

BREAKFAST AROUND THE WORLD COOKING CLASS

Course Activity Plan

Grade Levels: 3rd-4th Sessions: 4
 Student Max: 10 Student Min: 3
 Course Cost: \$100 US
 Dates (Times):
 January 8th, 15th, 22nd & 29th (3:30-5:00pm EST)



ADULT PARTICIPATION MANDATORY

COURSE DESCRIPTION:

Ever wonder what kids eat for breakfast in Japan? Join Mrs. Saintiche to learn about and cook breakfasts from different countries. Practice math, reading, and social studies as we cook our way around the world! Based on the book *Pancakes to Parathas: Breakfast Around the World*.

MATERIALS LIST:

Homework: Breakfast Around the World

January 8th: Please soak $\frac{3}{4}$ cups of long grain rice in a large bowl of cool water for at least 30 minutes before the start of class.

January 21st/22nd: Please soak 2 cups of dried black-eyed peas in water overnight in preparation for our class.

Week 1: January 8th	Week 2: January 15th	Week 3: January 22nd	Week 4: January 29th
<p><u>Ingredients: Chinese Rice Porridge (Congee)</u></p> <p>Long grain white rice water/vegetable stock Salt Olive or vegetable oil Fresh ginger Fresh Garlic Canned or shredded chicken (optional)</p>	<p><u>Ingredients: Indian Paratha and Yogurt Sauce</u></p> <p>Whole wheat flour Olive or vegetable oil Water Plain Greek Yogurt Small onion* Chili powder or flakes Garlic Curry powder</p>	<p><u>Ingredients: Nigerian Akara</u></p> <p>Canned black-eyed peas or dry black-eyed peas (without the skin) Onion* Pepper Oil (olive or vegetable oil) Salt</p>	<p><u>Ingredients: Mexican Huevos Rancheros</u></p> <p>2 tomatoes Can of diced tomatoes 2 onions* Eggs 2-4 Cilantro Lime juice Salt Corn tortillas Oil</p>

<p><u>Supplies</u></p> <p>Large bowl for soaking Large pot or Dutch oven (with a lid) Large cooking spoon Measuring cups and measuring spoons Large sharp knife Vegetable peeler</p>	<p>Cumin Tomato Cilantro Salt</p> <p><u>Supplies</u></p> <p>Large mixing bowl Measuring cups and measuring spoons Large Tupperware container with a lid (or a large cheesecloth or clean towel) Rolling pin (can use a soda can or thermos bottle just make sure it has been properly cleaned and sanitized) Large, griddle-style flat frying pan Blender or food processor Sharp chef's knife</p>	<p><u>Supplies</u></p> <p>Blender or food processor Whisk or large wooden cooking spoon (or a hand/stand mixer with a whisk attachment) Blender/food processor (or potato masher if above is not available) Large mixing bowl Large, griddle-style flat frying pan Sharp knife for cutting vegetables</p>	<p>Cumin Black pepper Shredded cheese (Monterey Jack or Mexican Blend) Can of favorite salsa Can of black beans</p> <p><u>Supplies</u></p> <p>Strong fork or potato masher Large griddle-style flat frying pan Medium frying pan Sharp knife for cutting Large bowl for mixing Measuring cups and measuring spoons</p>
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*Onions are being recalled in several states across the country for Salmonella bacteria. If you live in a state or area that is under recall, please substitute 100% of onions with either scallions (green onions) or onion powder.

Recipes:

- <https://www.thespruceeats.com/basic-congee-recipes-4065244>
- <https://www.indianhealthyrecipes.com/paratha-recipe-plain-paratha/>
- <https://cookthestory.com/grilled-chicken-indian-yogurt/>
- <https://cheflolaskitchen.com/akara-acaraje/>
- https://www.simplyrecipes.com/recipes/huevos_rancheros/
- <https://cookieandkate.com/huevos-rancheros-recipe/>

KITCHEN SAFETY RULES FOR CLASS:

1. **Adult participation is mandatory**, they don't have to be on screen, but they do have to be available to help with things like lifting hot pans, checking the heat on the burner, etc.
2. An adult must discuss this list of safety rules with the student prior to class. The attending adult is solely responsible for the safety of the student and their proper following of the safety rules.
3. Cleaning: make sure your area is clean and clutter free and make sure your hands are clean.

4. Stove/Burner: always let the adult that is helping you supervise when preheating the oven or turning on the burner. If you have an electric stove vs. gas stove, make sure to turn off the burner all the way.
5. Pans: pot and pan handles may be hot. Use a potholder or oven mitts to keep your hands safe. Also, make sure pan handles are facing to the side when they are heating on the stove to avoid accidentally bumping/knocking them over.
6. Set out all tools and ingredients in advance of class.
7. Knives:
 - Always carry knives point down, always pick up by the handle
 - Always sit knives down on the flat side, away from the edge of cutting board or counter
 - Hold knife firmly with your hand on top, don't put your finger on the top of blade (choke up)
 - Always cut away from you
 - Knife move, eyes down. Food move, knife down.
 - Safely holding food for cutting: fingers straight down (no fingers), up and over soldier and knife through the tunnel, top chop (pushing down on the knife)
 - Cutting for control: tip touches the board (rockabye knife, vacuum)
7. When you're done: clean up your dishes, surfaces, and wash your hands again.

COURSE INSTRUCTOR:



Corrine Saintiche - After graduating college with a double major in political science and French, I landed a job in finance. During this time, I held a part-time position as an Enrichment Coordinator where I taught enrichment courses to children at a local community college. This was my first foray into education, and I enjoyed it immensely. Two years later, I entered graduate school where I earned a master's degree in Intercultural Communications. While I ended up spending five years in the classroom as a teacher, I have ten years in the field of education.

The first five years were spent managing community education programming in the nonprofit sector in West Baltimore. In this position, I provided supervision for program staff and participants, and I created and implemented academic and arts enrichment curriculum. Other responsibilities included managing measurable outcomes for a \$300,000 21st Century Community Learning Center Grant and designing and facilitating staff training for program implementation and leadership. In 2013, I joined a cohort of education professionals in an accelerated teacher preparation program sponsored by The New Teacher Project. We participated in a two-year-long residency during which we completed intensive coursework all while teaching full time in the classroom. Upon the conclusion of my residency, I received my teaching certification. As a teacher, I had several opportunities to participate in and provide enrichment opportunities to my students and colleagues. In addition to being a full-time teacher, I participated in a cohort of teacher-learners and put together a resource library for project-based learning resources for my school community to access. I also co-managed and facilitated a school-wide reading intervention program in partnership with the University of Maryland's Medical School resident volunteers. In the spring of 2018, my husband's job relocated us to Northern New Jersey. I gave birth to my son in August of 2018, and in January of 2020, I began working with Framework Education as a Curriculum Specialist for Savvas Learning Company, delivering professional development to teachers. I am excited to continue my relationship with Framework Education through their new virtual tutoring initiative. SKILLS: Elementary (All Subjects K-5).