



Educational Activities Together



EAT Weekly Newsletter | Volume 12

Word of the week: Culture

This week's word is "culture". Culture refers to all of the behaviors and characteristics that are common to a particular group of people. Some of the things that make up a culture include food, art, music, language, religion and beliefs. Any group of people can have their own culture. We often think of culture in terms of a state, region or country.

Food is a big part of culture! Different cultures have different traditional foods and ways of preparing foods. Some of the differences are due to the parts of the world where specific food plants grow. For example, avocado plants grow really well in Mexico and avocados are a popular food there. North Carolina is the largest grower of sweet potatoes in the United States and we eat lots of sweet potatoes here in North Carolina. Another part of culture involves the activities that people do. Popular sports, dances, games and other physical activities vary between different cultures.

Here in Durham, we have people who come from all over the world! Having such diverse community members means that Durham has its own unique culture, but there are still similarities with other counties and cities around the state. To celebrate these diverse cultures, we have focused this newsletter on activities inspired by some of the countries and regions that are represented in Durham. This week, dive deeper by asking your friends and family to share stories and activities from their culture. You'll learn a lot and may even find a new favorite game or food!

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E.A.T. is an effort by community partners to help families make the most of their time at home by learning and growing together. Each week we will share engaging educational activities for families to get hands-on with nature, food, and physical activity together. Please take a look and try out at least one new or exciting option to do with your family. Enjoy and thanks for reading!

EAT is brought to you by the following organizations. These local organizations are dedicated to supporting Durham families, students and teachers during this time of social distancing.



Public Health



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Get Outdoors!

Nature-based activities that explore culture at home

Celebrate Cilantro

Cilantro is an herb. Herbs are plants that we use to add flavor and nutrition to our food. Cilantro is special because it is grown all over the world and used in many foods from different cultures. Read below to learn, grow, and cook with cilantro.

Cilantro Fun Facts

- Cilantro has many names! It can also be called coriander, Chinese parsley, or dhania.
- Cilantro is related to celery, carrots and parsley. They are all in the same plant family "Apiaceae".
- While most people enjoy the flavor of cilantro, some people think it tastes like soap!

Grow cilantro at home

Use cilantro seeds or a transplant to grow your own. In the hot summer, cilantro grows best inside. During the fall and spring, it grows well outside. Here's a fun video to learn how to harvest your cilantro:

https://www.youtube.com/watch?v=Lvk3_XHUh1U

Cook with cilantro

Try one of these ideas from around the world.

- Cilantro is a main ingredient in Pico de Gallo, a fresh tomato salsa that is originally from Mexico.
- Ground coriander seeds are a popular ingredient in Asian and Middle Eastern cuisines.
- Cilantro leaves add flavor to salads, soups and curries.
- Try adding a little bit of cilantro on top of your dishes, we call this garnish!

Celebrate herbs and spices with these coloring sheets from Food Hero:

https://foodhero.org/sites/default/files/coloring-sheets/herbs_spices_coloring_sheets.pdf



EAT Conversation



Grade level: 4th and up

Time: 10 minutes - 1 hour - However long you'd like to chat!

Supplies: Paper, pencil, note taking supplies (optional)

Location: Indoor/outdoor, though outdoor is preferable

Supervision: Adult supervision required for conversation

Directions:

- Ask an adult who you visit or live with (teacher, mentor, friend, parent, guardian, grandparent, older sibling, etc.) for some of their time to have a conversation. Let them know that you'd like to spend a few minutes with them to ask some questions about their childhood and memories growing up.
- Find a comfortable spot together, preferably outside in the shade. If you'd like to record some of their responses, bring a pencil and paper, or other form of taking notes.
- You can ask them some of the following questions, or brainstorm your own:
 - What kinds of games did you play with your friends? How did you spend time outside growing up?
 - What were some of your favorite food dishes you learned about cooking with your parents/guardians/friends?
 - What is one of your strongest memories you have about eating as a child?
 - Did your parents or grandparents have a garden? What were your memories of their garden?
 - When is the first time you had a food or dish that tasted different than what you were used to?
 - What are foods we eat today that are different than what you remember growing up?

Get Moving!

Physical activities that explore culture at home!

Corre, Corre, Corre la Guaraca

Game played in Chile: Corre, Corre, Corre la Guaraca
(translates to Run, Run, Run la Guaraca; Similar to
America's version of Duck, Duck, Goose)

Grade Level: Pre-K and up

Supplies: A handkerchief or tissue

Location: Indoor/outdoor

Supervision: Adult supervision not needed

Directions:

- Players sit in a circle while one runs around the outside of the circle with the handkerchief
- Seated players eyes are closed
- Everyone sings "Corre, Corre, la Guaraca whoever looks back will be bopped on the head!" as the runner tries to gently place the handkerchief on the back of a player
- If the seated player feels the handkerchief, they must get up and try to tag the runner
- The runner tries to make it all the way around the circle and back to that spot without being tagged
- If the runner gets tagged, they're out. If the runner doesn't get tagged, the other player is out. If the seated player fails to tag the runner, the two players switch places and they play again.

Source: Activity adapted from: Funkidslive.com



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We value your feedback! Please consider taking 2 minutes to fill out this survey:
<https://www.surveymonkey.com/r/DNZK5PT>

Game Played Around The World: Frisbee Golf



Grade Level: Pre-K and up

Supplies: A disc or frisbee per child
(internet search: DIY frisbee)

Location: Outdoor

Supervision: Adult supervision not needed

Directions:

- Choose an object outside that will serve as the Frisbee Golf target (ex: tree, bush, basket).
- Standing at least 15 feet away from the target, aim the frisbee at the target and throw it.
- Wherever the frisbee lands, walk to that spot and try again from there.
- Keep throwing the frisbee until you hit the target.
- Count how many throws it took to hit the target.
- Now it's the second player's turn to throw the frisbee until they hit the target, and count throws.
- Whoever took the least amount of throws to hit the target, wins that round!
- Pick a new target and start again.

Source: Activity adapted from: Kidswithouttablets.com

Say Yes
to
Water!



It's hot outside!

Take water with you on errands, walks
and every time you go outside.

Get Cooking!

Eating activities that explore culture at home



Take a trip around the world with this yummy dish from the country of Indonesia in Southern Asia! Gado-gado is usually made with peanut butter. Feel free to use almond butter or sunflower seed butter if you cannot eat peanuts.

Grade level: All grades

Time: 30 minutes

Supplies: Cutting board, sharp knife, measuring cups and spoons, small skillet, spatula, small mixing bowl, whisk

Location: Indoor

Supervision: Adult supervision required

Source: Recipe from ChopChop Family
<https://www.chopchopfamily.org/recipe/gado-gado/>

For more great recipes and food traditions from around the world visit Global Table Adventure-
<http://globaltableadventure.com/>.

You can pick a country and learn about some of their popular or common dishes. Enjoy!

Recipe of the Week:

Gado-gado

Ingredients:

For the dressing

- 1 teaspoon vegetable oil
- 1 teaspoon finely minced or grated peeled ginger or 1/2 teaspoon ground ginger
- 1 garlic clove, minced or 1/4 teaspoon garlic powder
- 1 tablespoon fresh lime juice
- 1 teaspoon honey or maple syrup (if you like)
- 1 tablespoon low-sodium soy sauce
- 1/4 cup peanut butter
- 1/4 cup hot water

For the Gado-gado

- 2 cups cooked brown rice
- 4 cups vegetables (such as broccoli florets, carrot slices, string beans, diced cucumber)
- Optional toppings: chopped peanuts, cilantro leaves, sriracha sauce, chopped hard boiled egg

Instructions:

To make the dressing:

- Put the skillet on the stove, add the oil, and turn the heat to medium.
- Add the ginger and garlic and cook until they are sizzling and very fragrant, about 1 minute.
- Scrape the ginger-garlic mixture into the mixing bowl.
- Add the rest of the dressing ingredients, and whisk until creamy and blended.
- Taste the dressing: If it needs a flavor boost, add a splash more soy sauce or lime juice.

To make the Gado-gado:

- Put 1/2 cup rice and 1 cup vegetables in each bowl.
- Top each bowl with dressing and optional toppings and serve right away.