



## Food Education Standard 1: Food connects us to each other

# Eating Pasta Together

**Grade Levels & Subjects:** Early Childhood and K-2 English Language Arts

**Learning + Food Objectives:**

Students will learn how food connects them to others/their family by learning how pasta is made and drawing or writing a story about a pasta dish that reminds them of their loved ones.

**Common Core Standards:**

Common Core English Language Arts

Writing or Drawing an Event

[CCSS.ELA-LITERACY.W.K-2.3](#)

Use a combination of drawing, dictating, and writing to narrate a single event or several loosely linked events, tell about the events in the order in which they occurred, and provide a reaction to what happened.



### MATERIALS NEEDED

- Pilot Light Video: Pilot Light Video: Making Noodles Together with Chef Caitlin Arens: <https://vimeo.com/400432683>
- Student Worksheet (Attached below)

### CLASSROOM PROCEDURE

✳ - Opportunity to show visuals for added student engagement

#### INTRODUCTION (3-5 minutes)

1. Ask students prompting questions to activate prior knowledge (record answers on “whiteboard” if you’d like):
  - a. Who likes to eat pasta?
  - b. What types of pasta dishes can you name?
  - c. What different shapes have you seen or eaten? ✳

## INSTRUCTION (20 minutes)

1. Explain to students that you are going to watch a video showing how pasta is made, and that this is a recipe you could make with your family if you'd like - it only has three ingredients - flour, water, and salt! Show students the video of "Making Noodles Together" <https://vimeo.com/400432683>
2. Tell students that you'd like for them to think about a time that they ate pasta with someone they love - it could have been with family, friends at school, etc.
  - a. Who were they eating the pasta with?
  - b. What was in the pasta? Was it with tomato sauce? Butter? Mac and cheese? ✨
3. Using the worksheet below or another sheet of paper or tool online, students will draw a picture and could write or dictate a few sentences if they are able to. Sentence starters could include: "I like to eat \_[pasta dish]\_\_\_ with \_\_\_[name of friends/family]\_\_\_. It tastes \_\_\_[word to describe the pasta]\_\_\_."
 

*If students cannot think of a memory involving pasta, they could draw/write about a pasta dish or another food that they would like to eat with someone they love.*

## CLOSING (teacher discretion)

1. Students can share their drawings/writing with their classmates. If students make pasta with their family in the future, encourage them to take a photo and share with the class afterwards.

## ADDITIONAL RESOURCES

- *Magic Ramen* by Andrea Wang
- Videos introducing different kinds of pasta:
  - "Kids Try Noodles from Around the World" - <https://www.youtube.com/watch?v=jp56H-hQCNY>
  - "How Noodles are Eaten Around the World" - <https://www.youtube.com/watch?v=WvRnNjd0wNo>

## RECIPE FROM VIDEO

"Making Noodles Together" - <https://vimeo.com/400432683>

Below is the recipe from the video in this lesson. Pilot Light Anywhere lessons are designed to be able to be delivered from a remote setting; however, this recipe can be demoed by the teacher virtually/in person, sent home to families, or used for reference.

### Pasta Dough

*Serves 5*

#### Ingredients:

- 2 cups all-purpose flour or semolina flour + ½ cup extra for drying and rolling
- 1 cups water
- ¼ tsp of salt

Materials:

- Counter space
- Mixing bowl
- 1 cup measuring cup and ¼ tsp measuring spoon
- Butter knife and fork
- Sheet pan or large plate
- Towel or plastic wrap

Preparation:

1. First, measure the flour and salt and place in a mixing bowl and make a well in the center of the flour. Then measure water and pour nearly the full cup into the well (reserving water assures you can adjust based on the humidity)
2. Using a fork, start to pull in small amounts of flour into the water well. Work around clockwise slowly until nearly all the flour is combined (kids can take turns!). Add extra water now, if needed.
3. Working with your hands now, gather any remaining flour and form into a ball.
4. Once the ball shape is formed, knead the dough until it is pliable and soft (not sticky) by folding it onto itself with your palms. This won't take long but be careful to not overwork the dough (you'll see it ripping apart). Cover the dough with plastic or a towel and let the dough rest on the counter for 30 minutes.
5. Break off pieces of dough and roll them into long tubes about ½ inch in diameter.
6. Once all the tubes are made, cut the tube into ½ inch pieces with a butter knife and press in the middle of each piece and roll towards you. Use your fingers to turn the side you pressed inside out.
  - a. Alternatively, roll into balls and smash them down with their thumb then pull the dough inside out to form thin bowls - similar to orecchiette or "little ears."
7. After shaping, place noodles on a sheet tray or plate, sprinkle tray or plate and noodles with flour, and dry for at least an hour (or more if needed).
8. To enjoy today, cook the noodles in boiling, salted water for around 5 minutes (until they float) and serve with your favorite sauce.
  - a. Want to enjoy it later? Place dried noodles in a larger plastic bag to freeze for future meals and label with date and names of kids who helped! (if noodles are fully dry, they will cook 7 minutes!)

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

- Tomato sauce and parmesan
- Butter, parmesan, and dried herbs (thyme, oregano, basil, rosemary, and parsley)
- Olive oil, garlic, red pepper flakes, and broccoli (fresh or frozen)

The student worksheet below can be printed or copied onto  
any online learning platform.

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