

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 Meal Lesson

Monster Pasta (Beef Veggie Pasta)

**+ Grades 2-3 - Common Core English Language Arts - Reading Literature
Key Ideas and Details**

Suggested Recipe Age Range: 5 and up with adult help

Recipe by Chef Joshua Frontany

Beef Veggie Pasta

Chef Joshua Frontany's four year old son named this pasta, Monster Pasta. It's a garlic tomato beef bolognese with veggies, but Chef Joshua says that monster pasta is a hit with most children! This is an approachable, affordable recipe, packed with nutrients and flavor.

Ingredients:

- Oil, salt & pepper
- Adobo seasoning
- 1 onion
- 5 garlic cloves
- 1lb ground beef
- 1 jar of tomato sauce (any kind)
- Pasta of any kind
- Frozen veggies of choice (peas, corn, broccoli, or any other vegetables)
- Butter

**Materials:**

- Pot for boiling pasta & frozen veggies
- Pan for cooking
- Strainer
- Spatula

Directions:

1. Start off by setting a pot of water to boil with salt, once boiling add your pasta of choice, once near al dente add frozen veggies of choice and cook. Strain and set aside.
2. Meanwhile heat your cooking pan with oil, add chopped onion and garlic at medium heat to release those fantastic flavors. Add your ground beef and generously season with salt, pepper and adobo.
3. Stir around with a spatula to cook the ground beef, once nearly fully cooked and there's no more visible pink color add your tomato sauce of choice and bring to a boil. Reduce heat to medium and add those delicious veggies and noodles you set aside, stir well with the spatula and a tablespoon of butter.
4. Serve up and enjoy with the family.

Common Core Connections:

Grades: 2nd-3rd

English Language Arts - Reading Literature - Key Ideas and Details (Standard 3)

Students will describe how characters in a story respond to major events and challenges.

What does this mean?

After reading a text at your child's grade and age level, your child should understand what he/she has read (or heard if being read aloud to) and be able to explain and describe characters in a story, character motivations or feelings and how these components help develop/progress the story. With guidance, your child also can identify some cause and effect situations.

Materials needed:

- The book *Strega Nona* by Tomie dePaola (physical copy or online)
 - [Strega Nona read by Mary Steenburgen](https://www.youtube.com/watch?v=PGVXwMX0e5w&vl=en) (Storyline Online on youtube.com <https://www.youtube.com/watch?v=PGVXwMX0e5w&vl=en>)

*If you prefer, you can practice the skill below with any story/piece of literature, either read aloud or read by your child.

- Pencil and paper (if writing answers to questions)

Directions:

1. Read or listen to the text.
2. Answer the following questions.

Grade 2-3:

- For younger students, these can be asked orally and rephrased if necessary. Older students could respond in writing.
1. Who are the main and supporting characters in the story?

2. Describe the major events or challenges in the story. What happens in the story? What problem do the characters face?
3. How do the main and supporting characters respond to the important challenges or problems in the story?
4. What effect do the events in the story have on the characters?
5. What events could the characters have responded to differently?
6. How do the characters change?

Family Discussion Questions:

Families/children could discuss or write about:

- What ingredients would you add (or wish for) to your magic pasta pot?
 - Are there any favorite memories tied to these ingredients?
- In relation to your culture, what are some traditional ingredients you could add to your magic pasta?
- With all of that pasta that the magic pot created, in what other dishes could you include pasta that may not typically include it?

Extension Activities:

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

- Look up Calabria, Italy -compare present day images with that of the illustrations in the book. Discuss differences and similarities.
- Research the origins of pasta.
- Research the author, Tomie dePaola, and read other books by him. Compare and contrast characters and/or discuss character development.
- Break the book up as a play and act it out as a family.

This original Family Lesson was written by Pilot Light Food Education Fellow, Judith Martin.