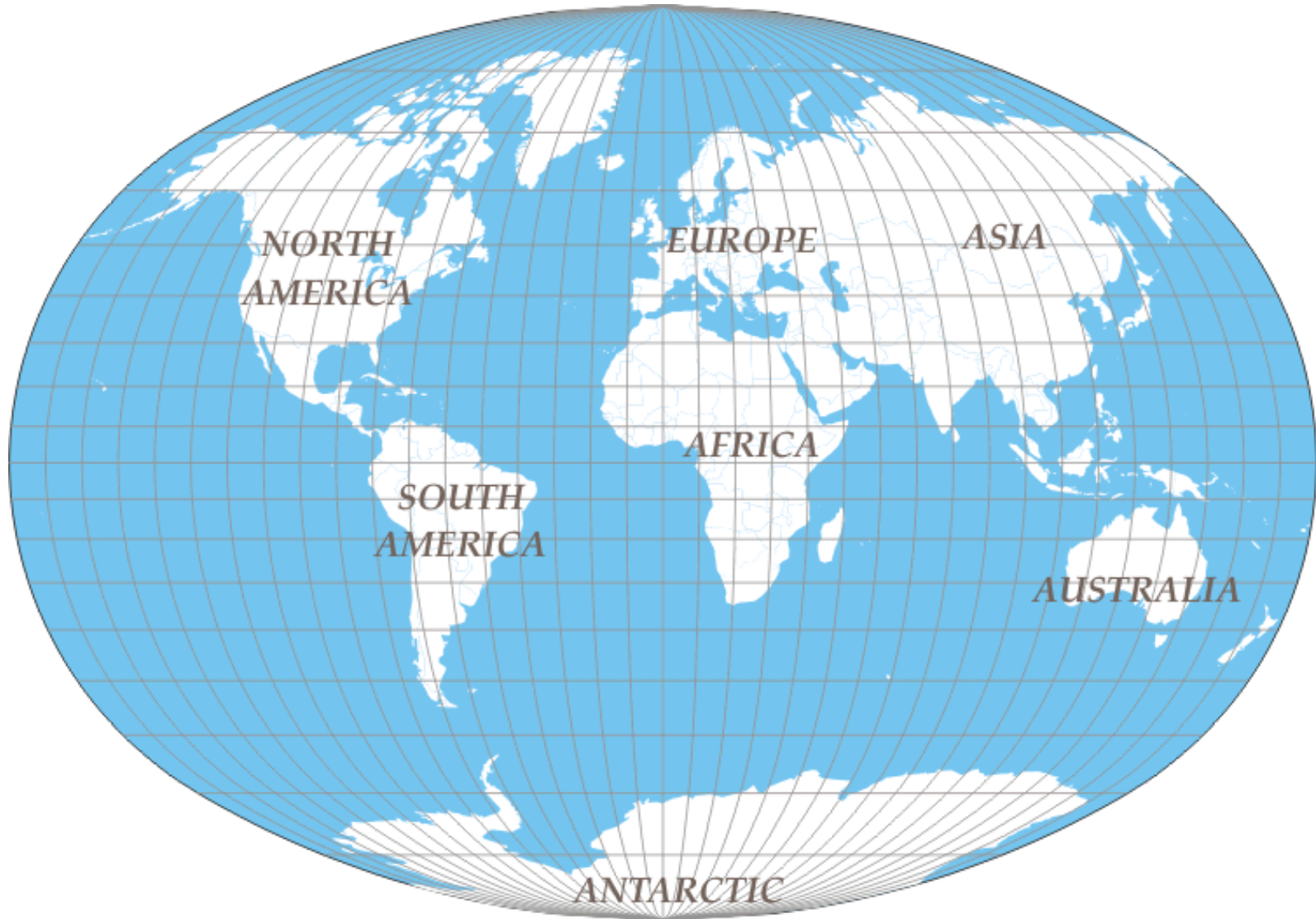


MY FOOD JOURNAL

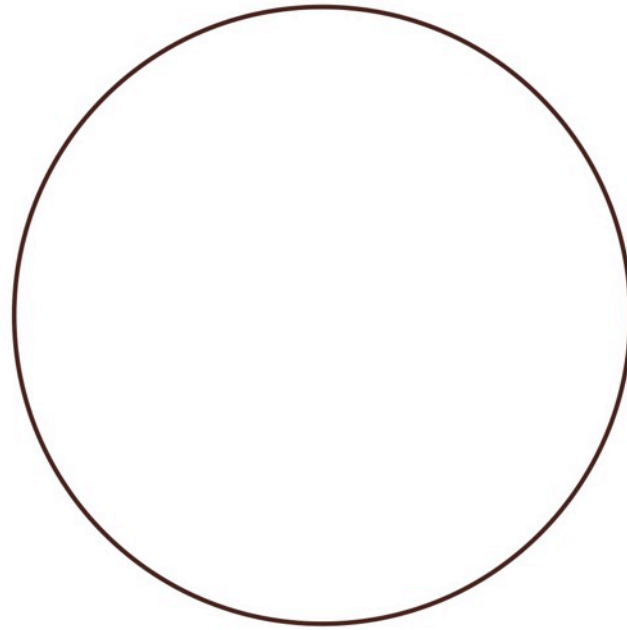
This amazing work created by:



OUR WORLD



We have 7 **continents** in our world. There are many **countries** within each continent.



Edible Schoolyard



Food For Thought: Describe a favorite food experience you had with friends or family.

Draw a picture of The Three Sisters
growing together:

Today's Map Skills

Continent: _____

Country: _____

Food For Thought: What are the 3 “Three Sisters” crops? How does each crop help the other two crops to grow?

Recipe Card

Serves 8-10

35 minutes

Three Sisters Soup

Tools Needed:

- 8 quart Stock pot
- Can opener
- Stirring spoon
- Soup ladle
- 2 Cutting boards
- 2 Knives
- 2 Graters
- Food Chopper
- 4 Bowls
- Liquid measuring cup
- Measuring cups
- Measuring spoons

Ingredients:

- 2 Tbs. olive oil
- 2 c. water
- 2 c. vegetable broth
- 2 c. corn (sweet corn or hominy)
- 2 c. beans (any type), bite-sized
- 2 c. winter squash, cubed
- 1-2 c. potato, grated
- 1 onion (optional)
- 3 cloves garlic (optional)
- 1 t. dried sage
- ¼ c. fresh parsley, chopped
- 1 t. chipotle powder
- salt to taste

Notes: Taste test as you cook!
Soups are flexible recipes that can be changed and adapted easily based on what you have available and the flavors you enjoy.

Directions:

1. Heat olive oil in stockpot, sauté onion until translucent.
2. Add water, broth and squash – cook 10 min or until squash begins to feel tender.
3. Add corn, beans, potato, garlic, herbs and spices – cook 5-10 minutes or until potato and squash are cooked to desired consistency.
4. Ladle into bowls and enjoy!

Food for Thought: What did we cook today? What was your cooking job?

Draw a picture of what we cooked together today:

Draw a 'peanut' plant below

Today's Map Skills

Continent: _____

Country: _____

Food for Thought: What do many people in Africa call 'peanuts'? Why?

Recipe Card

Serves 8

30 minutes

Groundnut Stew

Tools Needed:

- 8 qt. Stockpot
- 1 Sharp knife
- Cutting board
- Can opener

Ingredients:

- 2 tablespoons olive oil
- 1 large onion
- 1 inch ginger, diced finely
- 3 large garlic cloves, pressed or minced
- 2 15oz. cans diced tomatoes
- 1 green chili, diced finely (optional, seeds are HOT)
- 1.5 cups water
- 1 bunch collards, chopped
- salt to taste
- 2 tablespoons peanut butter (or Sunbutter)

Notes: This recipe can be easily adapted for those allergic to peanuts using sunflower seed butter (often sold as Sunbutter).

Directions:

5. Sauté onion in oil until translucent. Add ginger, chili and garlic, cook another 2 minutes.
6. Add tomatoes and water, bring to a boil. Lower heat, simmer 10 minutes.
7. Salt to taste. Add collards and cook another five minutes. Stir in peanut butter until well dissolved and simmer another 10 minutes.

Many African countries use **oral tradition** to share stories with one another. Share one food story from your family or culture here. (Hint: Is there a food your family eats each year? What? Why?)

Draw a picture of your story:

Food for Thought: What did we cook today? What was your cooking job?

Draw a picture of what we cooked together today:

Tabbouleh Time!

Food Categories: Vegetable, Fruit, Herb, Spice, Grain

Write which food category you think each ingredient below belongs to:

Ingredient:

Food Category:

Lemon Juice

Tomato

Green Onion

Bulgur Wheat

Salt

Parsley

Today's Map Skills

Continent: _____

Country: _____

“ I eat wheat when I eat

”

_____.

Food for Thought: What grain does Tabbouleh contain? Why is it important to eat whole grains?

Draw a picture of the ingredients in Tabbouleh salad. (Idea: Look at the list in Tabbouleh Time!)

Recipe Card

Serves 8

30 minutes

Tabbouleh Salad

Tools Needed:

- 2 Large bowl
- 4 Small bowl
- Colander
- 2-4 Curious Chef Knives
- 1 Adult Knife
- 5 Cutting boards
- Worksheet
-

Ingredients:

- 1 cup uncooked bulgur
- 1 large bunch parsley
- ½-1 bunch fresh mint leaves
- 4 green onions
- 3 medium tomatoes
- 3 lemons, juiced
- 2 tablespoons olive oil
- Salt and pepper to taste

Notes:

Try making Tabbouleh with quinoa instead of bulgur wheat to make it gluten free.

Method:

1. Prepare bulgur

Soak: Cover 1 cup uncooked bulgur with 2 cups boiling water and soak for 7 minutes. Drain and rinse.

Cook: Put 3 cups water in a pot, bring to a boil. Add bulgur and cook for 3 minutes, stirring occasionally. Remove from heat, cover, let stand for 4 minutes. Drain excess water.

2. Seed and roughly chop tomatoes.
3. Chop parsley, mint, and green onions
4. In a large bowl, combine bulgur, parsley, mint, tomatoes, and onion.
5. In a small bowl whisk lemon juice and olive oil together.
6. Add salt and pepper to taste.
7. Gradually add the dressing to the bulgur mixture. Enjoy!

Food for Thought: What did we cook today? What was your cooking job?

Draw a picture of what we cooked together today:

Many people in Japan have a very healthy diet. Let's explore what they eat!

The 4 main parts of the **Japanese diet**:

1. _____

2. _____

3. _____

4. _____

Today's Map Skills

Continent: _____

Country: _____

I ate _____ different foods today!

Draw and label some of the foods you ate today:

Recipe Card

Serves 4-5
30 minutes

Rice Noodle Salad

Tools Needed:

- 1 8 qt Stock Pot
- Colander
- 1 Large Bowl
- 2 Small Bowls
- 1 Whisk
- 1 Sharp Knife
- Stirring/Serving Spoon

Ingredients:

1 package rice noodles
1/8 cup olive oil
6-8 cloves garlic - peeled and minced
4 carrots - grated
3-4 radishes – grated, greens removed and chopped or sliced thinly
1 cup sugar snap peas - de-stringed and broken in half
1 small head lettuce - washed and chopped
2 tablespoons fresh ginger - minced
1 cup cilantro - washed and leaves picked from stem

Dressing:

1/4 cup soy sauce
1/8 cup sesame oil
2 tablespoons rice vinegar
1 tablespoon sugar

Notes: Top with peanuts if desired!

Method:

8. Cook noodles for 2-3 minutes in a large pot of boiling water. Drain, rinse with cool water, drain again, and put to the side in a mixing bowl.
9. Heat oil in a frying pan, sauté ginger and garlic until golden brown.
10. Add carrots, radish, peas, lettuce, cilantro (prepared as described above) and garlic/ginger to noodles in mixing bowl.
11. Mix up dressing in small bowl; add to noodles in mixing bowl. Stir well and enjoy!

Food for Thought: What did we cook today? What was your cooking job?

Draw a picture of what we cooked together today:

What was your favorite cooking lesson this winter? Why did you like it best?

Challenge: Name two new facts or skills you learned from cooking lessons this winter:

1.

2.

Draw a picture of a moment you are proud of from our winter cooking lessons.

