

NAPA CABBAGE, CARROT & SNOW PEA

STIR FRY

GRADE: 3rd
LENGTH: 45 minutes

Essential Question

How can learning where different recipes originated help us understand the many cultures that make up the United States?

Alabama Curriculum Standards

SS 3.7 Locate the continents on a map or globe.

Recipe

Sauce Ingredients:

- 1 tsp. toasted sesame oil
- 2 Tbsp. soy sauce
- 1 tsp. rice vinegar
- 1 tsp. honey

Stir Fry Ingredients:

- 1 Tbsp. cooking oil
- 2 garlic cloves, peeled and minced (or 1 tsp. garlic powder)
- 1 inch of fresh ginger, minced (or ½ tsp. ginger powder)
- 4-5 medium carrots
- 10-15 snow peas
- 1 medium Napa cabbage
- 3-5 sprigs of cilantro

Directions:

1. Prepare the vegetables. Slice carrots into bite-size pieces. Thinly slice cabbage. Snap peas in half. Collect each vegetable in separate mixing bowls.
2. Prepare the sauce by mixing ingredients in a small mixing bowl with whisk or spoon. Set aside for later.
3. Heat a skillet or wok over medium-high heat.
4. Add oil, garlic, and ginger. Stir for 30 seconds. Take care not to let the garlic brown.
5. Add the carrots and snow peas. Stir for about 3 minutes.
6. Add the cabbage and stir until tender, about 3 more minutes. Turn off heat.
7. Add the sauce mixture and toss to coat the vegetables.
8. Serve topped with cilantro. Enjoy!

Objectives

- To understand how recipes migrate from different countries.
- To follow a recipe.
- To practice basic food preparation skills, including knife safety.

Materials

- World map or globe
- Recipe cards
- Cutting boards
- Kid-safe knives
- 3 bowls (2 large, 1 small)
- Measuring spoons
- Whisk or spoon
- Hot plate
- Skillet or wok
- Tongs
- Serving plates and forks

Vocabulary

- stir fry
- Asia
- wok

Preparation

Acquire all lesson materials. Photocopy recipe cards. Set up cooking area inside or outside. Set up a wash station, if harvesting veggies during the lesson. Recruit an extra adult or two for help before, during, and/or after the lesson. Review basic food safety. Watch our YouTube video [Cooking in the Classroom](#). Have students wash their hands with warm soapy water before class begins.

Opening Circle

- Ask students some orienting questions such as:
 - What is your favorite food for dinner?
 - Who do you usually eat with?
 - Where do you usually eat?
- Discuss how mealtimes look different across the world. Kids in countries all over the world have different traditions and cultures. (*Optional: explore the website gapminder.org/dollar-street to explore what meals and kitchens look like in households across the world.*)
- Discuss how many different groups of people have brought recipes and foods from their home countries to the United States.
- For example, the recipe for a **stir fry**, like the one we will make today, originated in China. Explain to students that for over 200 years people from China moved to America for many different reasons, always bringing with them food traditions and recipes from their home country. Ask students:
 - What continent is China a part of? (*Asia*)
 - Locate Asia and China on a map.
 - Locate North America and the United States on a map.
- Discuss the typical characteristics of a stir fry. (*Alternatively, this can be discussed during the cooking part of the activity.*)
 - Stir fries are usually made in a special type of pan called a **wok**. Woks originated in China and are shaped like a bowl. They are used because the shape helps to cook food quickly with little oil.
 - The ingredients, usually a mixture of meat and vegetables, are cut up into small, bite-sized pieces so that they cook evenly.
 - A little bit of oil is used, which is different than deep-frying which uses enough oil to submerge the ingredients.
 - A sauce is usually added to help combine all the flavors of the dish together (like a honey-ginger-soy sauce or sweet and sour sauce).
 - Stir fries are traditionally served with grains, like rice or noodles.
- Explain to students that there will be many steps to preparing our recipe, and everyone may not have the same job, but if we work together, we will be able to enjoy a snack together.

Activity

PART 1: HARVEST AND WASH

- 1 Lead students to the garden to harvest carrots, Napa cabbage, snow peas, and cilantro.
- 2 Lead students to the washing station to wash their vegetables.
- 3 Collect all the washed vegetables and return to cooking area.

PART 2: PREPARING THE RECIPE

- 5 Pass out recipe cards or direct students' attention to the recipe written on a board. Read through the recipe ingredients and instructions as a class. Ask students a few questions about the recipe to check for understanding.
- 6 Complete the steps of the recipe, calling on students as needed. (*See Teacher Background for an example of how students may participate.*)
- 7 After measuring each ingredient for the sauce, ask students to predict how it will affect the flavor of the sauce. (*Soy sauce will add saltiness; sesame oil will add a nutty flavor; rice vinegar will add a sour flavor; sugar or honey will add a sweet flavor.*) Ask students to predict how the sauce would taste if you left an ingredient out.

PART 3: TASTING

- 8 Remind students to be respectful and curious when tasting. (*See the Cooking Promise in Chapter 1 for more ideas on how to encourage students to try new foods.*)
- 9 Serve everyone a sample. While waiting for everyone to be served, students can use their senses to experience their sample.
 - Can you identify each vegetable? By color, by shape, etc.
 - How does it smell? Can you smell any one ingredient the most? Are there any ingredients that you don't see or smell?
- 10 Taste and enjoy!

Closing Circle

Prompt students in a discussion about the following:

- Which flavors did you taste the most? The least?
- Would you create this recipe again at home?
- Would you change anything about the recipe? Add more of something, less of something? Swap ingredients?
- Would you like to try a different recipe from another region of the world? Which one?

Extension

- 1 Explore the website gapminder.org/dollar-street to explore what meals and kitchens look like in households across the world.
- 2 Have students analyze nutritional data from vegetables featured in stir fries compared to snack foods like potato chips or cookies. Students can write a reflection on their findings.

teacher

BACKGROUND

HARVESTING

For specific information on when and how to harvest and wash each vegetable included in this recipe, see the Appendix.

MAKING THE NAPA CABBAGE, CARROT & SNOW PEA STIR FRY

Engaging students:

- Have several students slice Napa cabbage. Divide leaves among students.
- Have several students slice carrots.
Tip: Slice carrots in half lengthwise for students so that they can lay the carrot flat on their cutting board.
- Have several students snap the peas in half.
- Have one student tear cilantro and set aside for later.
- Have 1-4 students help prepare the sauce.
- Have 1-2 students carefully add vegetables and sauce to the pan.
- Have a few students help serve.

DISCUSSION IDEAS

For more discussion questions to ask students throughout the lesson or to use as a writing prompt see page 83.



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- (or 1 tsp. garlic powder)
- 1 inch fresh ginger, peeled and minced (or ½ tsp. ginger powder)
- 4-5 medium carrots
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5. Take care not to let the garlic brown.
6. Add the carrots and snow peas. Stir for about 3 minutes.
7. Add the cabbage and stir until tender, about 3 more minutes. Turn off heat.
8. Add the sauce and toss to coat the vegetables.
8. Serve topped with cilantro. Enjoy!

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PEA STIR FRY



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