

THE EDIBLE SCHOOLYARD PROJECT

YOUR INGREDIENTS

Student Name:

Summary: The ingredients we put into our cooking can sometimes have deep personal meaning behind them. Chances are you already have some ingredients with a special place in your heart. This lesson gives you a chance to reflect on those ingredients. If you are completing the [Final Project: Recipes of Meaning](#), this lesson will prepare you for that project. The [Five-Ingredient Recipe](#) involved you choosing ingredients that were easy to find in your house. This time you will find ingredients that are meaningful to you, your family, and your heritage.

Time: 30 minutes

Before You Begin:

- Please complete the [Five-Ingredient Recipe](#) before beginning this lesson.

Materials:

- Notepad, paper, and pencil



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BRAINSTORM: Think of as many foods as possible that remind you of home and family. Then list the ingredients in those foods in the space below. Write down any other ingredients that come to mind.

Here are some questions that could help you brainstorm:

- What are foods or ingredients that remind you of your heritage?
- What are foods or ingredients that you could eat every day?
- Is there a food or ingredient that makes you think of a special memory?
- What fruits, vegetables, or spices often show up in your family's cooking? See if your family members have any ideas!

Ingredient Brainstorm:

CHOOSE: From the list of foods and ingredients you brainstorm, **select five**. Highlight or circle your choices from your brainstorm above. **Your selections must include at least one fruit, one vegetable, and one spice.**



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DRAW OR DESCRIBE: List your five special ingredients below. For each ingredient, draw a picture of the ingredient or write a description. As you draw or write about it, consider what makes it special or meaningful for you or any stories connected to that ingredient. Then write down your reason or story in the space provided.

Ingredient: _____

Ingredient: _____

Ingredient: _____

DRAW OR DESCRIBE CONTINUED:

Ingredient: _____

A large, empty rectangular box with a black border, intended for a student to draw or describe an ingredient.

Ingredient: _____

A second large, empty rectangular box with a black border, identical to the first one, for drawing or describing another ingredient.

Teacher Notes:

If students are completing this lesson as part of the kitchen curriculum, [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 4.2, the second lesson of Unit 4.