



7th Grade AVID Family Nights Out

Menu & Recipes

Vegetable Fried Rice

Grilled Tofu

Fried Eggs

Special Talking Points:

- Staff introductions: Nick, HSI, Roberta, Ms. Wagman
- Quick Tour of space - bathroom
- Menu
Vegetable Fried Rice, grilled tofu and fried eggs
- Break up into tables
- Cook, set up tables, eat
- After we do clean up we come back as a group and have a closing

Closing / About who we are / raffle / Something sweet:

HSI lead the group in a closing

The Edible Schoolyard Project is a non-profit organization founded by Alice Waters in 1996.

Our goal is to make the case for every school in the country to have edible education, like this, as part of its core curriculum.

The Edible Schoolyard Berkeley, our program here at King, is the demonstration program of the Edible Schoolyard Project, and operates in partnership with BUSD.

Raffle -

Post class survey sent

families attended people



SET UP JOBS

Dust mop & put stools down

Towels on cooking stations & small Wet towels on tables

Check soap dispensers, if low add more soap

Check paper towels level

Replace small plates w / large White plates

Sign in table at front of kitchen

Name tags, raffle ticket bowl and tickets

Make copies of recipe - if needed & put laminated ones on each table

Bathroom key

Prepare snack

Make bean dip

6 eggs per table

Vegetables platter on tables

Rice, soy sauce, sesame oil on spice table

Press tofu



SHOPPING LIST

1 bag of brown rice
3 Broccoli heads
2 bunches Cilantro
3 bunches Carrots
3 bunches of Green onions
3 Garlic heads
4 dz Eggs
3 Ginger hands
1 Celery
6 Bok choy
Sesame oil
Soy sauce
Rice vinegar

Tofu

9 extra firm tofu

Snack & Sweet

3 bunches of Carrots
2 Celery
3 cans white beans
A bag of kishu oranges or cara cara oranges
3 small boxes of medjool Dates



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FAMILY NAME	HOW MANY	



Interns - Table Check In

1. Welcome to the _____ table. Like Ms Griselda said we are cooking vegetable Fried Rice, grilling tofu and frying eggs. Before I talk about how we are going to make everything, we are going to have a check in. This is what your student experiences every time they come into the kitchen.
2. Name and Check in Question? What is one of your comfort foods?
3. We are going to divide up into 2 groups, Fried Rice makers, and Tofu grillers
4. Fried Rice - this is a flexible recipe so it's just a guide for the cooking method. We will be cooking this recipe in two batches, each using half of the ingredients listed above.
 - a. Chop veggies on an angle to keep them big
 - b. mince ginger and garlic
 - c. Whisk eggs
5. Tofu - season with soy sauce and cut - cook on griddle till both sides are crispy brown
6. Fried Eggs, once fried rice is done we will fry eggs on griddle.
7. If you have any questions feel free to ask me or any of the teachers!