

Creative Cultural Cooking with J Marie 🍳

Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

Topics

Budget, math, measuring, culture, inclusion, diversity, healthy, science

Lesson Ideas

Lesson Plan

Title: Taste the Rainbow

Duration: 1 Hour

Lesson Plan

Materials List

- Variety of pre-measured dry and liquid ingredients (flour, sugar, water, etc.)
- Measuring cups and spoons
- Plastic knives and cutting mats
- Bowls for mixing
- Pre-prepared ingredients for a simple dish
- Plates or paper towels for serving
- Hypothetical budget sheets
- Pens & paper

Here is a **supplies and materials list with estimated costs** for your 6th–7th grade Culture Kitchen 4–week series. Items are grouped by week, with consolidated quantities and pricing reflective of San Francisco consumer prices for a group of 12–15 students, and a \$40 total budget.

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Culture Kitchen Supplies List & Budget (6th–7th Grade, 4 Weeks)

Week 1: Mexico – Taquitos

Estimated Cost: \$10

- 25 corn tortillas (large pack) – \$4
- 1 can black or pinto beans (15–16 oz) – \$2
- Cheese block or shredded cheese (8 oz) – \$2.50
- Jarred salsa (small, mild) – \$1.50
- Basic spices/salt/cinnamon for sampling (use leftover, or \$2 small spice jar if needed) – \$0 (used from classroom or club)
- Chart paper & markers – \$0 (classroom stock)
- Disposable plates & napkins (15 count) – \$1
- Cleaning wipes, small trash bags (2) – \$1

Week 2: India – Mango Lassi

Estimated Cost: \$12 (rollover from Week 1 okay)

- 2–3 ripe mangoes – \$3
- Plain whole milk yogurt (32 oz) – \$3.50
- Milk (half-gallon) – \$2.50
- Allergy info cards/paper – \$0.50
- Small cups (15 count) – \$1
- Spoons (15 count) – \$1
- Chart paper & markers (leftover) – \$0
- Cleaning wipes, trash bags (leftover) – \$1

Week 3: Greece & Italy – Hummus & Bruschetta Rainbow Platters

Estimated Cost: \$10

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- Hummus (8 oz) – \$3
- Pita bread (2 packs, 12 pieces total) – \$3
- Baguette or sturdy bread for bruschetta – \$2
- Tomatoes (2–3 medium) – \$2
- Bell pepper (1 large, any color) – \$2
- Carrots/cucumbers (1–2 pieces) – \$1.50
- Disposable plates & napkins (15 count) – \$1
- Chart paper & markers (leftover) – \$0
- Cleaning wipes, trash bags (leftover) – \$0.50

Week 4: Japan – Cucumber Sushi

Estimated Cost: \$8 (plus \$2 leftover for extra supplies or treats)

- Sushi rice (2 cups, buy small bag 1 lb, use only part) – \$2.50
- Cucumber (1–2 medium) – \$1
- Nori seaweed sheets (pack of 10) – \$3
- Vinegar (small bottle, use classroom supply) – \$0
- Disposable plates & napkins (15 count) – \$1
- Reflection cards/paper, pens (classroom stock) – \$0
- Bamboo rolling mats (reuse or classroom) – \$0
- Cleaning wipes, trash bags (leftover) – \$0.50

TOTAL ESTIMATED COST: **\$40**

Bulk or reusable supplies (markers, chart paper, wipes, mats, leftover napkins) are budgeted to be used across multiple weeks.

Tips for savings:

- Shop bulk or store brands.
- Save and reuse in-classroom supplies where possible.
- Adjust produce (more carrots, less expensive cucumbers) if market prices change.
- Leftover cheese, hummus, or rice can be repurposed for snacks or as add-ons in later weeks.

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Would you like this formatted as a Google Doc or Word doc? Or do you want a printable shopping checklist?

Sources

Here is a comprehensive ****Full Materials Checklist for Teachers**** running the 4-week Culture Kitchen series for 6th–7th graders. This includes all supplies needed daily and weekly from the teacher's point of view — from kitchen tools and ingredients, to classroom management and cleaning supplies, to station setup and documentation materials.

Full Culture Kitchen Materials Checklist (6th–7th Grade Teacher)

Consumable Ingredients

- Week 1: Mexico
 - 25 corn tortillas
 - 1 can black or pinto beans (15–16 oz)
 - 8 oz block or shredded cheese
 - Jarred mild salsa
 - Small sample ingredients (corn, beans, chili powder, cinnamon, salt) for discovery
- Week 2: India
 - 2–3 ripe mangoes
 - 32 oz plain whole milk yogurt
 - 1/2 gallon milk
 - Allergy information cards (print or laminated)
- Week 3: Greece & Italy
 - 8 oz hummus
 - 2 packs pita bread (12 pieces total)
 - 1 small baguette or sturdy bread for bruschetta
 - 2–3 medium tomatoes
 - 1 large bell pepper (any color)
 - 1–2 carrots or cucumbers
- Week 4: Japan
 - Sushi rice (minimum 2 cups, partial use from a larger bag)

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- 1-2 medium cucumbers
- 10 sheets nori seaweed
- Rice vinegar (small bottle; use from classroom if possible)

Kitchen Tools & Equipment

- Measuring cups and spoons (multiple sets)
- Mixing bowls (medium and large)
- Cutting boards (color-coded if possible)
- Knives (student-friendly, appropriate size)
- Bamboo sushi rolling mats (reuse each week)
- Spoons, forks, small knives (plastic or reusable)
- Disposable plates, small cups, and napkins for tasting (15+ each per session)
- Blender (if needed for mango lassi) or whisk for mixing
- Foil or parchment paper (for wrapping taquitos)
- Hand sanitizer and food-safe wipes

Classroom Materials & Documentation

- Large chart paper or whiteboard for notes and discussion
- Markers and pens (various colors)
- Reflection cards or worksheets on gratitude, mindful eating, and cultural stories
- Allergy info cards (prepared in advance)
- Student name tags or place cards for seating or ingredient stations
- Timer or clock visible to students for pacing the hour

Cleaning & Safety Supplies

- Disinfectant wipes and spray
- Trash bags and recycling bins clearly labeled
- Aprons and gloves (optional but recommended)
- Paper towels and cloth towels (washable)
- Handwashing station or access to soap and water nearby

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Optional/Additional

- Laminated recipe cards or step-by-step guides for student stations
- Storage containers or bags for leftover or bulk ingredients
- Label maker or tape and markers for organizing ingredients/stations
- Portable cart or trays for ingredient distribution

Teacher Prep Tips

- Stock and organize all supplies before each class session, ready stations for cooking activity
- Print/allergy cards, reflection worksheets, and charts in advance
- Confirm food allergies and dietary restrictions of all students before start
- Use reusable items whenever possible to save budget and reduce waste
- Consider small incentives or praise tokens for teamwork and cleanup participation

This checklist enables teachers to confidently run each week's class smoothly with everything needed from setup, lesson delivery, to safe, efficient cleanup.

Let me know if you want this formatted into a printable checklist or integrated into your lesson plan documents!

Sources

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[2] Teacher Supply Checklist: Must Haves For Your Classroom in 2024

<https://www.simplek12.com/blog/teacher-supply-checklist-must-haves-your-classroom>

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[5] 17 Essential Supplies for New Teachers | Teach For America

<https://www.teachforamerica.org/stories/essential-supplies-teachers>

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[8] Teacher Supplies - Really Good Stuff

<https://www.reallygoodstuff.com/teacher-supplies/c/e/>

[9] What are your must-have, surprisingly effective, couldn't live without ...

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[10] Teacher Tools Takeout <https://teachertoolstakeout.com/0300-checklists>

Ice Breaker

- daily ice breaker example

Movement Break

- **"Culinary Dance" (5 minutes)**: Engage children in a dance inspired by different cultures. Play music from the culture of the dish being prepared and encourage kids to dance around as if they were mixing or preparing food.

Bonus Activities

- **Cultural Story Sharing**: Children can be encouraged to bring stories or artifacts related to their own family's culture and share with the class.
- **Recipe Decoration**: Provide paper and colored pencils for kids to create their own recipe book cover, personalizing it with their favorite foods or cultural symbols.
- **Food Science Experiment**: Conduct a simple experiment related to food, such as seeing which bread mold fastest using different variables like adding sugar or salt to the bread.

Series Outline

Week 1: Culture Kitchen: Budgeting and Food Origins

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Week 2: No-Stove Creations

Week 3: Eat the Rainbow & Mindful Eating

Week 4: Gratitude, Plating and My Family Bites

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Week 1: Mexico, budgeting

- Country: Mexico , Food: Taquitos
- Explore foods from different cultures and discuss how geographic location, climate, and technology impact local cuisine (science, engineering, geography). Example salt pepper chili etc cinnamon , knowing your ingredients
- Soft skill: Budgeting meals, costs and ingredients
- STEAM:
- Skill:

Week 2: Mango Lassi, Food Allergies & Inclusion

- Country: India, Food: Mango Lassi
- Soft skill: Food Allergies & Inclusion
- Choose a favorite family snack or easy healthy recipe and discuss its science (e.g., why popcorn pops, why yogurt thickens).
- Activity: Experiment with ingredient ratios and taste-test to learn about solutions and mixtures.
- Make “quick bites” like peanut butter pinwheels, fruit pitas, or simple granola bars—all no-bake and budget-friendly.
- Activity: Design packaging and marketing for a healthy snack; explore careers in food science and entrepreneurship.
- STEAM:
- Skill:

Week 3: Greece & Italy, Mindful Eating

- Country: Greece & Italy, Food: Hummus & Pita, Bruschetta
- Soft skill: Plating vs not mindful eating
- Discuss nutrition, plant biology, and how phytonutrients create colors—all tied to different health benefits.
- Construct a “rainbow” snack platter using seasonal, affordable produce (bell peppers, carrots, snap peas, berries).
- Activity: Chart the vitamins and minerals found in each color; learn to slice and arrange for color balance and aesthetics (art, math).
- STEAM:
- Skill:

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Week 4: Japan,

- Country: Japan , Food: cucumber sushi
- Soft skill: Gratitude where your food comes from country and culture wise
- Make no-cook veggie sushi rolls or hummus wraps. Incorporate math by measuring ingredients and dividing wraps.
- Activity: Research and present a dish from students' family backgrounds.
- Focus on kitchen safety and discuss chemical/physical changes in food prep (science, tech).
- STEAM:

This structure balances clear hourly blocks and scripts, with flexible budgeting (rolling over funds within \$40 total).

Yes, the Culture Kitchen lesson plans and scripts have been **designed with 5th graders in mind**, and they are very appropriate for that grade level and early middle school (6th grade) as well.

Here's why it fits 5th–6th graders:

- The **concepts** (food origins, budgeting, allergies, mindful eating, gratitude) match key social studies, science, and health topics typically covered in upper elementary grades.
- The **skills taught** (measuring, basic knife safety, cooking assembly, sensory reflection, teamwork) align with ages 10–12 developmental stages, encouraging hands-on learning and social-emotional growth.
- The pacing and **script wording** reflect language accessible to this age group, with prompts for curiosity and reflection suitable for grade 5 and adaptable for grade 6.
- Similar curricula and standards-based cooking education programs targeted at 4th–6th grades cover these kinds of activities with equivalent technical and social learning goals.[1][2][4][7][8]

If you want to adjust for 6th graders specifically, you may consider adding slightly more advanced science explanations (e.g., chemical changes in cooking), health discussions

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(like nutrition science), or math integration (precise measurement conversions and budgeting) while keeping the hands-on, discussion-rich format intact.

So in brief: This lesson set is well-suited for **5th graders and on track for 6th graders**, balancing foundational practical skills with enriched cultural and STEM connections.

If you want, I can help you tailor content explicitly for one or the other grade or create extension activities for older students!

Sources

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[7] Dig In! Standards-Based Nutrition Education from the Ground Up

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[8] Cooking in the Classroom - SFUSD

<https://www.sfusd.edu/services/health-wellness/be-well/educator-resources/cooking-classroom>

[9] Classroom Curriculum | cns - UC Davis <https://cns.ucdavis.edu/resources/classroom>

[10] Grade 6-8 - FoodMASTER <https://foodmaster.org/grade-6-8/>

FINAL

Here is the fully edited and adapted 6th-7th grade Culture Kitchen 4-week lesson plan, now with detailed **S.T.E.A.M. categories** and **hard and soft skills** clearly identified for each section of every weekly schedule (4:00-5:00 p.m.). This version incorporates science, technology, engineering, art, math, and social-emotional learning suited for middle school students:

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6th–7th Grade Culture Kitchen: Weekly Schedule, Scripts & S.T.E.A.M. Skills (4:00–5:00 p.m.)

Budget Overview

– Total for 4 weeks = \$40, flexible allocation with rollover

Week 1: Mexico – Budgeting & Food Origins (Taqitos)

Budget: \$10

4:00–4:10 — Welcome & Icebreaker

- **Script:** “Bienvenidos! Who has tasted authentic taquitos? Imagine you’re nutrition scientists and budget planners—how would you spend \$10 to feed your family a healthy meal?”
- **S.T.E.A.M. Category:** Social Studies
- **Hard Skills:** Group discussion, active listening
- **Soft Skills:** Curiosity, empathy, communication
- **Materials:** Chart paper, markers — Cost \$0

4:10–4:20 — Mini Lesson: Food Origins & Geography

- **Script:** “Mexico’s climate influences what grows best—corn, chili, cinnamon, beans. Let’s analyze this map and the origin of these ingredients and how trade impacts food availability.”
- **S.T.E.A.M. Category:** Science (environmental), Geography
- **Hard Skills:** Map interpretation, identifying ingredients
- **Soft Skills:** Global awareness, critical thinking
- **Materials:** Detailed maps, ingredient samples — Cost \$3

4:20–4:40 — Cooking: Taquito Assembly

- **Script:** “As food engineers, plan your assembly lines: measure ingredients precisely and work together to prepare taquitos, balancing cost, nutrition, and taste.”
- **S.T.E.A.M. Category:** Engineering, Math
- **Hard Skills:** Measurement, portioning, following procedures

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- **Soft Skills:** Teamwork, focus, problem-solving
- **Materials:** Tortillas, beans, cheese, salsa — Cost \$7

4:40–4:50 — Tasting & Reflection

- **Script:** “Taste your taquitos. Which ingredients give the strongest flavor? How might budget or ingredient availability impact your recipe?”
- **S.T.E.A.M. Category:** Science (sensory)
- **Hard Skills:** Sensory analysis, hypothesis making
- **Soft Skills:** Reflection, analytical thinking
- **Materials:** Plates, napkins — Cost \$0

4:50–5:00 — Cleanup & Closing

- **Script:** “Assign cleanup tasks efficiently. Reflect: how did budgeting influence your teamwork and meal planning?”
- **S.T.E.A.M. Category:** All
- **Hard Skills:** Task management, organization
- **Soft Skills:** Responsibility, collaboration, gratitude
- **Materials:** Cleaning supplies — Cost \$0

Week 2: India – Food Allergies & Inclusion (Mango Lassi)

Budget: \$12 (Includes \$2 rollover)

4:00–4:10 — Icebreaker

- **Script:** “Food allergies affect many. Why is awareness and clear communication important in group meals?”
- **S.T.E.A.M. Category:** Health Sciences
- **Hard Skills:** Sharing knowledge, recognizing allergies
- **Soft Skills:** Empathy, inclusion, active listening
- **Materials:** Allergy info cards — Cost \$0.50

4:10–4:20 — Mini Lesson: Food Science & Safety

- **Script:** “Mango lassi is a mixture of mango, yogurt, and milk—let’s examine how mixtures and emulsions work scientifically, and why allergens require careful handling.”
- **S.T.E.A.M. Category:** Science (Chemistry)
- **Hard Skills:** Identifying chemical properties, following safety protocols
- **Soft Skills:** Communication, careful observation
- **Materials:** Mango, yogurt, milk — Cost \$3

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4:20–4:40 — Cooking: Mango Lassi Experiment

- **Script:** “Experiment with ingredients. How does altering ratios affect texture and taste? Take notes for comparison.”
- **S.T.E.A.M. Category:** Math, Science
- **Hard Skills:** Measuring, blending, recording results
- **Soft Skills:** Collaboration, experimentation
- **Materials:** Mangoes, yogurt, milk — Cost \$8

4:40–4:50 — Tasting & Reflection

- **Script:** “Share observations. How can we create recipes that include everyone safely?”
- **S.T.E.A.M. Category:** Health Sciences
- **Hard Skills:** Sensory assessment
- **Soft Skills:** Inclusion, reflection
- **Materials:** Cups, spoons — Cost \$0.50

4:50–5:00 — Cleanup & Closing

- Script: “Clean your area efficiently. Discuss how communication about allergies can improve inclusion.”
- S.T.E.A.M. Category: All
- Hard Skills: Organization
- Soft Skills: Gratitude, teamwork
- Materials: Cleaning supplies — Cost \$0

Week 3: Greece & Italy – Eat the Rainbow & Mindful Eating (Hummus & Bruschetta) Budget: \$10

4:00–4:10 — Icebreaker

- Script: “Colors in food represent nutrients and antioxidants. What are your favorite colorful foods and how do they help our health?”
- S.T.E.A.M. Category: Art, Nutrition Science
- Hard Skills: Group sharing
- Soft Skills: Self-expression, communication
- Materials: Color sample cards/photos — Cost \$0.50

4:10–4:20 — Mini Lesson: Nutrition Science & Phytonutrients

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- Script: "Phytonutrients are plant compounds beneficial for health. Let's chart common colorful veggies and their nutritional benefits."
- S.T.E.A.M. Category: Science, Math
- Hard Skills: Categorization, charting
- Soft Skills: Analytical thinking
- Materials: Chart paper, markers, assorted produce — Cost \$2

4:20–4:40 — Cooking: Rainbow Platters

- Script: "Design and assemble a rainbow platter considering nutrient balance, portion size, and visual appeal."
- S.T.E.A.M. Category: Art, Engineering, Math
- Hard Skills: Food prep, plating, portion control
- Soft Skills: Collaboration, creativity
- Materials: Hummus, pita, tomatoes, peppers, carrots, cucumbers, baguette — Cost \$6.50

4:40–4:50 — Tasting & Reflection

- Script: "Practice mindful eating: What sensory details do you notice? How does awareness affect eating habits?"
- S.T.E.A.M. Category: Science (Cognitive), Health
- Hard Skills: Sensory description
- Soft Skills: Mindfulness, self-regulation
- Materials: Plates, napkins — Cost \$0.50

4:50–5:00 — Cleanup & Closing

- Script: "Respect your space. What new nutrient-rich colors will you add to your diet?"
- S.T.E.A.M. Category: All
- Hard Skills: Cleaning, organizing
- Soft Skills: Reflection, habit building
- Materials: Cleaning supplies — Cost \$0

Week 4: Japan – Gratitude & Family Food Stories (Cucumber Sushi)

Budget: \$8 (Rollover \$2 included)

4:00–4:10 — Icebreaker

- Script: "いただきます (Itadakimasu) means 'I humbly receive' — share your family's food gratitude traditions."
- S.T.E.A.M. Category: Social Studies, Humanities
- Hard Skills: Storytelling, listening

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- Soft Skills: Gratitude, cultural awareness
- Materials: Reflection paper, pens — Cost \$0.50

4:10–4:20 — Mini Lesson: Precision & Cultural Context

- Script: “Precision and respect are essential in sushi preparation. Let’s examine measurements, slicing techniques, and cultural importance.”
- S.T.E.A.M. Category: Math, Science
- Hard Skills: Measuring, knife skills
- Soft Skills: Focus, respect for culture
- Materials: Sushi rice, cucumber, nori — Cost \$3

4:20–4:40 — Cooking: Sushi Roll Assembly

- Script: “Assemble sushi rolls collaboratively, practicing precision, teamwork, and presentation.”
- S.T.E.A.M. Category: Engineering, Math
- Hard Skills: Assembly, precision cutting
- Soft Skills: Patience, collaboration
- Materials: Bamboo mats, rice, vegetables — Cost \$4

4:40–4:50 — Tasting & Sharing

- Script: “Share a family dish’s story and what food means to your identity.”
- S.T.E.A.M. Category: Humanities
- Hard Skills: Public speaking
- Soft Skills: Communication, empathy
- Materials: Plates, napkins — Cost \$0.50

4:50–5:00 — Cleanup & Closing

- Script: “Thank your partners and the food you shared. Reflect on how culinary arts connect people around the world.”
- S.T.E.A.M. Category: All
- Hard Skills: Cleanup organization
- Soft Skills: Appreciation, closure
- Materials: Cleaning supplies — Cost \$0

This lesson plan integrates authentic middle school level S.T.E.A.M. skills relevant to real-world kitchen applications and personal, social growth. Would you like this formatted into a Word or Google Doc for final distribution?

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Sources

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[9] Helping Kids Learn STEAM Skills in the Kitchen

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Future Misc Meals & Culture

Here are 12 easy, low- or no-bake multicultural meals, snacks, or appetizers ideal for teaching 6th graders. Each uses simple ingredients and minimal equipment, ideal for classroom settings.

12 Easy Cultural No/Low Bake Recipes

– Rainbow Fruit Skewers (global): Thread seasonal fruit chunks (berries, pineapples, melons) onto skewers for a snack full of color and nutrients.

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- Veggie Sushi Rolls (Japan): Make sushi rolls using sticky rice, nori, cucumber, and avocado. No raw fish, and kids can roll with plastic wrap.
- Bruschetta (Italy): Top sliced baguette or toast with diced tomatoes, basil, olive oil, and garlic for a fresh appetizer.
- Mango Lassi (India): Blend yogurt, mango, milk, and a pinch of cardamom for a cooling, nutritious drink.
- Dabo Kolo (Ethiopia): Mix flour and spices, shape into tiny pieces, and pan-toast until crisp for a crunchy snack.
- Hummus Wraps (Middle East): Spread hummus on pita, add sliced cucumber, bell pepper, and greens, then roll up.
- Rice Paper Fruit Rolls (Vietnam): Fill rice paper sheets with mango, strawberries, and kiwi, then serve with berry dipping sauce.
- S'more Pops (USA): Skewer marshmallows, dip in melted chocolate, then roll in crushed graham crackers for a fun treat.
- Ants on a Log (USA/Global): Fill celery sticks with peanut butter or seed butter, then top with raisins or dried cranberries.
- Greek Yogurt Dip with Veggies (Greece): Stir herbs and lemon into yogurt, then dip with raw carrots, peppers, or cucumbers.
- Mini Chicken Taquitos (Mexico): Roll shredded cooked chicken and salsa in tortillas, microwave to heat—no oven needed.
- No-Bake Energy Bites (Global): Mix oats, sunflower butter, honey, and chocolate chips, then roll into balls and chill.

All recipes are easily adapted for allergies and budgets, can be made with minimal supervision, and promote hands-on learning and teamwork in the classroom.

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!

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