




5 SPICE POPCORN TOFU

Ingredient	Students Per Class		
	10	15	20
Extra firm tofu 	1 block	1 1/2 blocks	2 blocks
Olive oil	2 tbsp	3 tbsp	4 tbsp
Cornstarch 	2 tbsp	3 tbsp	4 tbsp
Chinese 5 spice	1 tbsp	1 1/2 tbsp	2 tbsp
Black pepper	1/4 tbsp	1/3 tbsp	1/2 tbsp
Garlic powder	1/4 tbsp	1/3 tbsp	1/2 tbsp
Fresh Basil	1 cup	1 1/2 cup	2 cups
Salt	1 tsp	1 1/2 tsp	2 tsp

 :Must be NUT, PEANUT, and SESAME FREE

PREP BEFORE CLASS:

Preheat toaster oven to 450°F. Drain liquid from the tofu block and pat dry.

Directions:

1. Have 2-4 students volunteer to cut tofu into small cubes, about a half inch thick.
2. In a bowl, combine cubed tofu with olive oil, cornstarch, Chinese 5-spice seasoning, pepper, and a pinch of salt. Toss until the tofu is coated.
3. Arrange the tofu on a greased, lined baking sheet prepared with tin foil.
4. Bake the tofu for 20-25 minutes at 450°F.
5. While the tofu is baking, have students tear the basil into small pieces and add it to a mixing bowl.
6. When the tofu is done baking, add it to the bowl with the basil. Add the garlic powder and salt, and mix until combined. Top with another sprinkle of Chinese 5-spice seasoning.
7. Enjoy!



DID YOU KNOW?

The 5 spices in the mix each represents one of the five elements in traditional Chinese medicine: wood, fire, earth, metal, and water.




DID YOU KNOW?

Tea was originally only used only as a medicine. It took almost 3,000 years for it to become an everyday drink.

BROWN SUGAR MILK TEA

Ingredient	Students Per Class		
	10	15	20
Decaffeinated black teabags	5	7-8	10
Milk	2 cups	3 cups	4 cups
Water	4 cups	6 cups	8 cups
For the syrup:			
Brown sugar	1/4 cup	1/3 cup	1/2 cup
Water	3 tbsp	4 1/2 tbsp	6 tbsp

 :Must be NUT, PEANUT, and SESAME FREE

PREP BEFORE CLASS:

Remove the blade from the blender.

Directions:

1. At the beginning of class, add tea bags to water in a blender pitcher. Allow to steep for as long as possible, at least 15 minutes.
2. Have students measure and whisk brown sugar with water to make a syrup.
3. Remove teabags from the pitcher. Add milk and brown sugar syrup. Stir until all ingredients are well mixed.
4. Pour into plastic cups and enjoy!

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh Produce:

- Basil
- Extra Firm Tofu (NUT & SESAME FREE)

Dairy:

- Milk

Pantry Staples:

- Cornstarch (NUT & SESAME FREE)
- Chinese 5-spice powder
- Garlic powder
- Brown Sugar

Other:

- Decaffeinated black tea bags
- Water

Ingredients in the bin:

- Salt & Pepper
- Olive oil
- Cups for serving

OBJECTIVES

- ☒ Teach and Discuss Taiwanese cuisine
- ☒ Discuss the star technique and star ingredient
- ☒ Discuss common ingredients used in Taiwanese cooking
- ☒ Talk about Taiwan fun facts

DEVELOPMENT

🕒 5-7 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Discuss Taiwanese Cuisine
 - Do you have any favorite Taiwanese dishes?
 - Can anyone guess what dishes we may be making with the ingredients today?
 - Tofu, Basil, Milk, Decaffeinated black teabags
- Discuss a few popular Taiwanese dishes in more detail, describing their ingredients and preparation methods. Ask students if they are familiar with these dishes:
 - Beef Noodle Soup: Tender beef and wheat noodles in a savory broth, often topped with pickled mustard greens.
 - Oyster Omelette: A street food made with oysters, eggs, and a starchy batter, topped with sweet and spicy sauce.
 - Bubble Tea (Boba): A sweet tea drink with chewy tapioca pearls, customizable with different flavors.
 - Lu Rou Fan: Braised pork in soy sauce and five-spice powder, served over rice with a boiled egg and pickled vegetables.

STAR TECHNIQUE: STEEPING

Steeping is when you soak ingredients, like herbs or tea, in hot water to release their flavors. It's a gentle method that preserves nutrients and infuses food or drinks with flavor without high heat. into your food or drink!



ENGAGEMENT TIPS



When using Chinese 5-spice, pass it around so students can smell it. Ask what it reminds them



When measuring cornstarch, oil, or spices, have different students each measure part of the amounts so everyone can help.



While the tea steeps, have students take turns gently stirring the pitcher so everyone gets a role in the process.

LESSON 12:

TAIWAN



STAR INGREDIENT :

TOFU



- Tofu is made from soybeans, which originally came from East Asia. It was first discovered in China over 2,000 years ago and then spread to Japan and Korea.
- Tofu comes in different textures, like soft, firm, and extra firm, and can be used in many dishes, from stir-fries to desserts.
- Firm tofu is a good source of protein, making it an excellent plant-based substitute for meat.

EXPLORING COMMON TAIWANESE INGREDIENTS



- Sesame Oil: Rich in healthy fats, sesame oil adds a nutty flavor to dishes and helps support heart health!



- Rice: A staple in Taiwanese meals, rice provides carbohydrates for energy and essential vitamins and minerals like magnesium and iron.



- Tofu: Tofu is a plant-based protein source, rich in iron, calcium, and magnesium, making it great for bone health.



- Bok Choy: Packed with vitamins A and C and calcium, bok choy supports immune function, skin health, and strong bones.



- Taiwanese Sweet Potatoes: These fiber-rich potatoes provide beta-carotene for eye health and help support a healthy tummy.



- Ginger: Known for its anti-inflammatory properties, ginger aids digestion and reduces muscle pain.



- Chili Peppers: High in vitamin C, chili peppers boost your ability to fight off sickness.



- Soy Sauce: A savory ingredient that adds protein and antioxidants, but should be used in moderation due to its sodium content.



- Lotus Root: Lotus root is high in fiber and vitamin C, promoting tummy health and boosting immunity. It's also rich in potassium, which helps keep your heart strong.

TAIWAN

FUN FACTS



- Taiwan is a beautiful island country known for its vibrant culture, delicious food, and stunning natural landscapes.
- Taiwan is home to Taipei 101, one of the tallest buildings in the world.
- Taiwan is famous for its night markets, where you can find everything from delicious street food to unique souvenirs.
- Taiwan is a popular destination for hikers, with many beautiful trails to explore.
- Taiwan celebrates a many special festivals throughout the year, including lantern festivals and dragon boat races.

END OF CLASS CHECKLIST

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal