

Quick Project Ideas

Heritage Months K-6

Students research a cookbook and team up to write a *Who's Who* of Native Americans and Latino/Latina Americans for Hispanic Heritage Month and Native American Heritage Month.



Flavors Old and New

Are your students studying the Columbus encounter or early American history? Discuss foods that crossed an ocean in the Columbian Exchange. Make a T-chart listing plants "Native to the Americas," such as corn, cocoa, tomato, and potato, in one column, and "Brought to the Americas," such as citrus, apples, onions, and wheat, in the other. What dishes use these food plants?

Activity: Cooking with Words

Distribute the "Word Builder" worksheet on p. 2. Introduce ten words related to fall and cooking, such as *harvest*, *exchange*, *crops*, *maize*, *steep*, *extract*, *sauté*, etc. Prepare a snack from native plants, such as popcorn and iced-sumac-tea, sweetened with maple syrup or local honey. Then have teams of student chefs research a traditional Native American or Latin American recipe and write instructions in their own words, using some of the new vocabulary.

Activity: Illustrated Recipes

Have students illustrate each ingredient. They may also want to create drawn or photographed icons for amounts, such as 1 cup, $\frac{1}{2}$ cup, or 1 tablespoon. They can practice math skills by drawing clock faces with accurately-positioned hands to show cooking times. One large illustration should show the finished dish, or could show an action or technique involved in cooking.

Projects and Presentations

- Heritage Heroes**
 Compile a "Who's Who" book of Hispanic Heritage or Native American Heritage." Have pairs of student reporters research, write and illustrate mini-bios highlighting one key achievement per profile plus a few fun facts. Hang profiles along the hallway, or publish them using the "Who's Who" StorySpark at TikaTok.com
- A Host of Holidays**
 The fall season includes Día de Muertos, Veterans' Day, and Thanksgiving. The "Who's Who" project could be adapted to feature profiles of historic veterans. The "Recipes for . . ." project could focus on Día de Muertos delicacies or treasured family recipes for Thanksgiving.
- A Heritage Feast**
 Collect recipes from student chefs into a class cookbook. Use the "Recipes for . . . (Cookbook)" StorySpark project template at TikaTok.com. Present foods and short reports during a school or parent assembly.

TikaTok Tip

Check out TikaTok's new free training site to access tutorial videos:

mytrainingconnection.com/products/tikatok



Vocabulary Builder

Instructions: Choose ten vocabulary words to create a set of instructions and illustrate your recipe.



List ten vocabulary words and their definitions:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Write a set of instructions using the vocabulary words from above:



