



**Food Education Standard 4:** Food behaviors are influenced by external and internal factors.

## Frijoles de la Olla

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

### Learning + Food Objectives:

Students will learn how food behaviors are influenced by external and internal factors by discussing the factors that impact their food choices and then write and narrative about their family's food history.

### Common Core Standards:

Common Core English Language Arts

Narrative Writing of Real Events

### [CCSS.ELA-LITERACY.W.1.3](#)

Write narratives in which they recount two or more appropriately sequenced events, include some details regarding what happened, use temporal words to signal event order, and provide some sense of closure.



### MATERIALS NEEDED

- Pilot Light Video: Frijoles de la Olla from Chef Iván <https://vimeo.com/517315173/760b734b96>
- Student Worksheet (Attached below)

### CLASSROOM PROCEDURE

#### INTRODUCTION (5 minutes)

1. Ask students to think of a meal their family eats together.
2. Have 4-5 students share out.
3. Teacher will ask students to think about why their family eats that type of food. Teacher will model thinking such as "My family eats hummus together. My grandma made hummus and my mom makes hummus! We could also buy all the ingredients at the grocery store, which made it easy to make. I love hummus."

4. Have students write down 3–4 reasons they think their family eats that food together.

## INSTRUCTION (30 minutes)

1. Explain to students that today they will be talking about the food choices their family makes and how it can be told as a story.
2. For an example, students will watch Chef Iván make Frijoles de la Olla. Ask students to write down reasons why this meal is important to Chef Iván's family.
  - a. Watch Pilot Light Video: Frijoles de la Olla from Chef Iván  
<https://vimeo.com/517315173/760b734b96>
3. Talk about why Frijoles de la Olla is important to Chef Iván.
4. Now ask students to pick a meal that is important to your family (they can choose the one they talked about in the introduction or choose another meal their family eats together).
  - a. If students have a hard time picking a meal, ask them to think about what they eat during a holiday their family celebrates.
5. Ask students to draw a picture of the meal.
6. Ask students to write/draw reasons why their family eats that meal.
7. To help students think of reasons, it may help if to ask students questions like:
  - a. When do you eat that meal? Why do you eat it then?
  - b. Who makes the meal? Why are they the person who makes it?
  - c. How do you make the meal? Why is it made that way?

## CLOSING (15 minutes)

1. Share out stories if time allows
2. End the lesson with talking about why it is important to understand the food our family eats?

## ADDITIONAL RESOURCES

- *Bee-Bim Bop!* by Linda Sue Park and Illustrated by Ho Baek Lee
- “Why We Hold Tight to Our Family’s Holiday Food Traditions” *NPR* by Jessica Pupovac and Eliza Barclay (podcast and article) <https://www.npr.org/sections/thesalt/2013/12/25/256605220/why-we-hold-tight-to-our-familys-holiday-food-traditions>

## RECIPE FROM VIDEO

Video: "Frijoles de la Olla" - <https://vimeo.com/517315173/760b734b96>

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.

### Frijoles de la Olla

#### Ingredients:

- 1 cup of pinto or black beans
- 4 cups of water
- 3 or 4 garlic cloves
- Salt to taste
- 2 dried chiles (optional)
- Oil, to taste
- Optional toppings:
  - White onion, diced
  - Jalapeno / Serrano, diced
  - Cilantro
  - Oregano (any variety – fresh or dried!)

#### Materials:

- Medium pot
- Measuring cup
- Spoon (to mix)

#### Preparation:

1. Heat 4 cups of water with garlic, chile, salt, and oil.
2. Measure, clean, and rinse the beans.
3. Add beans to the pot.
4. Cook beans for 2–3 hours (you may need to add water while cooking).
5. Prepare toppings to add once the beans finish cooking.
6. Enjoy warm!

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



## Frijoles de la Olla

*Depending on the level of the student, this activity can be completed independently, with the help of someone else, or questions could be answered orally to show understanding.*

*Answers can be written using words or drawings.*

1. What is a meal your family eats together?

2. Why does your family eat that meal?

3. Why does Chef Iván eat Frijoles de la Olla?



4. Draw a picture of a meal that is important to your family.

5. Why does your family eat that meal?