

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

Family Goulash

+ Grades K-8 Common Core English Language Arts - Writing and Language

Suggested Recipe Age Range: 5 and up

Recipe:**Family Goulash**

Goulash is typically a soup or stew made from meat, vegetables, and spices, and recipes for goulash are different around the world. This goulash recipe is unique because it can be based on what is found in your cupboard and pantry.

Any age can participate in this as everyone can gather to choose the ingredients and cook together.

Here are your guidelines:

You have to pick at least one thing from each of the areas of your kitchen to put into your goulash. The goulash will be the entree, but you can also create an appetizer and a dessert!

Depending on the number of people in your family, will determine the number of ingredients/products you choose to put into your meal.

- Something from your refrigerator
- Something from your freezer
- Spices
- Something from your cupboard/pantry



Directions:

Search your cupboards and work as a family (or group) to make your meal - it can have an appetizer, entree, and desert.

Materials needed:

- Foods found in pantry, refrigerator, freezer, and spices
- Pan or deep pot to put all ingredients in to cook on the stove
- Ladle to stir the ingredients together
- Plates
- Silverware - forks, knives, and/or spoons

Directions:

1. Go to the pantry and choose an ingredient - noodles, rice, pasta, beans
2. Go to refrigerator and pick - vegetable, fruit, condiment, liquid (milk, juice, etc)
3. Go to freezer and pick - frozen vegetables, meat/poultry/fish, etc
4. Go to spices and choose something you think will mix well or something you haven't tried before
5. Prepare noodles/rice/pasta and then put into pan
6. Prepare vegetable/fruit/etc - might need to be chopped, mixed, etc - place in pan
7. Prepare freezer item - might need to be cooked first before including in pan
8. Finally, sprinkle the spice you want on top of all the ingredients
9. Turn on the flame to medium and begin cooking ingredients together - stirring occasionally so nothing sticks to the bottom of the pan
10. Place lid on top to keep the heat inside and simmer until all ingredients have the desired texture
11. Serve to your family or friends and enjoy.
12. Take a picture of the family working together on their meal.
13. Write about the experience - how did your family feel working together to create this meal?

Common Core Connections:

Grades K-8 Common Core English Language Arts - Writing and Language

- W.K-8.2 - Write informative/explanatory texts to examine a topic and convey ideas and information clearly.
- W.K-8.6 - With strong guidance and support from adults, use technology, including the internet to produce and publish writing as well as to interact and collaborate with others, demonstrate sufficient command of keyboarding skills to type a minimum of two pages in a single sitting.
- L.3-8.1 - Demonstrate command of the conventions of Standard English grammar and usage when writing or speaking.

What does this mean?

The standards mentioned above range from kindergarten through 8th grade. The basic idea is the same across all grade levels, but writing and language becomes more complex and often longer in length as grades progress. In this lesson, students of various age ranges are

tasked with the following (complexity to be determined by grade level):

- Students will be able to write an explanation on how they created their goulash and what happened.
- Students will be able to use their computers to write, edit, and revise their writing in order to turn in.
- OR students can illustrate the items and create a picture of the whole family together enjoying the meal and including this with the story
- Students will be able to show they understand how to correct their grammar and the usage of words.

Write about the experience. Use the questions below to help tell the story of your family making the goulash, making sure to explain why everyone chose those ingredients. In the end, make sure you explain what you might want to include in the future if you had a chance to do this again.

1. What types of foods did you choose from?
2. Why did you choose those foods to include in your goulash?
3. What was it like creating “goulash” with your entire family?
4. What did you choose instead of what you wanted because that ingredient/product was not available?

Note: Within Common Core Writing Standards, informative/explanatory texts 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 Discussion Questions:

Families/children could discuss or write about:

- If you could give your goulash recipe a name, what would it be?
- How did working together make cooking this recipe easier?
- What other activities are easier when we work together?

Extension Activities:

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

- Next time you go to the grocery store, be strategic about what you buy -
 1. Buy things that can stay on your shelves for longer periods of time.
 2. Choose foods that are frozen or canned.
 3. Choose fruits and vegetables that you can “can” or freeze so they keep.
 4. Buy things you know you will crave and are delicious to you so you feel satisfied.

- Make Family Goulash again - trying different ingredients! Discuss with others which recipe and combination of ingredients you prefer!

*This original Family Lesson was written
by Pilot Light Food Education Fellow, Bonnie Hoffman*