



Let's COOK!



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How to Use This Unit

This packet includes learning resources and activity sheets for your child, along with suggested further resources for your child's learning.

You can use this unit in many ways:

- With your child, select a family recipe and explore its significance to your family and culture.
- Choose a recipe from another cuisine that your family loves to eat or cook and explore its culture.
- Use your recipe to explore math topics that your child has learned, including fractions, units, and time.
- Extend your child's learning beyond the kitchen with the suggested reading and activities.

Complete as much or as little of this unit as you would like. There is no right or wrong way to use it. It is simply meant to provide ways that you can turn your daily cooking routine into a learning opportunity for the whole family.

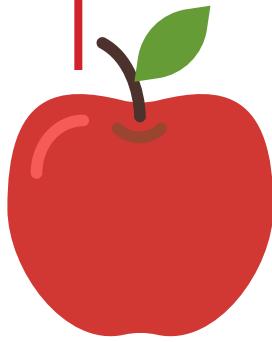
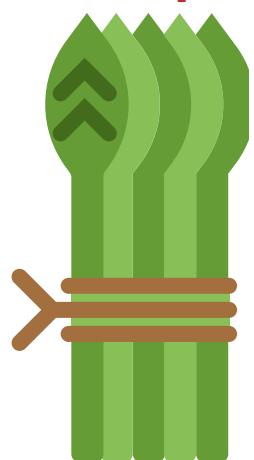
Let's get cooking!

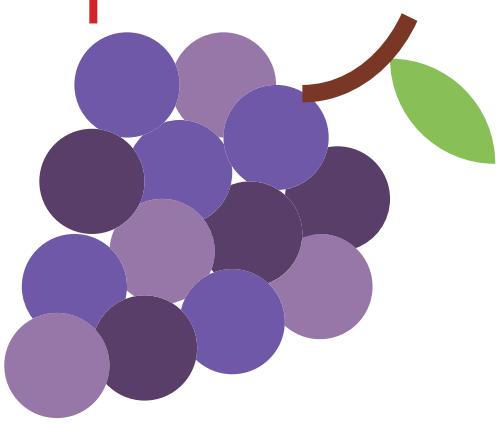


Conversation Prompts

Use these questions when you are cooking with your child to prompt thinking and conversation about the recipes you are making and the process of cooking.

1. Do you like to cook or bake more? Why?
2. What is your favorite thing to make?
3. What flavors do you taste in this? Is it more salty or sweet?
4. Do you think we should add more _____? How much?
5. What else can we add in?
6. How can we use _____? (a specific ingredient, a utensil, etc.)
7. What do you smell/hear/see while cooking or eating? What does this tell you about what is happening?
8. What do you notice about the colors of the ingredients? Are they all similar or are there lots of different colors?
9. Does this recipe remind you of a memory or a special time with your family or friends?
10. What do you want others to know about this recipe?
11. If you could choose any meal to try that you've never tried before, what meal would you choose? Why?
12. When someone says, "add a pinch of salt" do you think that means a lot or a little? What makes you think that?
13. If you could share this dish with anyone, who would it be and why?
14. If you could travel anywhere in the world for a meal, where would you go? Why?
15. Describe how the ingredients feel in your hand. How do you think they will change as we cook them?
16. Let's think of a creative name for our recipe. What do you think we should name it?
 17. What song would you pair with your favorite meal and why?
 18. Think back to a time when someone in your family made you a special meal. How did that make you feel?
 19. What is something you like to eat as a special treat? What makes it a treat for you? Who do you like to share it with and why?
 20. What meal would you like to learn how to cook?





Student Resources

Cooking Action Words Page 6

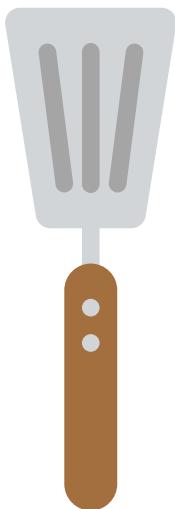
Cooking Measurements Page 7



Cooking Action Words

Use these cooking action words in your writing to jazz up your recipe and capture the audience's attention!

Arrange	Fold	Push	Slip
Baste	Follow	Quarter	Slit
Beat	Form	Raise	Smear
Blend	Force	Reduce	Soak
Brown	Glaze	Refresh	Spoon
Build	Insert	Reheat	Spread
Bury	Lay	Replace	Sprinkle
Carve	Leave	Return	Stir
Check	Lift	Ring	Strain
Chop	Make	Roast	Strew
Close	Melt	Roll	Stuff
Cool	Mince	Salt	Surround
Correct	Mix	Saute	Taste
Cover	Moisten	Scatter	Thin
Crumple	Mound	Scoop	Tie
Cut	Open	Scrape	Tilt
Decorate	Pack	Scrub	Tip
Discard	Paint	Season	Top
Divide	Pierce	Separate	Toss
Drape	Pour	Set	Trim
Drop	Prepare	Settle	Turn
Dry	Press	Shave	Twist
	Prick	Simmer	Warm
	Pull	Skim	Wilt
	Puree	Slice	Wind
		Slide	Wrap



Cooking Measurements

1 gallon =

- 4 quarts
- 8 pints
- 16 cups
- 128 ounces
- 3.8 liters



1 quart =

- 2 pints
- 4 cups
- 32 ounces
- 0.95 liters



1 pint =

- 2 cups
- 16 ounces
- 480 milliliters



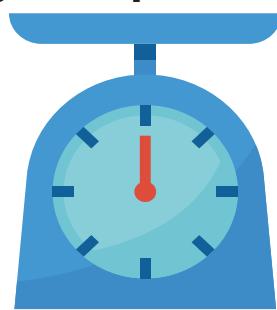
1 cup =

- 8 ounces
- 240 milliliters



What about grams?

Grams are a measurement of the weight of an ingredient, while these other units are measurements of volume. Because grams are a weight measurement, the conversion depends on the specific ingredient you are using.



1 tablespoon =

- 3 teaspoons
- $\frac{1}{2}$ ounce
- 15 milliliters

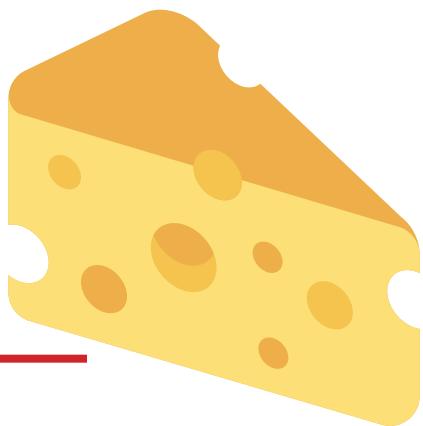
Measurement Challenge!

If you have a kitchen scale, use it to weigh out how many grams you would need of the ingredients in your recipe if you were using weight instead of volume measurements.

Activity Pages



- Make Your Own Recipe Page 9
- Recipe Research Page 13
- Recipe Interview Page 15
- Memory Writing Page 16
- Grill-Out Grocery (Grade 1) Page 20
- Dessert Data (Grade 2) Page 21
- Cooking Up Fractions (Grade 3+) Page 23



Make Your Own Recipe!

Recipe Name: _____

Ingredients:



Steps:

Step 1: _____



Step 2: _____

Step 3: _____

Step 4: _____

Step 5: _____

Step 6: _____

Step 7: _____

Step 8: _____

Step 9: _____

Additional Notes:

.....

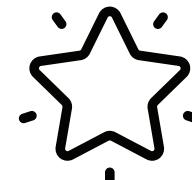
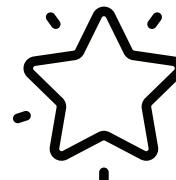
After Cooking & Eating:

1. Who helped you cook your recipe? _____

2. Who did you eat your dish with? Did they like it? _____

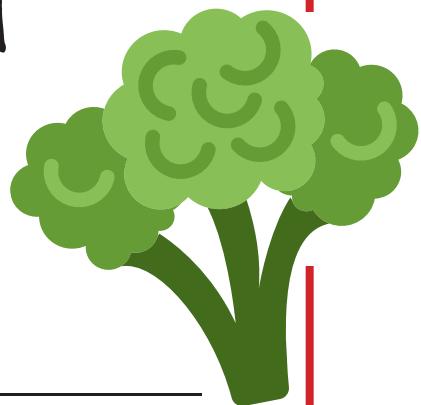
3. Would you do anything differently next time? If so, what?

4. Rate your recipe out of 5 stars!



Recipe Research

What is your favorite recipe that you and your family share? Whose recipe is it?



Draw a picture of the dish, your family eating it together, or the person whose recipe it is.



Conduct research on the culture of your recipe and record three interesting facts here. Some possible resources you can use for your research are listed in the Learning Extension section.

Culture:

- ### Fact #1:

- ## Fact #2:

- ### Fact #3:

Recipe Interview

Interview a family member or friend about a recipe that is special to you and/or your family.

Who are you interviewing?

Name: _____

Date:

Recipe: _____

(What are you cooking?)

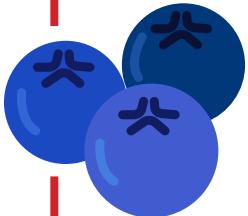
Relationship:

(Who is this person to you? Example: Mom, Dad, Brother, Aunt, Grandparent)

Questions to keep in mind:

- Whose recipe is this?
 - Do you cook it often?
 - Why did you pick this recipe?
 - How did you learn to make it?
 - Have you taught this recipe to anyone else?
 - Have you cooked this recipe for other people before?

Write a summary of the interview.



Draw a picture of the person or recipe.

Memory Writing



Think of a recipe that you love. It could be one that you just cooked with your family, or maybe it's one that you always have on a holiday.

1. *Whatever the recipe is, think of a memory you have of making or eating it. Draw, write, or do anything that makes sense to you to describe the memory:*



2. *Close your eyes and make a movie in your mind of your memory.*

Think to yourself:

- Who is there with you? What are they doing? What do they look like?
 - What are people saying to each other? How are they saying it?
 - What are you doing? What are you thinking?
 - How are you feeling? What are you doing because you're feeling this way? (Example: "I skipped around the house singing," instead of "I was happy.")
 - What do you see? Smell? Hear? Taste?

Open your eyes and write down what you imagined. You can choose one of the graphic organizers on the next two pages, make your own graphic organizer, or do whatever makes sense to you!



Graphic Organizer 1

Sense	Details
Touch <i>What is the texture of the food like?</i> <i>What is the temperature of different things?</i>	
Sight <i>What are people doing?</i> <i>What do they look like?</i> <i>What expressions are on their faces?</i> <i>What does the food look like?</i> <i>What color is the food?</i>	
Smell <i>What do you smell?</i> <i>Do you smell different things?</i> <i>How strong are the smells?</i>	
Hearing <i>What sounds do you hear?</i> <i>Are people talking? How loud are they talking?</i> <i>Do you hear noises from the kitchen? What cooking noises do you hear?</i>	
Taste <i>What flavors do you taste?</i> <i>How strong are the flavors?</i> <i>How do you feel about them?</i>	

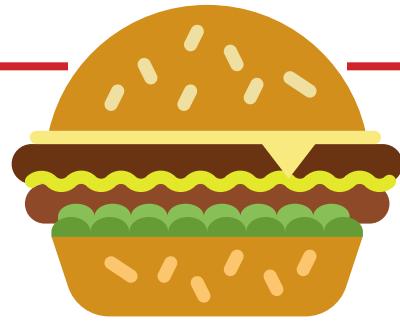
Graphic Organizer 2

Setting <i>Where are you? What time of day is it? What time of year is it?</i>	
Action <i>What are people doing? How are they doing them? What are you doing?</i>	
Sight <i>What do you see? What color/size/shape are the things you see? What do people look like?</i>	
Hearing <i>What sounds do you hear? How loud are the sounds that you hear?</i>	
Emotion <i>What are you feeling? Why? What are other people feeling? How do you know?</i>	
Dialogue <i>What are people saying? What are you thinking?</i>	

3. Use the details you recorded to write a narrative of this memory. Be as descriptive as possible to help your readers see this movie in your mind!

Grill-Out Grocery

Grade 1



Your family is making hamburgers for a grill-out. You have written down each family member's order and need to figure out how much of each ingredient to buy at the store. Using the hamburger orders below, add up how much of each ingredient you need and write your grill-out grocery list in the space provided.

Hamburger 1

2 tomato slices
1 cheese slice
3 patties
1 piece of lettuce

Hamburger 2

1 tomato slice
3 cheese slices
1 patty
2 pieces of lettuce

Hamburger 3

3 tomato slices
1 cheese slice
2 patties
1 piece of lettuce

Hamburger 4

2 tomato slices
1 cheese slice
1 patty
3 pieces of lettuce

$$\underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad} \text{ tomato slices}$$

$$\underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad} \text{ cheese slices}$$

$$\underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad} \text{ patties}$$

$$\underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad} \text{ pieces of lettuce}$$



My Grill-Out Grocery List

- tomato slices
- cheese slices
- patties
- pieces of lettuce

Dessert Data

Grade 2



Choose 5 ice cream flavors and write them in your table. Talk to your family or call your friends, and ask them which flavor they like the most. Collect your data in the right side of the table, then create a graph on the next page to represent what you have found.

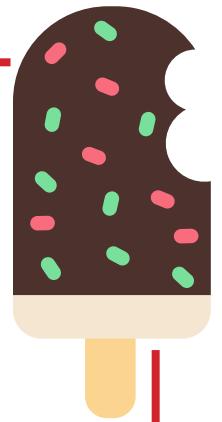
Ice Cream Data

Flavor 1:	
Flavor 2:	
Flavor 3:	
Flavor 4:	
Flavor 5:	



Dessert Data

Grade 2



Graph Title: _____



Cooking Up Fractions

Grade 3+

Oh no! You can't find all of the supplies you need to bake your favorite cake recipe. After looking all over your house, you are only able to find a few supplies to use. The supplies you found are...



1 pint



1/4 cup



1 teaspoon

Write or draw how you will measure your ingredients using the supplies listed above and the information on Page 7.

2½ cups of sugar

1 tablespoon of vanilla

3 cups of flour

1¼ cup of milk



Challenge! You have decided to make enough cake to deliver to your friends, so you need to triple your cake recipe. What amount of each ingredient will you need to make enough cake?

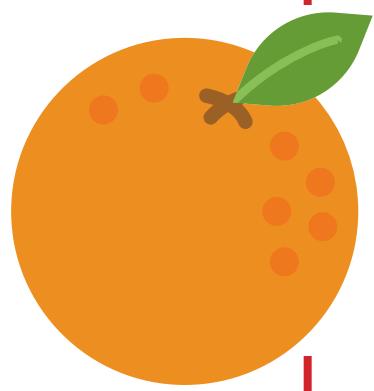
Sugar: _____

Vanilla: _____

Flour: _____

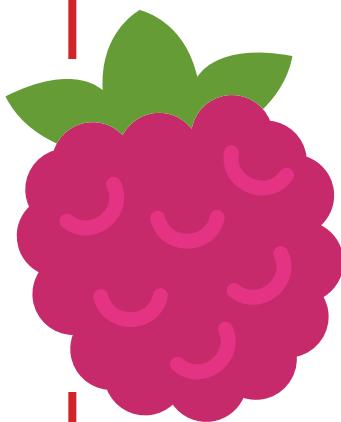
Milk: _____





Learning Extension

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Additional Learning Resources	Page 37



Let's Explore: Chinese Cooking

Let's explore Chinese cooking! In this presentation, we will learn about chopsticks and all of the different types of Chinese cuisine.



Let's learn about chopsticks!



Chopsticks kuaizi in Chinese

- Chopsticks are daily dinnerware in China.
- Chopsticks are usually made of bamboo, wood, porcelain, metal, or plastic.

Chopsticks

- Chopsticks were invented 3000 years ago in China and later spread to Japan, Korea, Vietnam and other countries. They are even commonly used all around the world now.
- Actually, ancient Chinese people were taught to use chopsticks long before spoons and forks were invented in Europe.



Chopsticks

- Basically, chopsticks are round at one end and square at the other end. The round end symbolizes the sky and the square end symbolizes the ground, which shows Chinese ancients' understanding of the basic principles of the world.
- Chinese people would say, "Can I have a pair of chopsticks" instead of "Can I have two chopsticks" when they need the chopsticks.



Let's explore the different types of Chinese cuisine!



Food Culture

- China is an ancient country with a long history of food culture.
- China is a large country with abundant resources, distinct differences in climate and customs, so for a long time there are abundant kinds of dishes in China.
- Basically, there are *eight* major **cuisines**: Confucian(Shandong) cuisine, Sichuan Cuisine, Jiangsu Cuisine, Fujian Cuisine, Zhejiang Cuisine, Hunan cuisine, Anhui cuisine and Cantonese (Guangdong) Cuisine.



Sichuan Cuisine

Mainly concentrate on mouth-numbing & spicy flavor



Hunan Cuisine
Mainly concentrate on spicy flavor



Confucian(Shandong) cuisine
Mainly concentrate on salty & umami flavor

Anhui Cuisine - salty, light, dietetic nourishing



Anhui Cuisine
Mainly concentrate on umami flavor

China Jiangsu Cuisine - Umami, Mild, Original



Jiangsu Cuisine

Mainly concentrate on umami & original flavor

Zhejiang Cuisine

Mainly concentrate on light & original flavor

Zhejiang Cuisine - Light, Fresh, Original Flavor of Ingredients



Slide 11



Cantonese (Guangdong) Cuisine

Mainly concentrate on umami flavor

Cantonese Cuisine - Mild, Fresh, Natural



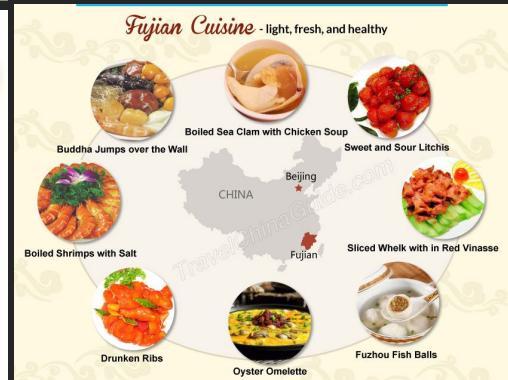


Fujian Cuisine

Mainly concentrate on light & umami flavor



Slide 13



Questions:

1. WHEN AND WHERE WERE CHOPSTICKS INVENTED?
2. WHAT CUISINE HAVE YOU EVER TRIED BEFORE?

References

八大菜系. (n.d.). Retrieved from <https://baike.baidu.com/item/八大菜系/873948?fromtitle=中国八大菜系&fromid=276513&fr=Aladdin>

8 Chinese Cuisines. (n.d.). Retrieved from https://www.travelchinaguide.com/intro/cuisine_drink/cuisine/eight_cuisines.htm

Desheng, C. (2013). Chopsticks as a Cultural Symbol in China. *IOSR Journal of Research & Method in Education (IOSRJRME)*, 1(4), 01–02.

Suggested Reading

Breakfast Around The World

by Ye-Shil Kim (Author), Hee-Joon Gahng (Illustrator)

<https://www.youtube.com/watch?v=F2th3RagZEE>

My Food, Your Food, Our Food

by Emma Carlson Berne (Author), Sharon Sordo (Illustrator)

<https://www.youtube.com/watch?v=g3zN59Rir8A>

Dumpling Soup

by Jama Kim Rattigan (Author), Lillian Hsu (Illustrator)

<https://www.youtube.com/watch?v=5MACKyBCpHM>

Everybody Cooks Rice

by Norah Dooley (Author), Peter Thornton (Illustrator)

<https://www.youtube.com/watch?v=qfhsLOeILkw>

Lailah's Lunchbox

by Reem Faruqi (Author), Lea Lyon (Illustrator)

<https://www.youtube.com/watch?v=bDy733cgrcc>

Proud to be Latino: Food / Comida

by Ashley Marie Mireles (Author), Edith Valle (Illustrator)

<https://www.youtube.com/watch?v=lnu8IcJreTU>

Can I Eat That?

by Joshua David Stein (Author), Julia Rothman (Illustrator)

<https://www.youtube.com/watch?v=6zIPjqeVvXA>

Chinatown

by William Low

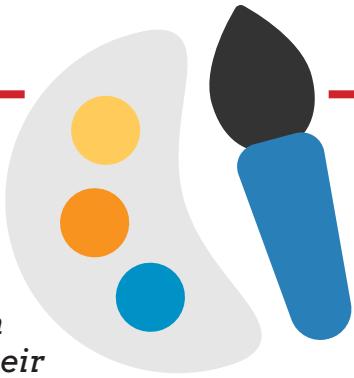
<https://www.youtube.com/watch?v=-dQVcX6sASA>

The Very Hungry Caterpillar

by Eric Carle

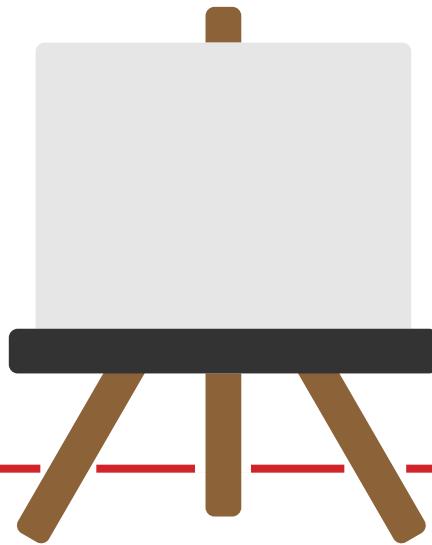
<https://www.youtube.com/watch?v=Ck4ap-O-ILg>

Art Activities



Use these suggested art activities to engage your child in their learning through creative projects pertaining to their recipe.

- Write a script for an imaginary cooking show on which you are showing the audience how to cook your recipe. Create a video performing your cooking show.
- Create a realistic or abstract art piece about a special memory that you associate with your recipe. Possible mediums can include painting, drawing, collage, or another.
- Create a cook book of favorite recipes, creating your own book design or using the templates provided on the following two pages.
- Create a collage about the culture your recipe is from or a culture you have learned about using cut-outs from newspapers, magazines, etc.
- Design a menu for an imaginary restaurant that serves all of your favorite foods.



- Create puppets and use them to act out scenes from an imaginary restaurant. You can use any items around your home to make the puppets, including old socks, paper bags, etc.

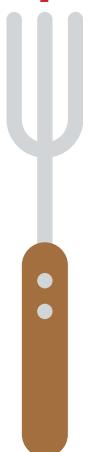
My Favorite Recipes



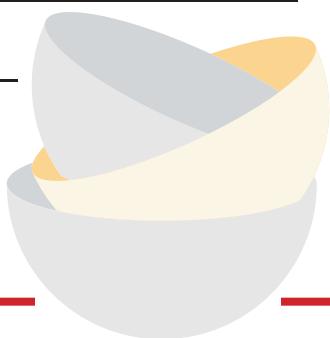
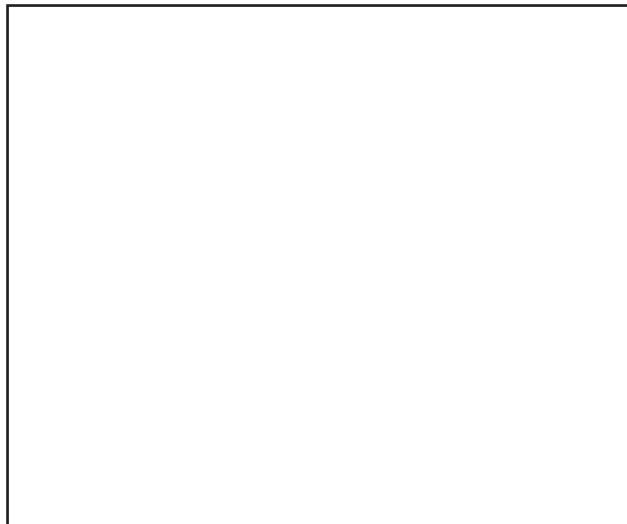
By: Chef _____

Recipe Title: _____

Ingredients:



Directions:



Math Activities

Use this list of prompts to expand your child's mathematics learning in the kitchen. These questions are meant as a guide and can be altered to create additional questions or to accommodate your child's learning needs.

Grades 1 & 2

- If you need to bake something for 45 minutes, what time will the recipe be done baking?
- Create groups of ten of a specific unit (e.g., grains of rice, carrot sticks, candy, etc.).
- If you need to share a loaf of bread with all of your family members equally, how many slices would you need to cut?
- If everyone in your house wants three dumplings, how many dumplings do you need to make?

Grade 3+

- Make up your own units and rewrite your recipe using the appropriate number of units (Example: 1 handful = $1/4$ cup or 1 dollop = 1 tablespoon).
- If you have \$50, how many times could you buy coffee that costs \$7? How much money would you have left?
- Look at a menu for your favorite restaurant in New York City and add up how much money you would need to buy your three favorite items on the menu.
- Look at a receipt from your last grocery store trip or a menu from a restaurant you like and order the prices from least to greatest.

Additional Resources

Videos

Kids Try School Lunches From Around the World

HiHo Kids

<https://www.youtube.com/watch?v=d6XHuE32tq0>



Kids Show & Tell - Family & Culture

HiHo Kids

<https://www.youtube.com/watch?v=4eEe9c8RaGU>

Cultures of the World

Clarendon Learning

<https://www.youtube.com/watch?v=RwSYrsjTiW4>

Pass the Plate!

Disney Channel

Mangoes! • <https://www.youtube.com/watch?v=FUuLRYeBOXk>

Vietnam and France! • <https://www.youtube.com/watch?v=atwKYIRbm2Q>

Bananas! • <https://www.youtube.com/watch?v=OGiu0XdSuec>

Rice! • <https://www.youtube.com/watch?v=1xSQhNSZOXc>

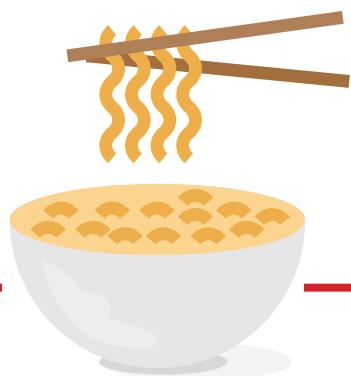
Fish! • https://www.youtube.com/watch?v=uYUV5_1GTEg

Fish! #2 • <https://www.youtube.com/watch?v=y10v-YfTzes>

Tomatoes! • <https://www.youtube.com/watch?v=pDdHoElv68U>

Spinach! • <https://www.youtube.com/watch?v=UuvzrdcqgDY>

Fruit! • <https://www.youtube.com/watch?v=vjW0ktYIBv0>



Fortune Tales / The Story of Lunar New Year

Panda Express TV

<https://www.youtube.com/watch?v=GVPHdFX9iHY>

How To Order at a Chinese Restaurant

Yoyo Chinese

<https://www.youtube.com/watch?v=4eEe9c8RaGU>

Websites & Articles

Globe Trottin' Kids

<https://www.globetrottinkids.com/>

Kid World Citizen

<https://kidworldcitizen.org/>

What Kids Eat Around the World

<https://time.com/what-kids-eat-around-the-world-in-one-week/>

A Celebration of Culture

<https://www.healthyeating.org/Portals/0/Documents/Tip%20Sheets/CulturalFoodGuide.pdf>

Nutrition.gov Kids' Corner

<https://www.nutrition.gov/topics/audience/children/kids-corner>

China Highlights

<https://www.chinahighlights.com/travelguide/chinese-food/>

