

Families:

Pilot Light Family Meal Lessons are designed to easily bring food education into your home. We recommend using the Family Resources in the following way:

1. Watch the Family Meal video for the lesson as a family.
2. Make the recipe as a family.
3. In the Common Core Connections section, children can learn through and about food while strengthening Common Core English Language Arts or Math skills.
4. Family Discussion questions and Extension Activities are provided to allow learners of all ages opportunities to participate in the learning experience!



Pilot Light Family Lesson

Un buen Arroz con Leche

“A feel good dessert with deep roots--Arroz con Leche is as rich in taste as it is in tradition.”

+ **Grades 3-8 Common Core English Language Arts -
Writing - Production and Distribution of Writing**

Suggested Recipe Age Range: 8-13

Recipe:**Arroz con Leche (Rice Pudding)**

Serves 5+

Ingredients

- 1 ½ cups of white rice (most white rice will do the trick!)
- 2 cups of water
- 1 ½ cups of milk (your choice of skim-whole)
- ¾ cup of evaporated milk
- ½ cup of condensed milk
- 1 Cinnamon stick
- 1 tsp of Vanilla extract

Optional ingredients: ½ cup raisins, ½ tsp ground clove (or 2-3 whole), 1 star anise, and/or granulated sugar for sweetness

Directions:

1. First, make sure you clear your working area and that you've gathered all necessary ingredients.
2. Grab a medium pot and add the two cups of water, the rice, and the cinnamon stick.
3. Place a lid on the pot, set the heat on high, and wait until you bring the water to a

boil.

4. When the water is boiling, bring the heat down to medium low and keep the lid closed.
5. Let the rice simmer for 10 minutes or until most of the water has evaporated.
6. Add 1 ½ cups of milk + the ¾ cups of evaporated milk + ½ cups of condensed milk + 1 tsp of vanilla extract.
- If desired, this would be the time to add the ½ cup of raisins, the ½ tsp of ground clove (or whole clove), star anise, and/or sugar!
7. Using the stirring spoon, mix ingredients together gently as you're adding them, then continue to stir slowly, allowing the mixture to thicken. Allow about 8 minutes. Adjust the heat accordingly.
8. After those 8 minutes have passed, turn off the heat and allow the rice to sit and cool down, keeping the lid closed during this time. Wait about 10 minutes.
9. Serve and enjoy!

Materials:

- Counter space
- Heat source
- Medium pot with lid
- 1 cup and ½ cup measuring cups
- 1 tsp measuring spoon
- Stirring spoon

Topping suggestions: *feel free to get creative and make this your own!*

- Recommend that you serve in small bowls.
- Banana slices, blueberries, strawberries, and peach slices all make great additions!
- Top off your Arroz con Leche with a dash of cinnamon and/or cocoa powder!

Common Core Connections:

Grades 3-8

English Language Arts - Writing - Production and Distribution of Writing - Standard 4:

Students will produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.

What does this mean?

Common Core in grades 3-8 identifies three types of student writing: opinion pieces, informative/explanatory writing, and narratives (real or imagined stories).

Common Core standards around literacy build in complexity throughout the grades. That means that the standards can sound the same for younger, as well as older grades, but the kinds of writing produced will be much different. In this project, for example, a third grader could write a short paragraph to describe how Arroz con Leche is made, while an eighth

grade student might write an essay about how Arroz con Leche is a variant of a recipe that is a staple in many cultures around the world and throughout time. This lesson will guide you through appropriate projects for your student.

In this lesson, you (the student) will be working on informative/explanatory writing in which you will pick a topic and provide supporting details.

What does this look like?

Materials needed:

- Pens
- Paper (or computer)
- Research tools (books, the internet, family members or friends, etc)

Directions:

1. Choose one of the follow prompts/questions to answer related to Arroz con Leche:
 - Where does the original recipe for Arroz con Leche come from?
 - How do different Arroz con Leche recipes vary around the world?
 - Why do you think Arroz con Leche has remained such a popular recipe around the world?
2. Research the question you chose. Write down any notes or ideas you find to use later in your writing.
3. Begin your first draft (at least 2 paragraphs in length): Write a thesis statement or a topic sentence that explains what your writing will be about.
4. Write about 2-3 supporting details or examples that support your thesis. Think about what facts or examples you find that show that your thesis statement is true.
5. Write a concluding statement that restates (puts in different words) your thesis (your first sentence).
6. Read your draft aloud and make any changes. You can also give your rough draft to a friend or care giver for feedback.
7. Write your final draft. Share your writing with family or friends if you like.

To meet the expectations of this standard, your writing should be **at least 2 paragraphs long** and include the following:

- Introduction:** Introduce a topic clearly, provide a general observation and focus, and group related information logically; include formatting (e.g., headings), illustrations, and multimedia when useful to aiding comprehension.
- Facts and details that relate to the topic:** Develop the topic with facts, definitions, concrete details, quotations, or other information and examples related to the topic.
- Transition Words:** Link ideas within and across categories of information using words, phrases, and clauses (e.g., in contrast, especially).
- (Grades 4-8) Use specific vocabulary related to the topic:** Use precise language and domain-specific vocabulary to inform about or explain the topic.
- (Grades 6-8) Establish and maintain a formal style.**
- Conclusion:** Provide a concluding statement or section related to the information or explanation presented.

Family Activities and Discussion Questions:

Families/children could discuss or write about:

- What was your favorite part of this recipe? What else can you add to this recipe to make it your own? What ingredients would you add?
- What is your earliest Arroz con Leche experience? If you've never had Arroz con Leche before, think about a family recipe. Where were you? What was it like? Parents and grandparents are great people to have this discussion with!
- Cooking can be intimidating, especially in front of the most experienced cook in your family or household. They may be great now but this wasn't always so! Identify the most experienced cook around you and ask them to share an embarrassing story about their early cooking journey. What are some of the best lessons they have learned? How does learning this story make you feel about your ability to cook?

Extension Activities:

Here are some suggestions for additional activities that relate to this recipe:

- If you have a small family or if you were a person making this recipe for yourself, how might you scale this recipe down?
 - What if you had a large family or wanted to share this recipe with a large group? How might you scale this recipe up?
- Arroz con Leche is just one of many variations of rice pudding enjoyed around the world. With Arabic roots and Spanish influence, the ingredients used in each recipe oftentimes represent the uniqueness of each culture through their use of different ingredients.
 - Research a different version of "Arroz con leche" online and compare that recipe with the recipe found above. If you have the ingredients necessary, follow that recipe and do a compare and contrast. Which one do you prefer? Why do you think this is?
 - For an added challenge try making both recipes at the same time and conduct a taste test at home. You might be surprised with the results!
- Write a story of how the idea for "Arroz con leche" came to be. Get creative with the details! What inspired it? What were the original ingredients used? How did the recipe get passed down?

Some good reads include:

- *Arroz con Leche / Rice Pudding: Un poema para cocinar/A cooking poem* by Jorge Argueta and Illustrated by Fernando Vilela.
- *Chicken Soup for the Soul Cookbook--Arroz con Leche* by Rosemarie Cortez

This Family Lesson was written by Bryan Soto but inspired by his beautiful Mexican mother and both abuelitas :)