

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****Sweet Potato Chickpea Tagine with Couscous: Mapping Your Meal
+ Grade 2 - High School Common Core English Language Arts -
Informational Text - Craft and Structure**

Suggested Recipe Age Range: Ages 8 and up (with adult help)

Recipe by Heidi Moorman Coudal, Owner of Big Delicious Planet

Sweet Potato Chickpea Tagine

Serves 4+ people

Ingredients:

- 4 Tbsp Olive Oil or Canola Oil
- 1 medium Onion, finely chopped
- 2 cloves Garlic, minced
- 1 large or 2 medium Sweet Potatoes, peeled & diced
- 1 can Coconut Milk
- 1 Tablespoon Salt
- Pinch Ground Pepper
- 2 Tbsp Curry Powder
- 1 can Garbanzo Beans (Chickpeas)
- 1 Bag or 5oz Fresh Spinach

**Directions for Tagine:**

1. Using a medium saucepan, add oil and let it warm.
2. Add onions and cook about 5 minutes on medium heat until beginning to turn translucent.
3. Add garlic and stir. Continue to cook a few more minutes.

4. Add coconut milk, sweet potatoes, salt, pepper, curry powder.
5. Cook about 8 minutes, until sweet potatoes are tender to poke.
6. Add the garbanzo beans, cook for 4-5 more minutes.
7. Add fresh spinach on top of tagine, and continue to cook a few minutes until it's wilted.
8. Stir together.

Variations: this is also great with cauliflower or any other vegetables. Feel free to add oregano, chili flakes, fresh parsley or cilantro.

Couscous

Serves 4+ people

Ingredients:

- 1 cup Couscous
- 1 cup Water
- 1 tsp Olive Oil, canola oil or butter
- 1 pinch Salt

Directions for Couscous:

1. In a small saucepan, add water, oil and salt.
2. Bring water to boil, add couscous, turn off the burner.
3. Use a fork to fluff up the cous cous.

Variations: this is also great if you add pistachios, raisins, diced red bell peppers or green onions for some crunch.

Simple, Locally Grown Green Salad

Serves 4+ people

Ingredients:

- 4oz Big Delicious Planet Encore Lettuce Mix (or lettuce of your choice)
- 1 dozen Mighty Vine Tomatoes (or any tomatoes)
- 2-3 Tablespoons Olive Oil
- 1 Lemon, juiced
- 1 pinch Salt & pepper

Directions:

1. In a small bowl, mix the oil and lemon juice, add in the salt and pepper.
2. Toss with the lettuce and tomatoes

Variations: Feta cheese, cucumber, olives and onion would also be a great addition to this salad. This is a good time to clean out the refrigerator and get rid of vegetables that are partially used. Add anything to the lettuce to make a fun salad! When kids help to prepare it, they're more likely to eat it.

Common Core Connections:

Grade 2 through High School

Common Core English Language Arts - Reading - Informational Text - Craft and Structure

CCSS.ELA-LITERACY.RI.2.5

Know and use various text features (e.g., captions, bold print, subheadings, glossaries, indexes, electronic menus, icons) to locate key facts or information in a text efficiently.

What does this mean?

Starting in first grade, students learn how to use text features like maps, charts and illustrations to help them comprehend text. As part of these lessons, students learn to read and use maps to support their comprehension or enhance the information being learned. These maps get more detailed as students age, with students moving from using the text features to help them understand the text to eventually using text features to learn additional information.

In this lesson, you (the student) will be using the ingredients in the recipe to practice using maps. The lesson is divided into three sections so you can start where you are most comfortable.

What does this look like?

Map, see attached

Colored Pencils

Information chart

Early Elementary Lesson:

Complete the chart below. You can use a website to research each ingredient such as the “Origins of Crops” Website from the International Center for Tropical Agriculture:

<https://blog.ciat.cgiar.org/origin-of-crops/>

Feel free to add ingredients in the extra rows below.

Ingredient	Picture/Drawing of the ingredient (You can use the one on the website!)	How many places it is grown (using maps for data)
Onion		
Spinach		
Sweet potatoes		

Intermediate Lesson (suggested for grades 3-5):

You can use a website to research each ingredient such as the “Origins of Crops” Website from the International Center for Tropical Agriculture:

<https://blog.ciat.cgiar.org/origin-of-crops/>

On this website, click on the Interactive Map option. Using the map, see how many ingredients you can find. Fill in the table below.

Ingredient	Number of Regions (using maps for data)	Names of the Regions (Reading a map)	What do the regions have in common? (making inferences using a map)
Onions			
Sweet Potatoes			
Spinach			
Coconuts			
Garlic			
Tomato			

Grades 5 and above options (do as many as you wish!):

Using a separate sheet of paper:

- Pick one of the ingredients in the recipe. Trace the ingredient from its origin to its cultivation. Answer the following:
 - Where did the food start and when?
 - What is required to grow/ mine the ingredient? To harvest it?
 - How do we think the ingredient was introduced to new places?
- Pick one ingredient and create a timeline of its history. Make sure to include its origins and all regions it has been introduced to.
- Create a map of four of the ingredients from their origins to current cultivation. Include the following:
 - Trade routes used
 - All areas where they are currently cultivated
 - Include a key, a compass rose, label all continents and trade routes as needed.

Family Discussion Questions:

Families/children could discuss or write about:

- Where are some of your favorite foods from? Create a map of the ingredients of your favorite recipe.
- How do the region(s) where the food originated affect their seasonality in our city?
- Are there any types of food that we eat because of where they are grown or made? Are there any types of food that we don't eat because of where they are grown?

Extension Activities:

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

- Research the use and history of the cooking vessel called a tagine.
- Research how have people used plants through time for things other than food? Do we still use them the same way today?

Using the "Origins of Crops" Website from the International Center for Tropical Agriculture: <https://blog.ciat.cgiar.org/origin-of-crops/> :

- Math: Use the [Production circle plots](#). What conclusions can you draw about production and regional economic impact.
- Math: Use the [Diet circle plots](#). What conclusions can you draw about production and regional diets.

This family lesson was written by Pilot Light Food Education Fellow, Chandra Garcia-Kitch.