



## TRACKS Lesson Plan

### Healthy Multicultural Cooking

Grade: 6-12

#### I. Nutrition Education Goal & Objective:

Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, students will know, understand, analyze, and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:

1. Eating a variety of whole grain products, fruits and vegetables, low fat milk, and calcium-rich foods for meals and/or snacks.

#### II. Pennsylvania Educational Standards:

- A. 1.1 Learning to Read Independently
- B. 10.1 Concepts of Health
- C. 10.2 Healthful Living
- D. 11.1 Financial and Resource Management
- E. 11.3 Food Science and Nutrition

#### III. Outcomes:

- A. Students will identify a variety of multicultural fruits and vegetables used in ethnic recipes.
- B. Students will state the MyPlate key message for fruit and vegetable intake.
- C. Students will prepare and sample a healthful, easy to make dish.

#### IV. Materials:

- A. Visuals: Mexican Foods Poster (Learning Zone Xpress)
- B. Food tasting: Educator's Choice-Thai, Mexican or Soul Food
  1. Holiday tasting: Chinese Egg Roll Salad (February- Chinese New Year)
- C. Handouts: Multicultural (Soul Food, Mexican, Thai, or Chinese) recipe (1/student); Multicultural Crossword (1/student)
- D. Electric Skillet and serving spoon and/or tongs
- E. Hand wipes and gloves
- F. Food and paper products needed to prepare the recipe
- G. Reinforcement that conveys the appropriate nutrition message
- H. Extension Activity: Meals of the Mediterranean
- I. Caregiver Newsletter: Educator's Choice

## V. Procedure:

### A. Introductory:

1. Introduction of Nutrition Educator and the lesson
2. Review of what was covered last week as well as the recipe that was prepared.
3. Review of club rules and food safety.
4. Explanation of food that will be prepared this week.

### B. Developmental:

#### 1. **Cultural Cooking (Topic Determined by Recipe Chosen):**

a. **Thai Cooking-** Thai food is spicy and rich with a blend of sweet, sour and salty tastes. It is highly influenced by Indian cuisine which is characterized by the use of curries and coconut milk in dishes. Thai flavors include lemon juice, curry powder or paste, basil leaves, lemon juice, cilantro, ginger root and garlic. Soy and fish sauces are used in cooking as well. Thai use a fork and spoon for eating. Knives are not necessary because meats are cut into small pieces before serving. Stir frying is a popular method of cooking in Thai cooking. When stir frying, food is cooked quickly at a high temperature for a short time. Large rounded-bottom pots called woks are used when stir frying.

b. **Mexican Cooking-** Most Mexicans descended from Indian and Spanish ancestry. Many of the foods consumed today come from this ancestry. These foods include corn, tomatoes, squash, avocados, and many varieties of beans and peppers. Corn is the most popular of all the foods. The corn tortilla accompanies almost all Mexican meals either as bread or part of the main dish. Kernels of dried corn are cooked in lime water until soft and ground into flour. Peppers are also essential to Mexican cooking. They give a special flavor to a great variety of Mexican dishes.

c. **Soul Food-** A cuisine that was created by African slaves in America. The flavors are a mix of African, Caribbean and American ingredients. Soul Food contains a variety of spicy and savory flavors.

#### 2. **Fruit and Vegetable Intake:**

a. In all cultures, fruit and vegetable intake is important. Fruits and vegetables provide a variety of vitamins and minerals to the body. In addition, they also provide fiber which can help maintain a healthy digestive system. MyPlate recommends that we make half our plate fruits and vegetables.

#### 3. **Vocabulary for the day (Use appropriate vocabulary depending on recipe chosen):**

##### a. **Commonly Used Foods**

##### 1) **Mexican**

- a) **Avocado** - a fruit native to Mexico which also can be found in most parts of the US. Avocados have a creamy edible flesh and are ripe when they feel slightly soft when gently squeezed.
- b) **Zucchini** - Zucchini is a familiar type of squash that is most abundant in summer. It is a member of the gourd family and is always harvested before ripening. Mild in taste and texture, the uses are endless, from eating fresh to grilling to grating and baking in breads.
- c) **Corn** - this long white or yellow vegetable has kernels and is widely grown in America and Mexico.
- d) **Tortillas** – round and flat very thin pancakes made of corn or wheat flour. They are commonly used in Mexican cooking.
- e) **Green Chile** - one of the milder hot peppers about two inches in length
- f) **Jalapeño**- a spicy green pepper that can be bought canned or fresh.
- g) **Poblano** - a large dark green pepper that is triangular in shape.

## 2) Thai

- a) **Green Onions**- a variety of onion harvested immature before the bulb has formed. Both the green leaves and white bulbs are used raw or cooked for their mild but still pronounced onion flavor. Green onions are also known as scallions or spring onions.
- b) **Coconut milk**- white milky liquid extracted from coconut meat, used to give a coconut flavor to foods. Regular and light coconut milk are available canned in large supermarkets. Light coconut milk has less saturated fat than regular coconut milk and is therefore a better choice. Higher saturated fat intake is associated with higher levels of blood cholesterol which is a risk factor for cardiovascular disease.
- c) **Ginger root**- knobby light brown root which is grated or sliced and adds a peppery, slightly sweet flavor to foods.
- d) **Lemon grass**- tropical grass that grows in a long slim bunch. The grass adds a strong lemon flavor to foods.
- e) **Lychee** - a popular fruit with a spiky red shell and sweet, juicy, creamy-white flesh.
- f) **Mango** - a tropical fruit shaped like a kidney with orange gold, tart, sweet flesh and yellow skin streaked with red.

## 3) Soul Food

- a) **Okra**- long green pods; may be simmered or sautéed but used especially in soups and stews
- b) **Sweet Potato**- a tuberous root vegetable that is particularly popular in the southern United States. Sweet potatoes are native to Central America.
- c) **Black-Eyed Peas** - Thought to have originated in North Africa, black-eyed peas were probably introduced to the New World by

Spanish explorers and African slaves. They have become a common food in the southern United States, where they are available dried, fresh, canned, and frozen. The flavorful peas are used to make soups, salads, fritters, and casseroles; they can also be puréed or sprouted.

- d) **Collard Greens** - a leafy, dark green vegetable with paddle-like leaves that grow on tall, tough stalks. The leaves have a flavor reminiscent of cabbage and kale.

**4) Activity: Fruits from Different Cultures**

- a. Each student will receive a *Multicultural Crossword* handout to complete.

**5) Recipe preparation (select one of four recipes and distribute ½ cup serving to each student):**

- a. Thai Fried Rice (Kou Pad Thai)
- b. Zucchini and Corn (Calabacita y Elote)
- c. Chicken Spaghetti (Soul Food)
- d. Chinese Egg Roll Salad (Holiday tasting- February- Chinese New Year)

**VI. Conclusion of Lesson:**

- A. Distribute the reinforcements read the message and explain why they are receiving the reinforcement.
- B. Provide each student with an extension activity relating to what was covered in today's lesson.
- C. Thank the students for their participation and answer any questions the students may have.
- D. Distribute Caregiver Newsletter.



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# Thai Fried Rice (Kou Pad Thai)

Serving Size: 1 cup

Yield: 4 servings

Time: 15 minutes

## Ingredients:

- ½ cup liquid pasteurized eggs
- 4 Tablespoons vegetable oil
- ½ medium onion, peeled and chopped
- 1 clove garlic, finely chopped
- 2 medium size tomatoes, sliced into 8 wedges
- 2 green onions, thinly sliced
- 2-3 Tablespoons lite soy sauce
- 1 teaspoon sugar
- ½ teaspoon pepper
- 4 cups cold cooked rice

## Instructions:

1. In large skillet or wok, heat 1 Tablespoon oil over medium heat for 1 minute. Add eggs and scramble them. Place eggs on a plate and set aside.
2. Clean skillet or wok. Heat 3 Tablespoons oil over medium heat for 1 minute. Add onions and garlic and stir well. Cook, uncovered, for 2 minutes, stirring occasionally. Add tomatoes and cook for 2 minutes or until tomatoes soften (stir occasionally).
3. Add soy sauce, sugar, pepper and stir well.
4. Add rice, breaking apart any clumps. Mix well and cook uncovered for 6 to 8 minutes or until heated through.
5. Add scrambled eggs and mix well.

## Nutrition Facts:

Calories 280

Total Carbohydrate 45g

Total Fat 6.7g

Fiber 1g

Protein 8g

**Source:** Adapted from “Cooking the Thai Way,” easy menu ethnic cookbooks by Supenn Harrison and Judy Monroe



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# Zucchini and Corn/Calabacita y Elote

Serving size: ½ cup

Yield: 4 servings

Preparation time: 15 minutes

## Ingredients:

3 medium size zucchini  
1 cup canned or frozen corn, cooked  
Salt and pepper to taste  
2 small tomatoes cut into quarters  
½ cup shredded cheddar cheese

## Instructions:

1. Wash zucchini and cut into ½-inch cubes.
2. Place zucchini in saucepan with corn, salt, pepper and tomato.
3. Cover the saucepan and simmer about 8 minutes, or until zucchini is tender. (Do not add water. Juices from the zucchini and tomato will provide enough liquid for cooking).
4. Top with shredded cheese.

## Nutrition Facts per Serving:

Calories 107

Total Fat 3.5g

Fiber 2g

Protein 9g

Adapted from “Cooking the Mexican Way” By Rosa Coronado



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# Chicken Spaghetti

Serving size: 1 ½ cups

Yield: 4 servings

Preparation Time: 35 minutes

## Ingredients:

4 ounces uncooked whole wheat spaghetti

1 teaspoon olive oil

1 medium red bell pepper, thinly sliced

1 medium green bell pepper, thinly sliced

½ medium onion, chopped

2 cups (about 8 ounces) diced skinless cooked chicken breast, cooked without salt

1 (14.5 ounce) can no-salt-added diced tomatoes, drained

1 (10.75 ounce) can low-fat, reduced-sodium condensed cream of chicken soup

½ cup reduced-fat shredded cheddar cheeses

¼ cup shredded or grated Parmesan cheese

¼ teaspoon pepper

## Instructions:

1. Prepare the spaghetti using the package directions, omitting the salt and oil. Drain well in a colander.
2. Meanwhile, in large skillet, heat oil over medium heat, swirling to coat the bottom. Cook the bell pepper and onion for 4 to 5 minutes or until tender, stirring occasionally.
3. Add remaining ingredients to skillet. Stir together until hot.
4. Cover and allow to sit for 5 minutes.

## Nutrition Facts:

**Calories:** 371

**Total Fat:** 9g

**Cholesterol:** 75mg

**Sodium:** 544 mg

**Dietary Fiber:** 7g

**Protein:** 35g

**Source:** Adapted from “46 Healthy Soul Food Recipes”

[www.americanheart.org/](http://www.americanheart.org/)



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# Chinese Egg Roll Salad

Serving Size: ½ cup

Yield: 15 servings

Time: 30 minutes

## Ingredients:

- 1 bag of coleslaw mix with carrots
- 1 cup of precooked chicken, cut into small pieces
- 2 Tablespoons soy sauce
- 2 Tablespoons teriyaki sauce
- 1 teaspoon garlic powder
- 1 package of rice noodles
- 1 green onion, sliced thinly
- Sweet and sour sauce or duck sauce

## Instructions:

1. Cook noodles according to package directions.
2. In the skillet, add chicken and heat through.
3. Add the coleslaw, soy sauce, teriyaki sauce, and garlic powder to the skillet. Let mixture simmer for five minutes.
4. Serve the egg roll salad over top of rice noodles and garnish with green onions and duck sauce.

## Source:

Adapted from: <http://www.apples4theteacher.com>

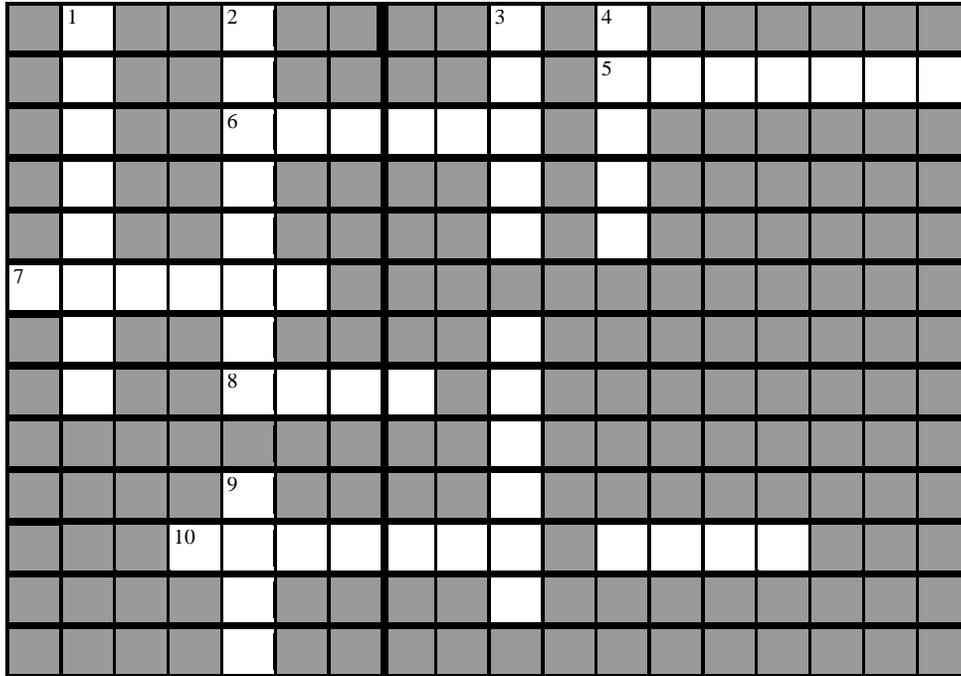
<b>Nutrition Facts</b>	
Serving Size 1/2 cup (118g)	
Serving Per Container 15	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 15
<b>%Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 4g	
Vitamin A 8%	Vitamin C 15%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 85g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g



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Name \_\_\_\_\_

## Multicultural Crossword



### ACROSS

5. A fruit native to Mexico which also can be found in most parts of the US. It has a creamy edible flesh and is ripe when it feels slightly soft when gently squeezed.
6. A popular fruit with a spiky red shell and sweet, juicy, creamy-white flesh.
7. Knobby light brown root which is grated or sliced and adds a peppery, slightly sweet flavor to foods.
8. A vegetable with long green pods.
10. A white milky liquid extracted from a fruit which is used in many Thai recipes.

### DOWN

1. A familiar type of squash that is most abundant in summer. It is a member of the gourd family and is always harvested before ripening. Mild in taste and texture, the uses are endless, from eating fresh to grilling to grating and baking in breads.
2. A spicy green pepper that can be bought canned or fresh.
3. A tuberous root vegetable that is particularly popular in the southern United States.
4. A tropical fruit shaped like a kidney with orange-gold, tart, sweet flesh and yellow skin streaked with red.
9. A long white or yellow vegetable that has kernels and is widely grown in the U.S. and Mexico.



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