



Materials Needed:

- See Materials List on Recipe Card
- Frying pan
- 2 Large bowls (combining noodles, dressing, and vegetables and one for draining noodles)
- 5 Medium bowls (1 lettuce, 2 carrots, 2 radishes)
- 3 small bowl (dressing, cilantro, peas)
- Measuring cups (1/4 and 1/8 cups)
- Measuring spoons (1 T)
- 1 Cutting board
- 1 Knife (for adult use)
- 4 Box graters
- Serving tongs
- Plates and forks
- Placemats
- Induction burner
- Large recipe poster

Prepare Before Lesson:

- Wash vegetables
- Pre-chop garlic and ginger
- Arrange for cooking table near electrical outlet
- Hang world map
- Set up music for work/eating time (optional)

Objectives:

1. Practice map skills focused on Asia (continent) and Japan (country).
2. Reinforce "all food beings with a plant" garden knowledge.
3. Explore measurement (liquids and solids) and food transformations through cooking.
4. Create an environment of classroom collaboration by cooking and eating together.

Lesson Flow

o **Engage (5 min)**

"With a buddy, discuss these two questions: 1. What continent and country did we focus on last week? 2. What are the 4 main parts of the Japanese diet?" Could have students use Food Journal for reminders. *Allow time to discuss and have 1-2 pairs share aloud using map.* "Today we're doing to make a Rice Noodle Salad. Let's look at today's agenda." *Agenda: Review roles, talk about jobs/tool, cook together, eat together, and clean up together.*

○ **Cooking Together (20 min)**

○ **Eating Together (10 min)**

Food Journal

Prompt: What did we cook today? What was your cooking job? Draw a picture.

Recommended Resources

1. Traditional Japanese Music: <http://www.youtube.com/watch?v=Eddo9EfH4RU>



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
- Frying Pan
- Grater

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

Method:

1. 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.
2. Heat oil in a frying pan, sauté ginger and garlic until golden brown.
3. Add carrots, radish, peas, lettuce, cilantro (prepared as described above) and garlic/ginger to noodles in mixing bowl.
4. Mix up dressing in small bowl; add to noodles in mixing bowl. Stir well and enjoy!

Notes: Top with peanuts if desired!