals vary among cultures.
- The areas in which families live and where their ancestors originated influence food likes and dislikes.
 - These food preferences result in patterns of food choices within a cultural or regional group.
- Who can please raise their hand and share where they are from and what cultural background and popular foods they eat?

DISCUSSION (10MIN)

- Nations or countries are frequently associated with certain foods.
 - For example, many people associate Italy with pizza and pasta. Yet Italians eat many other foods, and types of pasta dishes vary throughout Italy.
 - Some families in the United States prefer to eat "meat and potatoes," but "meat and potatoes" are not eaten on a regular basis, nor even preferred, by many in the United States and would not be labeled a national cuisine.
- Let's learn about different foods from around the world.
 - Take a look at the "Food from around the world handout" and "Around The World Menu"
 - Food is often selected with some attention to physical need, values or beliefs.
 - What may seem normal and edible in your culture may not be for another. For example, both plant and animal sources may contribute to meeting nutritional requirements for protein. In the United States we would consider soybeans, and beef great examples of protein.
 - In other countries horsemeat, and dog meat are all considered adequate protein sources in other countries. Yet, due to the symbolism attached to these protein sources, they are considered undesirable.
- Can someone please raise their hand and tell me what foods are frequently associated with their family's country of origin and culture?
- Methods of preparation and types of food also vary by regions of a nation as well.
 - Can someone please raise their hand and share how their family prepares foods frequently associated with their country and culture?
- Food habits do exist, but they also change over time. As people immigrate to different countries food practices and preferences are imported and exported.
 - Families move to other locations, bringing their food preferences with them. They may use their old recipes with new ingredients, or experiment with new recipes, incorporating ingredients to match their own tastes.
- Who can raise their hand and tell me if their family sticks strictly to their traditional methods of preparation or if it has changed over time?
 - Does your family also purchase these foods already made from the cultural food stores?
- Regardless of the differences in culture, foods and preparation we are all connected through similar food patterns.

ACTIVITY (20MIN)

- We just discussed diversity in culture, food and meal preparation.
- Diversity is also very important in the foods we choose to eat in our culture.
- Can someone please raise their hand and tell me what they think dietary diversity means?
 - Possible answers
 - *Eating different foods with different colors and not eating the same type of food all the time*
 - Dietary diversity in food means that we should vary our meals and snacks.
 - When you think back to what you ate today, yesterday, three weeks ago or even last year, how different is the food on your plate?
 - Some people naturally include a wide range of diverse food when choosing their meals, but for many of us, it is easy to fall into a trap of eating the same foods every day.
 - Did you know that by not consuming a diverse range of foods, you are missing out on the potential for many health benefits?
 - Despite the promotion of superfoods, no single food contains all the necessary nutrients for overall health and wellness.
 - Distribute Food Diversity Worksheet from next page
 - Your meals and snacks must include a variety of of vegetables from all subgroups such as:
 - Colors: yellows, reds, oranges, purples and dark greens.
 - Food Groups: starchy, and other leafy vegetables, fruits (especially whole fruits) grains (at least half of which are wholegrains), Fat-free or low-fat dairy (including cheese, milk, yogurt, and fortified soy beverages), a variety of protein foods, (including sea-food, lean meats and poultry, beans, eggs.)
 - Different foods and food groups are good sources for various macro and micronutrients, so a diverse diet best ensures nutrient adequacy.

FOOD DIVERSITY

- Using the chart below, please list as many foods that you REGULARLY EAT in their categories.
- Tally up the total number in each category. Are your food choices diverse?

Yellow Foods	Green Foods	Red Foods	Blue/Purple Foods
Orange Foods	Dairy Foods	Whole Grains	Grains (other)
Protein (Plant)	Protein (sea-food)	Protein (land animal)	Sweets/ Desserts

RECIPE - OPTION 1



MEXICAN SEVEN-LAYER DIP IN A CUP (MEXICAN)

- The Mexican Seven-Layer Dip in a Cup is an excellent way of showing how an American appetizer based on ingredients typical of Tex-Mex cuisine is also used in Mexican cuisine. Regardless of the differences in culture, we are all connected through similar food patterns.

8servings

Prep: 20min | Total Time: 30min

Ingredients:

- 2 bags tortilla chips
- 2 can of refried beans
- 2 can of sliced black olives
- 1 container of sour cream
- 2 packs Mexican blended cheddar cheese
- 2 chopped tomato
- 5 fresh avocado
- 2 jars of salsa

Directions:

- Open each ingredient and place in separate bowls. Place a spoon beside each bowl.
- Give each person a clear plastic cup.
- To make the dip, start with a spoon of refried beans first. Spread the spoonful of refried beans on the bottom of the cup.
- Next, spread a spoon of guacamole on top of the refried beans.
- Spread a spoonful of sour cream on top of the guacamole.
- Next, layer a spoon of salsa on top of the sour cream layer.
- Sprinkle a spoonful of the Mexican cheese on top of the salsa layer.
- Then add a spoonful of tomatoes to cover the cheese layer.
- Finally, add a spoonful of olives to the top.
- Serve with tortilla chips and enjoy!

RECIPE - OPTION 2



JOLLOF RICE (AFRICAN)

- Jollof rice is a one pot rice dish popular in any Western Africa countries. Despite several regional variations (as well as culturally sensitive debate between Ghanaians and Nigerians over the dish's origins). The popularity of Jollof rice has spread to become the best known African dish outside the continent. It's widely accepted as the forefather of the Louisiana dish jambalaya. It can be served with fish, eggs, or beef.

8 servings

Prep: 10min | Total Time: 35min

Ingredients:

- 2 medium tomatoes, roughly chopped (about 5 ounces each)
- ½ medium onion, roughly chopped
- 3 small red bell peppers, roughly chopped (about 5 ounces each)
- ½ cup olive oil
- 1 ½ teaspoons salt
- 1 teaspoon curry powder
- 1 ½ teaspoons paprika
- 1 ½ teaspoons garlic powder
- 1 tablespoon plus 1 heaping teaspoon onion powder
- 2 bay leaves
- ½ teaspoon ground ginger
- 1 tablespoon dried thyme
- 2 ½ cups medium-grain rice Water (as needed)

RECIPE - OPTION 2 (CONT.)



Directions:

- Combine tomatoes, scotch bonnet pepper and onions and purée in a blender.
- Pour half of the purée into a bowl and set aside for later.
- Add the bell peppers to the remaining mixture in the blender and blend until smooth.
- Add to the blender mixture that was set aside and blend all together.
- Heat vegetable oil in a large pot over medium heat.
- Add the blended mixture along with the salt, curry powder, ground chili pepper, garlic powder, onion powder, bay leaves, ginger and thyme to oil. Bring mixture to a boil.
- Stir in the rice until well mixed, then reduce the heat to low.
- Cover pot and let cook until rice is al dente, about 45 minutes.
- After 25-30 minutes, check; if rice is too saucy, remove the lid to cook off the excess sauce. If too dry, add 1 to 2 cups of water and stir.

RECIPE - OPTION 3



MASALA PAPAD (INDIAN)

- Crispy papad topped with salad makes a very refreshing appetizer. Papad is a round, flat, dry cracker made with a variety of lentils. This masala papad recipe is bursting with savory flavors and makes an easy appetizer snack. Masala papad is a popular Indian street food snack perfect for entertaining, and casual hosting.

4 servings

Prep: 10min | Total Time: 15min

Ingredients:

- 8 plain papad (available in Indian grocery stores)
- 6 medium tomatoes, seeded and diced very small to make approx. 4 cups $\frac{1}{2}$ English or deseeded cucumber cut in very small pieces
- 4 tablespoons cilantro, finely chopped
- 3 teaspoon ginger, finely shredded
- 1 green sweet peppers, finely chopped
- $\frac{1}{2}$ lemon
- 3 teaspoons oil

Spice Mix For Garnish

- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black salt
- $\frac{1}{2}$ teaspoon dry roasted cumin seed powder
- $\frac{1}{8}$ teaspoon black pepper
- Pinch of red chi

RECIPE - OPTION 3 (CONT.)



Directions:

- Mix tomatoes, cucumbers, cilantro, ginger, and green chili. Set aside.
- Mix all the dry ingredients to make a spice mix. Set aside.
- Lightly oil the papads on both sides, set aside.
- Preheat the skillet over medium high heat. Roast the papads on both sides in the skillet one at a time, pressing with spatula.
 - The papads will change to a light yellow with a few brown spots. Be careful not to over-roast.
- Fold the Papads in quarters while they are hot, making triangles right on the skillet.
- Remove the papads from the skillet and break on the folds, creating four triangles from each one.
- Take one piece of papad and top it with cucumber, tomato, ginger, green chili, and cilantro. Drizzle with lemon juice and sprinkle the spice mix on top.

Notes:

- Removing the seeds from the tomatoes keeps the papads crunchy.
- English cucumber is crisper on the outside and tender on the inside.
- You can prepare the masala papad in advance, and add the toppings just before serving.

RECIPE - OPTION 4



COLCANNON WITH KALE (IRISH)

- The word colcannon is from the Gaelic term “cal ceannann” which means white-headed cabbage. It is also believed to be a derivative of the old Irish “cainnenin” translated as garlic, onion, or leek. In Ireland, colcannon is served as a special treat with ham or Irish bacon.

4 servings

Prep: 20min | Total Time: 50min

Ingredients:

- 3 pounds Russet potatoes, peeled
- 2 teaspoons fine sea salt*, divided
- 2 tablespoons unsalted butter, divided, plus more for garnish
- 1 large bunch kale, preferably Tuscan/Lacinato, ribs removed and chopped into small, bite-sized pieces (3 to 4 cups)
- 1 medium clove garlic, pressed or minced
- 8 ounces cream cheese
- 4 ounces (½ cup) sour cream
- 3 tablespoons thinly sliced green onion, divided

RECIPE - OPTION 4 (CONT.)



Directions:

- To prepare, pull the cream cheese out of the fridge and let it warm up on the counter while we cook the potatoes. Cut the potatoes into even chunks about 2" in size.
- Place the potato chunks in a large Dutch oven or soup pot. Add 1 teaspoon of the salt, and enough water to cover the potatoes by 1 to 2 inches.
- Bring the mixture to a boil over high heat. Continue cooking, reducing the heat as necessary to prevent overflow, until the potatoes are easily pierced through by a fork, about 10 to 15 minutes.
- Carefully drain off all of the water and leave the potatoes in the colander for now.
- Return the empty pot to the stove over medium-high heat and add 1 tablespoon of the butter. Once melted, add the chopped kale. Cook, stirring often, for 2 to 4 minutes, until the kale has wilted and turned dark green. Add the garlic and cook until fragrant, about 30 seconds to 1 minute.
- Remove the pot from the heat and add the drained potatoes. Mash the potatoes and kale until the potatoes reach your desired consistency.
- Add the cream cheese, sour cream, remaining 1 tablespoon of butter, and 1 teaspoon salt. Mash it together until the mixture is mostly combined, then add 2 tablespoons of the green onions and stir until everything comes together.
- Transfer the mashed potatoes to a serving bowl. Top with a couple pats of butter and the remaining tablespoon of green onions. Serve while warm.

WRAP UP (5MIN)

- Okay Food Explorers! Today we had a lot of discussion about diversity!
- This lesson gave you lots of examples of diversity in real life and lots of reasons why diversity is good. Think about your own understanding of diversity, both in your own life and based on your understanding of the world.
- What do you think diversity means and why is it important?
- Can someone please raise their hand and please tell me why eating a balanced diet filled with a wide range of foods is important?
- Dietary diversity ensures that you consume adequate amounts of all essential nutrients. This not only reduces the risk of nutritional deficiencies; it also provides numerous health benefits.
- I encourage all of you to jump start your path on variety and diversity in your food choices, by incorporating new and different healthy foods into your diet!
- That's all for today! Have a wonderful rest of your day and we will see you next week. We will be discussing SPORTSMANSHIP!

LEARNING OUTCOMES

- Explore various cultural foods and preparation
- Identify cultural differences between regional foods
- Demonstrate sportsmanship via “Don’t Yuck My Yum” focus
- Participants will be able to identify good and poor sportsmanship in situations and offer guidance.
- Participants will be encouraged to share a time when they exhibited sportsmanship like behavior.

LESSON MATERIALS

- Match Me Cards - (Cut Out) 5 pages *PRINT ONE SIDED
- Mexican Grasshoppers from AMAZON if using recipe Option 1
- Ingredients from Fresh Direct
- Paper
- Postersheets
- Writing Utensils
- Hardcopy recipes (1 per student)
- Cooking Supplies
- Cleaning Supplies
- Food Safety Supplies

PREVIOUS LESSON REVIEW (5MIN)

- Hey Food Explorers! While we prepare for our lesson today, lets review the content we covered in our last lesson.
- Can someone please raise their hand and tell me what diversity means and why is it important?
 - Why is eating a balanced diet filled with a wide range of foods is important?
- Dietary diversity ensures that you consume adequate amounts of all essential nutrients. This not only reduces the risk of nutritional deficiencies; it also provides numerous health benefits.

FOOD EXPLORERS CLASS AGREEMENTS (5MIN)

- **Be Safe**
 - We will be using plastic knives and hot plates in this class! We should always practice proper knife safety and remain aware of our surroundings.
- **Wash Our Hands**
 - Before we begin touching food, we wash our hands so we don't spread germs or make others sick. To properly wash hands, we must wash with soap and water for at least 20 seconds, or sing the "ABC's." Not all classrooms will have sinks so we may use hand sanitizer to properly wash our hands.
- **1, 2, 3 Taste**
 - We eat as a class. Once everyone is served, we count to three and taste together.
 - Tasting works best when we take 2 bites. It will require us to be brave and willing to try new foods, but 2 bites will help us see if we really don't like the food that we are trying.
- **Don't Yuck My Yum**
 - Just because you may not like something does not mean your neighbor also does not like it. Let's use positive words to describe our food, or simply say "No, thank-you". Be respectful and avoid words like "yuck", "gross", and "eww".
- **The "No, Thank-You" Bite**
 - If we don't like the food we try we can say "No, thank-you". This means that you have tried the food and it wasn't for you. You may not like everything we try together, and that is okay.
- **Don't Throw Food**
 - We want to respect our surroundings and our food by not throwing food.
- **Clean Up Your Space**
 - It is important to leave the room as we found it. Let's practice cleaning as we go and throwing away things when our desks or spaces get too cluttered. Chef's call this "Mise en Place"--meaning, "everything has its place"
- **Have fun!**

INTRODUCTION (10MIN)

- Hello Food Explorers! Today we are going to be discussing Sportsmanship! Can anyone tell me what “Sportsmanship” means?
- There are 5 Qualities of a good sport.
 - Be Supportive
 - Have A Positive Attitude
 - Be Respectful
 - Be Willing to Learn
 - Practice Self Control
- A great way to view Sportsmanship in the Food Explorers program is our “Don’t Yuck My Yum” class agreement!

DISCUSSION (10MIN)

- There are 5 Textures that are used to generally categorize food:
 - Watery (soup)
 - Firm (vegetables)
 - Crunchy (crackers, chips and most roasted foods)
 - Creamy (purees, pudding)
 - Chewy (bread, grains, etc.)
- What are some factors that influence food in various countries?
 - Some answers could include: culture, familiarity, region, geographic location, climate, religion, etc
- What food textures are most common in American cuisine?
 - Most common is crunchy.
 - Have the students name a few American foods are are crunchy
 - Examples: fried chicken, cereal, grilled cheese, potato chips, raw vegetables.
- Can you name some other textures that are significantly different from American cuisine? Why are they different?
 - Chinese cuisine is described as: slippery, slimy, gristly, bouncy, slithery and even rubbery textures (example: steam dumplings).
 - Indian food is described as creamy and soft (example: rice and curry)

ACTIVITY (20MIN)

- Divide the class into two groups (food, description). Each student in the group will be given a card from the stack labeled for their group.
- The objective of the game is for students to walk around the room and find the member of their group that matches the card they have.
 - Sea cucumber (China)
 - A sea animal with a slippery texture that can be eaten fresh or dried.
 - It is considered a delicacy in many cultures.
 - Balut (Philippines)
 - Duck eggs that have been incubated so that they are made up of embryo, feathers and crunchy bones.
 - Eaten in The Philippines, they are boiled and eaten out of the shell.
 - Natto (Japan)
 - Slimy texture and smell of pungent cheese, making this breakfast dish of fermented soybeans an acquired taste.
 - Chapulines (Mexico)
 - Mexican grasshoppers. The little bugs are seasoned and heavily salted and sold by the gram (if you like them, pick up 100 grams for a go-to snack).
 - Escargots (France)
 - Fluffy and they tend to taste like whatever they are cooked in, which is usually butter, garlic, and parsley.
 - Tacacá (Brazil)
 - At the end of the meal, you will be unable to feel the inside of your mouth.
 - A spicy soup with dried shrimp, peppers and leaves from the jambu plant. It is these leaves that cause the numbing sensation.
 - Tavuk Gögsü (Turkey)
 - a stiff, milky pudding that is made from milk, shredded chicken breast, and rice.
 - Beondegi Silkworms (South Korea)
 - If you can get past the smell, they are grilled up in a big wok and served in a cup with a toothpick.
 - They have an earthy taste along with a gritty texture.
 - Locust Bugs (Myanmar)
 - An insect with a tough exoskeleton, and a bitter, gooey center.
 - Eaten like a snack in bags.
 - Crocodile meat curry (Cambodia)
 - Resembles a soupy, creamy curry dish served in a banana leaf.
 - Crocodile meat has been described to taste like chicken!

SEA CUCUMBER (CHINA)



A SEA ANIMAL
WITH A
SLIPPERY
TEXTURE THAT
CAN BE EATEN
FRESH OR
DRIED. IT IS
CONSIDERED A
DELICACY IN
MANY
CULTURES.

BALUT (PHILIPPINES)



DUCK EGGS THAT
HAVE BEEN
INCUBATED SO
THAT THEY ARE
MADE UP OF
EMBRYO,
FEATHERS AND
CRUNCHY BONES.
EATEN IN THE
PHILIPPINES,
THEY ARE BOILED
AND EATEN OUT
OF THE SHELL.

NATTO (JAPAN)



**SLIMY TEXTURE
AND SMELL OF
PUNGENT
CHEESE,
MAKING THIS
BREAKFAST
DISH OF
FERMENTED
SOYBEANS AN
ACQUIRED
TASTE.**

CHAPULINES (MEXICO)



**MEXICAN
GRASSHOPPERS.
THE LITTLE BUGS
ARE SEASONED
AND HEAVILY
SALTED AND
SOLD BY THE
GRAM (IF YOU
LIKE THEM, PICK
UP 100 GRAMS
FOR A GO-TO
SNACK).**

ESCARGOTS (FRANCE)



**FLUFFY AND
THEY TEND TO
TASTE LIKE
WHATEVER
THEY ARE
COOKED IN,
WHICH IS
USUALLY
BUTTER,
GARLIC, AND
PARSLEY.**

TACACÁ (BRAZIL)



**AT THE END OF
THE MEAL, YOU
WILL BE UNABLE
TO FEEL THE
INSIDE OF YOUR
MOUTH. A SPICY
SOUP WITH
DRIED SHRIMP,
PEPPERS AND
LEAVES FROM
THE JAMBU
PLANT. IT IS
THESE LEAVES
THAT CAUSE THE
NUMBING
SENSATION.**

TAVUK GÖGSÜ (TURKEY)



**A STIFF, MILKY
PUDDING THAT
IS MADE FROM
MILK,
SHREDDED
CHICKEN
BREAST, AND
RICE.**

BEONDEGI SILKWORMS (SOUTH KOREA)



**IF YOU CAN GET
PAST THE SMELL,
THEY ARE
GRILLED UP IN A
BIG WOK AND
SERVED IN A CUP
WITH A
TOOTHPICK.
THEY HAVE AN
EARTHY TASTE
ALONG WITH A
GRITTY TEXTURE.**

**LOCUST BUGS
(MYANMAR)**



AN INSECT
WITH A TOUGH
EXOSKELETON,
AND A BITTER,
GOOEY CENTER.
EATEN LIKE A
SNACK IN BAGS.

**CROCODILE
MEAT CURRY
(CAMBODIA)**



RESEMBLES A
SOUPY, CREAMY
CURRY DISH
SERVED IN A
BANANA LEAF.
CROCODILE
MEAT HAS BEEN
DESCRIBED TO
TASTE LIKE
CHICKEN!.

RECIPE - OPTION 1



CHAPULINES “GRASSHOPPER” TACOS (MEXICAN)

- Some insects, like crickets, grasshoppers and locusts, are part of a regular diet in many countries. In Mexico, grasshoppers are consumed in all the states in the center of the country as well as in the southeast, especially in Oaxaca. You can prepare a variety of dishes with grasshoppers, from quesadillas to tacos.

4 servings

Prep: 20min | Total Time: 30min

Ingredients:

- 1 onion
- 1 tomato
- Olive oil, to taste
- Chopped fresh cilantro, to taste
- 1 chile de árbol, chopped
- 9 oz grasshoppers *need to be ordered at least 3 weeks in advance via AMAZON
- Corn tortillas
- Lemon, to taste

Directions:

- Peel and chop the onion and dice the tomatoes.
- Brown the onions in a pan with oil and add the tomatoes and cilantro. Incorporate the chopped pepper and the grasshoppers.
- Serve with corn tortillas, onion, cilantro and lemon.

RECIPE - OPTION 2



BANANA KETCHUP (FILIPINO-STYLE)

- Sweet floral bananas stand in for tomatoes in this spicy condiment that is unique to the Philippines, where a tomato shortage and concurrent banana surplus during World War II led to the invention of ketchup made with the tropical fruit. Use the ketchup like you would a chutney: as a dip for vegetables, as a spread on sandwiches, or as a sauce.

2 Cups

Prep: 15min | Total Time: 30min

Ingredients:

- 2 tablespoons vegetable oil
- 1/2 cup finely chopped yellow onion
- 1 tablespoon minced peeled ginger
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground allspice
- 2 cloves garlic, minced
- 1 jalapeno, stemmed, seeded and minced
- 1 tablespoon tomato paste
- 4 very ripe bananas, mashed until smooth (about 2 cups)
- 1/2 cup white wine vinegar
- 1/2 cup packed light brown sugar
- 2 tablespoons soy sauce

Directions:

- Heat the oil in a small saucepan over medium heat.
- Add the onion and cook, stirring until softened, about 5 minutes.
- Stir in the ginger, turmeric, allspice, garlic and jalapeno and cook, stirring until fragrant, about 1 minute.
- Add the tomato paste and cook, stirring until lightly caramelized, about 1 minute.
- Add the mashed bananas, vinegar, brown sugar, soy sauce and rum, if using, and simmer, stirring occasionally, until slightly thickened, about 10 minutes.

RECIPE - OPTION 3



SPINACH SOUP WITH TOFU (CHINESE)

Combining fresh spinach leaves with tofu and Chinese dried mushrooms makes a warming soup that is loaded with healthy ingredients. Superfood spinach, protein-rich tofu, and hearty mushrooms combine together perfectly in both taste and texture. The chili paste, Chinese rice wine, soy sauce, and sesame oil bring wonderful Asian flavors to the soup.

4 servings

Prep: 15min | Total Time: 35min

Ingredients:

- 2 Chinese dried mushrooms
- 3 large fresh button mushrooms
- 1 tablespoon oil
- 1 teaspoon finely chopped garlic
- 1/4 teaspoon chili paste, more to taste
- 1 teaspoon Chinese rice wine, or dry sherry
- 5 cups vegetable or chicken broth
- 1 teaspoon light soy sauce
- 1/2 teaspoon granulated sugar
- Freshly ground black pepper, to taste
- 1 (4- to 5-ounce) block firm tofu, drained and cut into small cubes
- 2 ounces fresh spinach leaves
- 1/2 teaspoon Asian sesame oil

Directions:

- In a bowl, soak Chinese dried mushrooms in hot water to cover for 20 to 30 minutes, until softened. Squeeze out excess water. Cut off the stems and discard. Cut the caps into thin slices.
- Wipe the fresh mushrooms with a damp cloth, trim off any woody stems, and thinly slice.
- Heat the oil in a preheated wok over medium-high heat. Add the garlic and chili paste. Stir for a few seconds, until aromatic.
- Add all of the mushrooms and stir-fry for about 2 minutes; stir in the rice wine or dry sherry.
- Add chicken broth, soy sauce, sugar, and pepper. Bring to a boil uncovered.
- Add tofu and spinach leaves. Return to a boil and cook until spinach leaves turn bright green, 2 to 3 minutes.
- Remove from the heat and stir in the sesame oil. Serve hot.

RECIPE - OPTION 4



YOGURT AND BROWN BUTTER TOMATO SAUCE (TURKISH)

Yogurt and tomato combine to create this delicious, creamy sauce with hints of peppery zest. This sauce is a main component to MANTI, a Turkish spiced lamb dumpling dish.

6 servings

Prep: 15min | Total Time: 40min

Ingredients:

- 2 minced garlic cloves
- 1 tsp. freshly squeezed lemon juice
- 2 cups plain, whole milk Greek yogurt (16 oz.)
- Kosher salt to taste
- 2 cups canned diced tomatoes, drained (14 oz.)
- 1/4 lb. unsalted butter
- 2 tbsp. maraş pepper
- 1 tbsp. dried spearmint, rubbed through a sieve
- 1 tbsp. sumac

Directions:

- Make the yogurt sauce: In a small mixing bowl, combine the garlic and lemon juice and let stand for 5 minutes.
- Stir in the yogurt and season to taste with kosher salt; set the yogurt sauce aside.
- Make the tomato sauce: Melt the butter over medium heat. Allow the foam to subside and the milk solids to brown lightly, about 8 minutes.
- Reduce the heat to medium-low, and add the tomato. Simmer in the brown butter until the tomato is soft and jammy, about 15 minutes.
- Season to taste with kosher salt and set aside.

WRAP UP (5MIN)

- Okay Food Explorers! Today we had a lot of discussion about Sportsmanship! You are all great sports and tried a recipe that you may not have experienced before?
 - Did you enjoy it?
 - What textures did you experience when you tried it?
 - Would you try it again?
- Remember, in cuisine, culture plays a key role in what we like to eat. It is important that we understand that just because a food is not popular in our culture does not mean that it is gross, or inedible.
- That's all for today! Have a wonderful rest of your day and we will see you next week. We will be discussing UNITY!

LEARNING OUTCOMES

- Identify examples of fusion foods, combining various ingredients and cultures
- Use our creativity to imagine a fusion food menu
- Participants will be presented with the opportunity to reflect and have a time when they felt united to others.
- Participants will be able to identify what unity is and how they can strengthen unity in their learning communities.

LESSON MATERIALS

- Basket
- Scrap paper
- Wheel of Names for game
- Craft supplies for menu design
- Ingredients from Fresh Direct
- Paper
- Postersheets
- Writing Utensils
- Ingredients from Fresh Direct
- Hardcopy recipes (1 per student)
- Cooking Supplies
- Cleaning Supplies
- Food Safety Supplies

PREVIOUS LESSON REVIEW (5MIN)

- Hey Food Explorers! While we prepare for our lesson today, lets review the content we covered in our last lesson.
- In our last lesson, we discussed Sportsmanship and how food preferences vary among various cultures.
- Remember, in cuisine, culture plays a key role in what we like to eat. It is important that we understand that just because a food is not popular in our culture does not mean that it is gross, or inedible.
- What are some reasons that foods are more popular in various cultures compared to others?

FOOD EXPLORERS CLASS AGREEMENTS (5MIN)

- **Be Safe**
 - We will be using plastic knives and hot plates in this class! We should always practice proper knife safety and remain aware of our surroundings.
- **Wash Our Hands**
 - Before we begin touching food, we wash our hands so we don't spread germs or make others sick. To properly wash hands, we must wash with soap and water for at least 20 seconds, or sing the "ABC's." Not all classrooms will have sinks so we may use hand sanitizer to properly wash our hands.
- **1, 2, 3 Taste**
 - We eat as a class. Once everyone is served, we count to three and taste together.
 - Tasting works best when we take 2 bites. It will require us to be brave and willing to try new foods, but 2 bites will help us see if we really don't like the food that we are trying.
- **Don't Yuck My Yum**
 - Just because you may not like something does not mean your neighbor also does not like it. Let's use positive words to describe our food, or simply say "No, thank-you". Be respectful and avoid words like "yuck", "gross", and "eww".
- **The "No, Thank-You" Bite**
 - If we don't like the food we try we can say "No, thank-you". This means that you have tried the food and it wasn't for you. You may not like everything we try together, and that is okay.
- **Don't Throw Food**
 - We want to respect our surroundings and our food by not throwing food.
- **Clean Up Your Space**
 - It is important to leave the room as we found it. Let's practice cleaning as we go and throwing away things when our desks or spaces get too cluttered. Chef's call this "Mise en Place"--meaning, "everything has its place"
- **Have fun!**

INTRODUCTION (10MIN)

- Hello Food Explorers! Today we are going to be talking about Unity! Can anyone tell me what Unity means?
- One way to view “Unity” in cuisine is the creation of “fusion foods”
- Even though fusion food is often the invention by chefs, fusion cuisine can occur naturally within the different cuisines of a region or sub-region.
- A common fusion cuisine In the United Kingdom, fish and chips can be seen as an early fusion dish due to its marrying of ingredients stemming from Jewish, French, and Belgian cuisines.
- What are some examples of fusion cuisine that you have tried?

DISCUSSION (10MIN)

- Now that we’ve discussed some examples of fusion foods, now we’re going to discuss their origin.
- What do you think inspires the creation of fusion foods?
- What are some fusion foods that you have tried/cooked at home?

ACTIVITY (20MIN)

Executive Chef Wheel of Names Menu Designer

- Go to <https://wheelofnames.com/> and project onto the smart board
 - Back up/low-tech: grab a basket and slips of paper
- Have students shout out different non-fusion cuisine styles (i.e. Italian, Chinese, Indian, Oceanic)
 - Add these selections to the list on the website
- Split the group into pairs/groups of 3
- Have each team spin the wheel twice. These will be their cuisines to fuse.
 - Do not remove the option from the wheel between spins.
 - It is OK if there are duplicates
- Students will create three menu items by combining the two cuisine styles they were assigned via the wheel
- Then, students will design their own menu, listing their three items, that visually highlights BOTH cuisine styles.

RECIPE - OPTION 1



LUMPIA (CHINESE AND FILIPINO)

Lumpia are various types of spring rolls commonly found in Indonesia and the Philippines. Lumpia are made of thin paper-like or crepe-like pastry skin called "lumpia wrapper" enveloping savory or sweet fillings. It is often served as an appetizer or snack, and might be served deep fried or fresh.

18-21 pieces

Prep: 15min | Total Time: 40min

Ingredients:

- 2 tbsp Oil
- 4 cloves Garlic, finely chopped
- 1 medium Onion, finely chopped
- 1 cup Carrots, cubed or julienned (or shredded)
- 1 cup Green string Beans, sliced thinly (same size as carrots if cubed)
- 1 cup Jicama, cubed or julienned
- 2 cups Green Cabbage, shredded
- 2 cups Bean Sprouts
- 2-3 tbsp Soy Sauce, or to taste
- 1 tbsp regular or vegetarian Oyster Sauce, or to taste
- Salt and Pepper, to taste
- 1 pack Lumpia/Spring Roll wrappers paper thin variety from Asian Store and labelled as lumpia or spring roll wrappers
- 2 cups Oil, or just enough to cover the rolls for deep-frying
- Sweet Chili Sauce or Spicy Vinegar Sauce, to serve for dipping, if desired

RECIPE - OPTION 1 (CONT.)



LUMPIA (CHINESE AND FILIPINO)

Directions:

- Heat the oil in medium using a wok or large frying pan. When the oil is already hot, saute the garlic and onions until aromatic, about 1 minute.
- Add the carrots, green beans and cabbage and stir-fry for about 3 minutes. Add the bean sprouts and jicama and pour in the soy sauce and oyster sauce. Season with a little pepper.
- Mix everything and cook for another 1-2 minutes until all the vegetables are tender but still retain some crunch. Adjust seasoning, if needed, by adding more salt, soy sauce, etc. to taste.
- Remove from the heat and place in a strainer or colander to drain all the liquid remaining. Allow to cool completely.
- To make the spring rolls, place about 2 tablespoons of the filling in one of the corners of the wrapper. Roll the corner with the filling (spreading it a little) towards the middle. Fold the sides inward to seal, then continue to roll until you have about an 2 inches left of the wrapper. Using your finger, brush the edges with a little water then seal completely. Make sure it is tightly secured.
- Place the finished roll on a platter with the sealed side downwards. Repeat until all the filling is gone.
- Heat the oil in a deep pan until hot (it is ready when a tiny piece of bread dropped into the oil sizzles immediately). Fry the spring rolls in batches avoiding overcrowding for about 3-5 minutes or until medium brown in color. Transfer to a colander lined with paper towels. Place the spring rolls upright to ensure proper draining.
- Serve with sweet chili sauce or to be authentic a spicy vinegar sauce.

RECIPE - OPTION 2



FUSION RISOTTO VEGAN (IRISH AND MEDITERRANEAN)

Yogurt and tomato combine to create this delicious, creamy sauce with hints of peppery zest. This sauce is a main component to MANTI, a Turkish spiced lamb dumpling dish.

10 servings

Prep: 15min | Total Time: 40min

Ingredients:

- 3 tablespoons margarine
- 3 basil leaves, finely chopped
- 2 bunches fresh chives, finely chopped
- 6 cups vegetable stock, or more if needed
- 1 onion, cubed
- 1 tomato, cubed
- 3 Yukon gold potatoes, cubed
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- salt and ground black pepper to taste
- 2 cloves garlic, minced
- 1 (16 ounce) can chickpeas (garbanzo beans), drained and rinsed
- 2 cups Arborio rice

RECIPE - OPTION 2 (CONT.)



Directions:

- Heat margarine in a pot over medium heat; cook and stir basil and chives until fragrant, 1 to 2 minutes. Heat vegetable stock in a separate saucepan over medium-low heat; keep warm.
- Cook and stir onion, tomato, potatoes, garlic powder, onion powder, cayenne pepper, cumin, paprika, salt, and black pepper into chive mixture until onion is tender, about 6 minutes. Add garlic and chickpeas; cook until garlic is fragrant, 1 to 2 minutes. Stir rice into chickpea mixture; cook and stir until rice is coated and lightly toasted, 2 to 3 minutes.
- Stir warm vegetable stock, 1 cup at a time, into rice mixture, waiting until the broth is absorbed before adding next cup. Continue stirring rice and adding vegetable stock until rice is fully cooked, about 20 minutes.

RECIPE - OPTION 3



KOREAN POTATO SALAD (AMERICAN AND KOREAN)

Korean potato salad is an adaptation of America's most popular potato salad, but has its own identity when using Korean mayonnaise. It's creamy with a hint of sweetness, yet tangy and savory with layers of flavor and a variety of textures.

4 servings

Prep: 15min | Total Time: 40min

Ingredients:

- 3 medium russet potatoes, peeled and cubed
- ¼ cup minced carrot
- ½ medium salt-free taco seasoning
- 1 teaspoon salt
- ¼ cup diced red onion
- 2 hard-boiled eggs
- ½ small red apple, cored and chopped
- 1 pinch black pepper to taste
- ⅔ cup mayonnaise (such as Duke's®)
- 1 tablespoon gochujang (Korean hot pepper paste), or more to taste
- 1 tablespoon sesame oil
- 1 teaspoon finely grated ginger

RECIPE - OPTION 3 (CONT.)



Directions:

- Place potatoes in a large pot of salted cold water. Bring to a boil and cook until potatoes are tender, 15 to 20 minutes. Add carrots during the last 3 minutes of cooking. Drain and set aside.
- Place cucumber slices in a strainer and sprinkle with salt, coating the slices. Let sit for 10 to 15 minutes. Thoroughly rinse cucumbers and transfer to a stack of paper towels or a dry kitchen towel. Give them a good squeeze until most of the moisture is removed. This is an important step if you don't want to end up with a runny dressing.
- Cut hard-boiled eggs in half, and set aside 1/2 of 1 yolk. Cut egg whites and remaining yolks into small pieces.
- Place potatoes and carrots in a large bowl. Mash gently by pressing down with the back of a spoon until mostly mashed, but still a bit chunky. Mix in chopped egg, cucumber, red onion, apple, and black pepper.
- Whisk mayonnaise, gochujang, sesame oil, and ginger together in a bowl; fold into the potato mixture.
- Grate reserved egg yolk over the potato salad, and refrigerate for at least 1 hour before serving.

RECIPE - OPTION 4



THAI HUMMUS (THAI AND MEDITERRANEAN)

Thai flavors including lemon grass, ginger, basil, coconut, lime, and sweet chili. Dip carrots, celery, chips, broccoli, or my favorite sweet pepper strips

12 servings

Prep: 15min | Total Time: 30min

Ingredients:

- ¼ cup coconut oil
- 2 large cloves garlic, very thinly sliced
- 2 cups cooked garbanzo beans
- ¼ cup fresh lime juice
- ¼ cup peanut butter
- ¼ cup coconut milk
- ¼ cup sweet chili sauce
- ¼ cup minced lemon grass
- ¼ cup minced fresh Thai basil leaves
- 1 tablespoon grated fresh ginger
- 2 teaspoons green curry paste
- 1 jalapeno pepper, minced
- ½ teaspoon salt
- 1 pinch cayenne pepper (Optional)
- 1 pinch chili powder (Optional)

Directions:

- Heat coconut oil in a skillet over medium heat; cook and stir garlic until fragrant and lightly browned, 30 seconds to 1 minute. Pour mixture into a ramekin or small bowl and cool.
- Blend cooled garlic-oil mixture, garbanzo beans, lime juice, peanut butter, coconut milk, chili sauce, lemon grass, basil, ginger, curry paste, jalapeno pepper, salt, cayenne pepper, and chili powder together in a blender until smooth.

WRAP UP (5MIN)

- Okay Food Explorers! Today we had a lot of discussion about Unity! Lets review what we learned.
- Can someone please raise their hand and tell me what a fusion food is?
- How do fusion foods show UNITY among cultures?
- How do we show UNITY in New York City?
- How about New York City cuisine?
- That's all for today! Have a wonderful rest of your day and we will see you next week. We will be discussing EMPATHY!

LEARNING OUTCOMES

- Define “Empathy” and discuss the ways in which “Empathy” can be portrayed in cuisine
- Identify what feelings experienced when eating “comfort food”
- Explore how scent influences our memories and why that impacts comfort foods
- Discuss various cultural comfort foods
- Participants will be able to reflect and share their cultures comfort foods.

LESSON MATERIALS

- Paper
- Postersheets
- Writing Utensils
- Ingredients from Fresh Direct
- Hardcopy recipes (1 per student)
- Cooking Supplies
- Cleaning Supplies
- Food Safety Supplies
- White Board
- Dry erase markers
- Cotton balls
- Colored Plastic cups
- Foil
- Optional Scents - Choose a minimum of 5 scents for this activity:

Vanilla	Mothballs	Play-Doh
Shaved Crayons	Mint	Soy Sauce
Ketchup	Chocolate	Bleu Cheese
Citrus	Dryer Sheets	Cinnamon
Pine	Vapo Rub	Sunblock
Pickles/Pickles Juice	Mouthwash	Other

PREVIOUS LESSON REVIEW (5MIN)

- Hey Food Explorers! While we prepare for our lesson today, lets review the content we covered in our last lesson.
- In our last lesson, we discussed Unity and how fusion foods have been used to combine flavors from different cultural foods into one.
- Can someone raise their hand and tell me their favorite fusion food?
 - What are your favorite flavors and textures?

FOOD EXPLORERS CLASS AGREEMENTS (5MIN)

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- **Have fun!**

INTRODUCTION (10MIN)

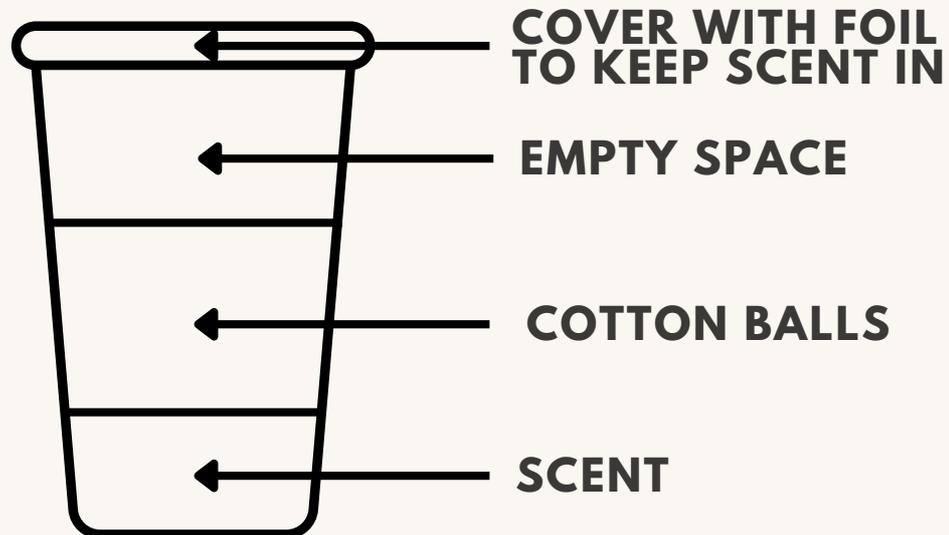
- Hello Food Explorers! Today we are going to be talking about Empathy! Can anyone tell me what Empathy means?
- One way to view “Empathy” in cuisine is the creation of “comfort foods”
- Let’s create a list of our favorite comfort foods and when we crave them.
- Write two columns on the board (Dish and Emotions).
- Encourage students to provide their favorite comfort food and the emotion that triggers them to crave it.
- Examples: Chicken Soup when we are feeling sick; Ice Cream when we are celebrating an accomplishment.

DISCUSSION (10MIN)

- Now that we have our list of comfort foods, let’s discuss the common tastes and textures of the foods we mentioned.
- What are common flavors that we notice in our list?
 - Examples: Savory; Sweet
- What food group is most common in the comfort foods list?
 - Grains, Protein, Vegetables, Fruit or Dairy?
 - Answer **SHOULD** be grains/carbohydrates.
- Most comfort foods are heavy in carbohydrates/grains.
- We can specifically crave carbs during times of stress because carbohydrates increase production of serotonin, our body's "feel-good" chemical.

ACTIVITY (20MIN)

- Some comfort foods are reinforced by other senses OTHER than taste.
- What senses are also impacted by “comfort foods”
- Our memories are stimulated by smell. When we smell certain foods, they bring memories back that comfort us.
- What are some smells that stimulate YOUR memories?
 - Example: smell of hot dogs reminding you of a baseball game you attended
- We are now going to test memory recollection and scents.
- We have 5 cups. Each one has a cotton ball containing a scent.
 - We will take turns and come up and smell the scent.
 - WITHOUT identifying the scent to the other students, write down your guess to the identity of the mystery scent.
 - Also, write down a memory that you have associated with that scent.
- After the class is finished, we will discuss our answers and reveal the scents.



IF USING CLEAR CUPS, YOU MAY WANT TO COVER THE OUTSIDE OF THE CUP WITH PAPER SO THE PARTICIPANTS CANNOT SEE THE CONTENTS IN THE BOTTOM OF THE CUP.

RECIPE - OPTION 1



BEET AND CABBAGE BORSCHT (EASTERN EUROPEAN)

Technically, borscht is any stew-type of soup. The best-known kind in the U.S., however, is made with beets and is a brilliant red color. This beet borscht includes cabbage as well; it is packed with roasted red beets, onions, cabbage, and white beans—a perfect stew for making it through a cold winter night.

16 servings

Prep: 30min | Total Time: 60min

Ingredients:

- 1,5 cup canned cannellini beans, or other small white beans
- 24 oz diced red beets
- 2 tablespoons olive oil, or vegetable oil or butter
- 2 medium onions, halved and thinly sliced
- 1 teaspoon kosher salt, plus more to taste
- 3 cloves garlic, minced, optional
- 1 head green, Savoy, or napa cabbage, cored and thinly sliced or shredded
- 2 teaspoons caraway seeds
- 8 cups chicken broth, or beef or vegetable broth
- Lemon juice, to taste, optional
- Plain yogurt, or sour cream for garnish
- Fresh dill, chopped, for garnish

Directions:

- Drain and put beans to pot. Cover with cold water, bring to a boil, reduce heat to keep a simmer, and cook until beans are tender to the bite. Drain beans and set aside.
- In a large pot over medium-high heat add oil, onions, and salt. Cook, stirring occasionally, until onions are soft, about 3 minutes.
- Add garlic, if using, and cook until fragrant, about 1 minute. Add cabbage, stir to combine, and cook, stirring occasionally, until cabbage wilts, 3 to 5 minutes.
- Add caraway seeds and grated beets. Stir to combine.
- Add broth and bring to a boil; reduce heat to maintain a steady simmer, add beans, and cook until vegetables are tender and flavors blend, 15 to 20 minutes. Add salt and lemon juice, if using, to taste. Serve hot, with a dollop of yogurt or sour cream and a sprinkle of dill, if you like.

RECIPE - OPTION 2



KHEEMA KI KHICHDI (INDIAN)

Kheema ki khichdi ranks among India's most beloved comfort foods. You may recognize khichdi, also spelled khichadi or kitchari but pronounced kich-a-ree, as an Ayurvedic detox meal. Practitioners prescribe the combination of rice and beans cooked to an easily digestible mush as a nourishing but cleansing meal.

5 servings

Prep: 30min | Total Time: 60min

Ingredients:

- 1 cup basmati rice
- 1 cup saboot masoor daal (whole red lentils)
- 3 tablespoons vegetable, canola or sunflower oil
- 1 teaspoon cumin seeds
- 1 large onion, finely chopped
- 1 teaspoon ginger paste
- 2 teaspoons garlic paste
- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- 1/4 teaspoon turmeric powder
- 1 tablespoon garam masala
- 2 large tomatoes, finely chopped
- 2 cups chopped mixed vegetables of your choice
- 2 chicken stock cubes
- Salt to taste

RECIPE - OPTION 2 (CONT.)



Directions:

- Put the rice in one bowl and the lentils in another, add water to both and rinse. Do this until the water runs clear. Add more water to cover and soak the rice and lentils for 20 minutes.
- Heat the oil in a Dutch oven or deep pan with a tight lid on medium heat until the oil shimmers. Add the cumin seeds and cook until they stop spluttering.
- Add the chopped onions and fry until transparent.
- Add the ginger and garlic pastes and fry for 1 minute. Add the remaining spices through garam masala and mix well. Cook for 3 to 4 minutes, stirring frequently.
- Add the tomatoes and cook until the oil begins to separate from the masala and the tomatoes turn pulpy.
- Add lentils.
- Add the vegetables, rice, stock cubes and 4 cups of water. Taste and season with salt if necessary. Mix well and bring to a boil.
- Cook for an additional 2 to 3 minutes, then lower the heat to a simmer. Put the lid on and cook until the rice and lentils get really soft, about 30 to 45 minutes. Add more water as needed to keep the mixture thoroughly moist as it cooks.
- Once the rice and lentils get soft enough to mash, turn off the heat and allow the khichdi to rest without removing the lid for 10 minutes. Stir before serving. The khichdi should be moist and porridge-like in consistency.

RECIPE - OPTION 3



VEGETARIAN HOT AND SOUR SOUP (CHINESE)

Chinese hot and sour soup is a light meal or accompaniment that can be enjoyed at any time of day. This soup recipe combines mushrooms, bamboo shoots, water chestnuts, soy sauce, hot sauce, vinegar, garlic, green onions, and chili oil, resulting in an authentic dish that vegans and vegetarians can enjoy.

5 servings

Prep: 10min | Total Time: 40min

Ingredients:

- 6 cups vegetable broth
- 2 cups sliced mushrooms, such as Chinese wood ear mushrooms or shiitake
- 1 (8-ounce) can sliced bamboo shoots, rinsed and drained
- 1 (8-ounce) can sliced water chestnuts, rinsed and drained
- 2 tablespoons soy sauce (or tamari for gluten-free), more to taste
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon hot sauce, more to taste
- 2 tablespoons vinegar, more to taste
- 3 cloves garlic, minced
- 1/2 cup thinly sliced scallions, more for garnish
- 1 teaspoon chili oil, more to taste

Directions:

- In a large pot, bring the vegetable broth to a simmer and add the mushrooms, bamboo shoots, water chestnuts, soy sauce, pepper, hot sauce, vinegar, and garlic. Allow to simmer for at least 20 minutes.
- Add the scallions to the pot and simmer for about 5 more minutes.
- Stir in the chili oil.
- Add additional soy sauce, hot sauce, vinegar, and chili oil to taste. Serve garnished with scallions, if desired.

RECIPE - OPTION 4



TAHDIG (PERSIAN)

Tahdig is a Persian rice dish, cooked in two stages, that has a very crispy bottom. The word tahdig itself is Persian for "bottom of the pot." The crusted rice that is found at the bottom of the pan, after the rice cooks, is the hallmark of the dish as well as the most coveted part. It can be served alone, as is, or as a side dish with stews and other main dishes.

8 servings

Prep: 10min | Total Time: 45min

Ingredients:

- 2 cups uncooked rice, basmati, jasmine, or white - your choice
- 4 cups water
- 1/2 teaspoon kosher salt
- 3 tablespoons olive oil or unsalted butter

Directions:

- Combine rice and water in a saucepan and bring to a boil. Reduce heat to medium-low, add salt and stir. Cover pot and allow to simmer for 20 minutes or until rice is tender.
- In a large skillet or saute pan, heat olive oil on medium heat. Be sure to coat sides and bottom of the pan. Add cooked rice and "mash" it with a spoon to compact it, ensuring it is evenly spread throughout pan.
- Cover and cook for about 15 to 20 minutes on medium heat or until you hear it crack and sizzle.
- Once rice is done, remove lid and carefully flip rice over onto a serving dish, so crusted rice is now on the top. The rice should have a thick layer of brown, crispy rice.

WRAP UP (5MIN)

- Okay Food Explorers! Today we had a lot of discussion about Empathy! Lets review what we learned.
- Can someone please raise their hand and tell me what a comfort food is?
- How do comfort foods make us feel when we are eating them?
 - What brain chemical is responsible for that feeling?
- What is your favorite comfort food?
- That's all for today! Have a wonderful rest of your day and we will see you next week. We will be discussing RESPECT!

LEARNING OUTCOMES

- Identify various cultural table manner practices and why they are important
- Discuss table manners in the United States
- Participants will be reflect and share what respect looks like in their family.

LESSON MATERIALS

- Paper
- Postersheets
- Writing Utensils
- Ingredients from Fresh Direct
- Hardcopy recipes (1 per student)
- Cooking Supplies
- Cleaning Supplies
- Food Safety Supplies

PREVIOUS LESSON REVIEW (5MIN)

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- **Don't Yuck My Yum**
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 - We want to respect our surroundings and our food by not throwing food.
- **Clean Up Your Space**
 - It is important to leave the room as we found it. Let's practice cleaning as we go and throwing away things when our desks or spaces get too cluttered. Chef's call this "Mise en Place"--meaning, "everything has its place"
- **Have fun!**

INTRODUCTION (10MIN)

- Hello Food Explorers! Today we are going to be talking about Respect! Can anyone tell me what Respect means?
- One way to view “respect” in cuisine is the use of table manners.
- Table manners are the behaviors expected when dining.
- What are some table manners that we learn to use in the United States?
 - Examples: Don’t talk with your mouth full, wipe your mouth with a napkin, keep elbows off of the table.
- Table manners are very important to the cultural experience of cuisine. Especially, when the manners are directly related to how the food is being served or eaten.
- What are some table manners that originate from your family's countries of origin?

DISCUSSION (10MIN)

- Let's discuss some curious table manners from around the world!
- **SLURPING YOUR FOOD**
 - In Japan, it is considered respectful to slurp/make noises when eating your food.
 - It is a sign that you are enjoying your meal and complimenting the chef/host.
- **SPLITTING THE BILL**
 - In France, when you invite people to go out for a meal, you are expected to cover the entire check.
 - Splitting the check is considered unsophisticated.
- **LEAVING FOOD ON YOUR PLATE**
 - In America, we emphasize "cleaning your plate." We even created an imaginary "club" called the "clean plate club"
 - In China and Columbia, it could be perceived as rude to eat every last bite of food on your plate.
 - It is seen as though the host did not provide you enough food.
- **FLIPPING OVER THE FISH**
 - In some parts of China, when you reach bone while eating one side of a fish, you must not flip the fish to continue eating.
 - It is said that doing so symbolizes the capsizing of a fishing boat.
 - Instead, you should remove the bone and continue eating.
- **BEING SERVED A HALF CUP OF TEA**
 - In America, it's pretty typical to get annoyed when your host doesn't fill your cup to the top.
 - In Kazakhstan, half-filled cups are meant to keep your tea warm since your host will continuously fill your cup as a way to keep the interaction going.
 - If your host or server were to fill your cup with tea, however, it is a sign that they might want you to leave
- **ALWAYS EAT WITH YOUR RIGHT HAND**
 - In India, and across the Middle East and parts of Africa, always make sure to use your right hand to eat meals, as the left hand is considered unclean.
 - Also, don't actually put the fingers in your mouth; use your thumb to push the food in.
- **WAIT FOR SOMEONE ELSE TO REFILL YOUR GLASS**
 - Getting up from a meal or a gathering to refill your glass is considered bad manners in Egypt.
 - Instead, you should wait for someone else (usually your neighbor) to offer to do so.
 - Similarly, you should also offer to refill your neighbor's glasses.
- **DON'T EAT THE BREAD BEFORE YOUR FOOD**
 - In France, if bread is put on the table, it is not an appetizer; it's meant to accompany your food.
 - You're meant to tear off pieces and use it to push food onto the fork or to mop up sauces.

DISCUSSION CONT. (10MIN)

- **DON'T ORDER MILKY DRINKS AFTER A MEAL**
 - Italians never order milky beverages after a meal, as milk is seen to hinder digestion.
 - Instead, they stick to espresso or black coffee, which is seen as a digestive.
 - Ordering a cappuccino won't result in outrage, but will definitely mark you out as a tourist.
- **CHOPSTICK ETIQUETTE**
 - In Japanese culture, chopsticks are placed vertically in rice in offerings made to the dead and at funerals. It is therefore considered bad manners and bad luck to do so during the course of a meal.
 - Another funeral ritual in Japan consists of the passing of bones from one set of chopsticks to another. So, it is considered extremely rude and even taboo to pass food this way.
- **ACCEPT PLATES OF FOOD WITH BOTH HANDS**
 - In Korea, if you are offered a plate of food, make sure to accept it with both hands and to hold it firmly.
 - This shows respect and gratitude to your hosts and to the food.
- **DON'T USE YOUR FORK TO PUT FOOD IN YOUR MOUTH**
 - When you're in Thailand, eating with a fork is seen as unacceptable.
 - Instead, you're expected to use the fork to push the food onto a spoon and use that to eat with.
- **DON'T ASK FOR SALT AND PEPPER**
 - In Portugal, If salt and pepper aren't provided on the table, don't ask for them.
 - It is considered insulting to the seasoning skills of the chef.
- **DON'T EAT WITH YOUR HANDS**
 - In Chile, it is seen as extremely ill-mannered to touch your food with your hands. This is also often the case in Brazil.
 - Make sure to eat everything with your fork and knife, even burgers and French fries.

ACTIVITY (20MIN)

- Split the class into equal groups of 3-5.
- Each group will be given a piece of paper and a writing utensil.
- The groups are going to create their own country.
 - Name of Country
 - National Food
 - Make up 2-3 table manners that are required in their made-up country
- Let the kids be creative and silly.
- Have students present their country, national food and table manners to the class.
- **OPTIONAL:** Have the class vote on the “Most Creative” country, food and table manners.

RECIPE - OPTION 1



CLASSIC BRUSCHETTA (ITALIAN)

The noun bruschetta (plural bruschette) comes from the Roman dialect verb bruscare, the equivalent of the Italian word abbrustolire which means 'to toast', or 'to roast over coals'. It is a food shared among friends and family and in celebrations.

8 servings

Prep: 10min | Total Time: 45min

Ingredients:

- 4 tbsp. extra-virgin olive oil
- 2 cloves garlic, thinly sliced
- 4 large tomatoes, diced
- 1/4 cup thinly sliced basil
- 2 tbsp. balsamic vinegar
- 1 tsp. kosher salt
- Pinch of crushed red pepper flake
- 1 large baguette, sliced 1/4" thick on the bias
- Extra-virgin olive oil, for brushing
- 2 cloves garlic, halved

Directions:

- Make marinated tomatoes: In a medium skillet over medium-low heat, heat oil.
- Add garlic and cook until lightly golden, 2 to 4 minutes, then remove from heat and let cool.
- In a large bowl, toss together tomatoes, basil, vinegar, salt, and red pepper flakes. Add garlic and oil from the skillet and toss to combine. Let marinate for at least 30 minutes.
- Meanwhile, toast bread. Brush bread on both sides lightly with oil and place on a large baking sheet. Toast bread until golden, 10 to 15 minutes, turning halfway through. Let bread cool for 5 minutes, then rub tops of bread with halved garlic cloves.
- Spoon tomatoes on top of bread just before serving.

RECIPE - OPTION 2



COCONUT-CREAMED CORN AND GRAINS (AMERICAN)

Turmeric, chiles, and chewy-nutty cooked grains balance the sweetness of fresh corn in this loose vegan riff on creamed corn.

5 servings

Prep: 5min | Total Time: 20min

Ingredients:

- 4 ears of corn, husked
- 2 Tbsp. extra-virgin olive oil
- 1½" piece fresh ginger, peeled, sliced into matchsticks
- 2 garlic cloves, thinly sliced
- 2 scallion, thinly sliced, plus more for serving
- ¼ tsp. ground turmeric
- ½ cup cooked grains, such as freekeh, farro, or quinoa
- ½ cup unsweetened coconut milk, plus more for serving
- Kosher salt
- 2 Tbsp. store-bought crispy onions, such as Lars Own, French's, or Maesri Lime wedges (for serving)

RECIPE - OPTION 2 (CONT.)



Directions:

- Cut kernels from corn; set aside.
- Heat oil in a large nonstick skillet over medium until shimmering.
- Cook chile, ginger, garlic, and 1 sliced scallion, tossing, until softened and fragrant, 1–2 minutes.
- Add turmeric and cook, stirring frequently, just until darkened and fragrant, about 30 seconds.
- Add reserved corn and increase heat to medium-high.
- Cook, tossing occasionally, until corn is beginning to lightly brown, about 3 minutes.
- Add grains and cook, tossing often, until heated through and beginning to crisp around the edges, about 2 minutes.
- Add ½ cup coconut milk; season with salt. Bring to a simmer and cook, adding 1–2 Tbsp. water if needed to loosen, until flavors have melded, about 3 minutes.
- Transfer corn mixture to a plate. Drizzle with more coconut milk, then top with crispy onions and sliced scallions. Serve with lime wedges alongside for squeezing over.

RECIPE - OPTION 3



VEGAN DEVILED "EGGS" (ITALIAN)

These deviled eggs are made with baby potatoes and they do not disappoint. The flavor is on point and they're plant-based, gluten-free, oil-free optional!

5 servings

Prep: 5min | Total Time: 25min

Ingredients:

- 15 small Yukon Gold potatoes (about 1 lb. total), scrubbed
- Kosher salt
- ¼ cup vegan mayonnaise
- 2 Tbsp. (or more) plant-based milk or water
- 1 Tbsp. sweet pickle relish, finely chopped if chunky
- 1 Tbsp. yellow mustard
- 1½ tsp. apple cider vinegar
- 1 tsp. onion powder
- ½ tsp. kala namak (black salt)
- ½ tsp. ground turmeric
- Smoked paprika and dill sprigs (for serving)

RECIPE - OPTION 3 (CONT.)



DIRECTIONS:

- Add 15 small Yukon Gold potatoes (about 1 lb. total), scrubbed, to a large saucepan of boiling generously salted water.
- Return to a boil and cook potatoes until fork-tender, 15–20 minutes. Drain potatoes and transfer to a bowl of ice water; let cool for 5 minutes. Drain again.
- Cut each potato in half. Slice off a small piece from the rounded end to create a flat side so potato halves can sit cut side up.
- Scoop out a rounded $\frac{1}{2}$ -teaspoonful of flesh from each half to make a well in the center. Transfer potato flesh to a medium bowl as you work. (You should have about 1 cup when you're done.)
- Add $\frac{1}{4}$ cup vegan mayonnaise, 2 Tbsp. plant-based milk or water, 1 Tbsp. sweet relish, finely chopped if chunky, 1 Tbsp. yellow mustard, $1\frac{1}{2}$ tsp. apple cider vinegar, 1 tsp. onion powder, $\frac{1}{2}$ tsp. kala namak (black salt), and $\frac{1}{2}$ tsp.
- Ground turmeric to scooped out potato flesh. Using a potato masher or fork, smash everything together, adding more plant-based milk by the teaspoonful if needed to achieve a pipable consistency, until smooth. Taste filling and season with kosher salt if needed.
- Transfer filling to a piping bag fitted with a star tip or a resealable plastic bag with one corner snipped off. Pipe some filling into each potato half. Top potatoes with a dash of smoked paprika and a dill sprig.
- Transfer deviled eggs" to a platter to serve.

RECIPE - OPTION 4



VEGAN BEAN CHILI FRIES (TEX MEX)

Crispy, cheesy, spicy, satisfying and yummy! Loaded with good fats (i.e. nuts, seeds, avocados, olives) it is a healthier version of the celebration food we love.

5 servings

Prep: 15min | Total Time: 15min

Ingredients:

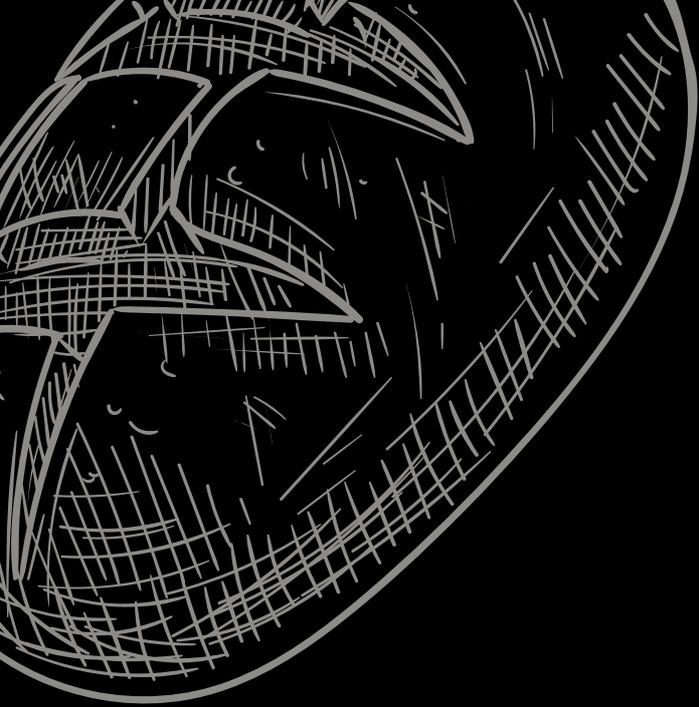
- 1lb frozen French fries
- 2 tbsp olive oil
- 1 finely chopped onion
- 1 ripe avocado
- ½ lime, juiced, plus wedges to serve
- ½ finely chopped small red onion
- 1 finely chopped tomato
- 1 crushed garlic clove
- ½ tbsp chipotle paste
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 can mixed beans, drained
- ½ chopped tomatoes
- ½ chopped small bunch of coriander
- 2 tbsp dairy-free crème fraîche
- 2 tbsp crispy fried onions

Directions:

- Cook the French fries following pack instructions. Meanwhile, heat the olive oil in a frying pan and fry the onion for 10 mins.
- Prepare the guacamole by mashing the avocado and mixing in the lime juice, red onion and chopped tomato.
- Add the garlic, chipotle paste, ground cumin and ground coriander to the onions, which should be softened and translucent.
- Fry for 1 min, then tip in the mixed beans and the chopped tomatoes. Simmer for 10 mins, then stir in most of the coriander and season.
- Tip the fries into a bowl and top with the bean chili, guacamole, crème fraîche and crispy fried onions.
- Scatter over the remaining coriander and serve with lime wedges.

WRAP UP (5MIN)

- Okay Food Explorers! Today we had a lot of discussion about Respect! Lets review what we learned.
- Can someone please raise their hand and tell me what a a table manner is?
- How do table manners impact the way we experience cuisine?
- Why is understanding various cultural table manners important?
- That's all for today! Have a wonderful rest of your day and we will see you next time.



APPENDIX



SUMMER SUPPLIES ORDERING

Please use [THIS LINK](#) to access the Summer Food Explorers Ordering Guide.

What you will find:

- List of Suggested Products for Summer Programming
- Paper Goods
- Durable Equipment
- Cleaning Supplies
- Cookware
- Links to recommended individual products

Notes:

- You may choose other alternatives/links for paper goods, durable equipment, and cleaning supplies. Alternatives are NOT applicable for Cookware.
- You **MUST** order food products from FRESH DIRECT unless otherwise stated.

Please review this list and order your products in a timely manner. Delivery estimates may be incorrect, so plan ahead.



SPECIALIST WAIVER FORM

Please use THIS LINK to access the Specialist Waiver Form PDF.

- All Specialist teaching the FOOD EXPLORERS Curriculum is required to submit a Specialist Waiver Form.
- After the specialist has reviewed and signed their waiver form, please email it to foodexplorers@newyorkedge.org

Notes:

- You may not begin teaching this curriculum until the waiver form has been submitted.



ORDERING FROM FRESH DIRECT

Please use [THIS LINK](#) to access the Fresh Direct Ordering Protocols.

Ordering Protocols

- Refer to this document for the protocols for ordering from Fresh Direct.
- You should carefully review the ordering and approval process, as well as the list of allowed and prohibited items.
- Also review the Payment Method information
- PMs are responsible for approving the orders and forwarding approvals to budget analysts

Note:

- To ensure that you are able to reserve your desired delivery time, please place your orders at least 5 days prior to the lesson.



CHANGING YIELDED SERVINGS

Remember:
You must adjust the ingredients for the recipe to the number of students in your class.

If you neglect to adjust the amount of ingredients, you will not have the correct amount of final product to distribute to your class.

General Culinary Math:

Ingredient amount in recipe [divided by] number of servings = amount of ingredient per serving

Amount of ingredient per serving [multiplied by] the total number of students in your class = new ingredient amount.

Example:

The recipe calls for 2 bananas to yield 2 servings. We need 10 servings.

- 2 bananas [divided by] 2 servings = 1 banana per serving
- 1 banana per serving [multiplied by] 10 servings = 10 bananas.