

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
Cavatelli Pasta alla Pomodoro
+ Grades 6-7+ Common Core Math - Ratios and Proportional Reasoning

Suggested Recipe Age Range: 7 and up with adult help

Recipe by Chef Dan Snowden:

Cavatelli pasta alla pomodoro with fresh basil and parmigiano reggiano.

Serves 2

Cavatelli pasta**Ingredients:**

250 g semolina (1.5 cups)

250 g all purpose flour (1.75 cups)

½ tsp salt

210 ml warm water (a little less than a cup)

**Method:**

In a large bowl mix the semolina, flour, and salt. Make a well in the middle and pour in the warm water. Mix until the dough comes together. Knead for 8 minutes or until smooth.

Allow the dough to rest for an hour. Roll about ¼" thick and cut into ¼" X ¼" X 4" pieces.

With both hands, place your fingers on a strip of pasta and push down and pull back at the same time to "drag" it across your counter. Each piece should be nicely dimpled and look like a French bean when done correctly.

Pomodoro Sauce

Ingredients:

1 T extra-virgin olive oil
1 clove garlic
1 ea 14.5 oz can whole san marzano tomatoes
 $\frac{1}{2}$ cup water
1 oz fresh basil (leaves only), torn into pieces
Pinch of salt
Freshly ground black pepper to taste
Red chile flakes to taste

Method:

Smash the garlic with the side of a chef's knife and smear it slightly with a sprinkling of kosher salt. Combine the garlic with the oil and heat in a large, heavy-bottomed saucepot over medium-low heat. Cover and stew slowly until the garlic is soft and melted in texture but not browned, about 7 minutes. Add the tomatoes, their juice and the water. Season with some salt, pepper and red chile flake. Bring to a boil and reduce the heat to medium and cook until the oil has emulsified with the rest of the sauce and reduced by approximately one-third, about 20-30 minutes. Remove from the heat and stir in the basil leaves.

Common Core Connections:

Grades 6-7 and up

Ratios and Proportional Reasoning

6.RP.A: Understand ratio concepts and use ratio reasoning to solve problems.

7.RP.A: Analyze proportional relationships and use them to solve real-world and mathematical problems.

What does this mean?

In general, Common Core Mathematics asks students to think more critically about mathematical operations - for example, students are asked not only what is 4 times 3, but also asked to explain why 4 times 3 is 12.

In this lesson, these specific Common Core math standards have students using ratios and proportions to solve problems, including real-world problems, like when you double a recipe!

What does this look like?

Materials needed:

- Pencil
- Paper
- Calculator if needed

Directions:

You are making the recipe above for Cavatelli alla Pomodoro, however you want to make it for your whole family. Using your math skills, solve the problems below. Remember, the recipe above serves 2 people, and be sure to show your work for each problem!

1. How many grams of semolina flour will be needed to make enough pasta for 6 people?

2. How many grams of both semolina and all-purpose flour will be needed to make enough pasta for 6 people?

3. How many ounces of tomatoes will you need to make enough sauce for 6 people?

4. If your grandparents also join for dinner and so there are 8 people in total, how many milliliters of water will you need to make pasta for everyone?

5. If you wanted to make this recipe just for yourself, how many grams of flour (both semolina and all-purpose) would be needed?

6. To go with pasta, you will be offering your family the choice of different types of salad. The choices are garden salad, Caesar salad, or fruit salad. There are 6 people in total eating, and $\frac{1}{3}$ of them want Caesar salad, $\frac{1}{2}$ would like garden salad, and $\frac{1}{6}$ would like fruit salad.
 - a. How many people chose Caesar salad?
 - b. How many people chose garden salad?
 - c. How many people chose fruit salad?

Explain in a paragraph how you solved and show all of your work.

7. If for every 250 grams of semolina flour you add $\frac{1}{2}$ teaspoon of salt, how many teaspoons of salt will you use if you make use 125 grams of semolina flour? Solve and show your work.

8. A can of San Marzano tomatoes cost \$4.00, but with sales tax, it costs \$4.60. If sales tax stays the same, how much with tax would two cans of San Marzano tomatoes cost?

Family Discussion Questions:

Families/children could discuss or write about:

- What is your favorite shape of pasta?
- Why do you think pasta is made in different shapes?
- Is there a memory involving eating pasta that you can remember? Why was it memorable?

Extension Activities:

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

- Make homemade pasta and pasta from a box. Compare and contrast how they are similar or different.
- Research the nutrition of this recipe. What nutrients do the flour, tomatoes, basil, and other ingredients provide?
- With this or a similar recipe, work as a team as a family. One group or person could make the pasta, while another makes the sauce. Your teamwork will pay off in the end when you combine your efforts and create a delicious dish or meal!

This original Family Lesson was written by Pilot Light staff.