

**5****November Supplemental Activity: My Favorite Recipe****Nutrition Lesson(s) Supported:**

- Food and Culture

**Supplies Needed:**

- My Favorite Recipe worksheet

**Length of Time to Complete:**

- 5 minutes to introduce activity
- 30 minutes to complete assignment

**Audience (grades): 5<sup>th</sup>****Common Core Standards Taught:**

- English Language Arts: Writing: 5.3
  - Write narratives to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.
  - Orient the reader by establishing a situation and introducing a narrator and/or characters; organize an event sequence that unfolds naturally.
  - Use concrete words and phrases and sensory details to convey experiences and events precisely.

**Lesson:**

Food plays a large role in honoring different cultures.

Raise your hand if you can think of food that is part of your culture.

This week, we are going to work on creating a cookbook. Each of you will pick out a favorite family recipe. You will write instructions on how to create this recipe. In addition to writing the recipe, you will provide background information about the recipe to let your classmates know about your family traditions.

(Distribute My Favorite Recipe Worksheet)

For the background explain why this recipe is important to you or your family. For the instructions, remember to be very specific. If you were to give the recipe to your classmates, could they prepare the dish?

(Optional:) You may want students to type answers so you can put together a cookbook.

## My Favorite Recipe

Create a page for a recipe book. Use this guide to think through all the information to include.

Background:

Include information about the history of the dish:

- Who gave you the recipe?
- When does your family usually eat this dish? Every day? Celebrations? Religious events?
- Why is this dish or event special? How does it make you feel when you make it or when it is served?
- How do you eat the dish? Do you serve it in a bowl? Drink it? Eat it a certain way?
- Are there any other traditions associated with how you make, serve, or eat this dish?
- Any additional information?

Dish:

Ingredients:

Serves: \_\_\_\_\_ people

Instructions:

Remember to be very specific. If you were to give the recipe to your classmates, could they prepare the dish?

## Mi Receta Favorita

Crea una página de un libro de recetas. Utiliza esta guía para pensar que información incluir.

Conocimientos:

Incluye información sobre la historia del platillo:

- ¿Quién te dio la receta?
- ¿Cuándo come este platillo tu familia normalmente? ¿Todos los días? ¿Celebraciones? ¿Eventos religiosos?
- ¿Por qué es especial este platillo o evento? ¿Cómo te hace sentir cuando lo preparas o cuando se sirve?
- ¿Cómo comes el platillo? ¿Se sirve en un plato hondo? ¿Se Bebe? ¿Se come de cierta forma?
- ¿Hay algunas otras tradiciones asociadas de cómo preparar, servir o comer este platillo?
- ¿Alguna información adicional?

Platillo:

Ingredientes:

Rinde: \_\_\_\_\_ personas

Preparación:

Recuerda que debes ser muy específico. ¿Si tuvieras que dar la receta a tus compañeros, podrían preparar el platillo?