

# Books and Cooks



## Cultural Cooking for UU Kids

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# Introduction

## About the Curriculum

Children love to eat, and they love to cook. What better way to introduce youngsters to different cultures than through food. This curriculum uses stories about food and cooking to give children a “taste” of different cultures around the world. This fits in with our UU principles that encourage us to learn, grow, and to value and respect each other to build a more peaceful world. Additionally, the stories in this curriculum expose children to lessons about helping each other, being part of a community, being adventurous, being independent, sharing and the importance of family.

## Program Goals:

- Learn to prepare and enjoy healthy foods
- Try new things
- Gain experience with safety in the kitchen
- Encourage curiosity and learning about foods and cultures

## Using the Curriculum

When I wrote this curriculum, I was looking for a fun and easy curriculum for our summer program, aimed at elementary aged children. Most of the stories are aimed at kids in preschool through 3<sup>rd</sup> grade. The recipes are ones that are easy enough to manage with adult help and tasty, too. A full kitchen is not necessary, any room with an electric outlet will do. Access to a microwave, a blender, and an electric skillet or wok is needed for some of the recipes. Each lesson has a meal blessing associated with it, often from the culture of the food and story.

## **Additional Resources**

A complete list of books, equipment and ingredients required can be found in the addendum. Suggestions for opening and closing rituals, a world map, and large copy pages of the blessings to use during class are available there as well. Also, printable recipe cards for each lesson are included, so children can share the lesson with their families.

# **Lesson 1: Making Rice Balls**

## **Overview:**

From Haiti to Viet Nam, everybody cooks rice. This story connects cultures from Asia, India, Europe, Central and South America in a neighborhood of the United States. This story is a true celebration of the diversity and similarity of our common humanity. With a kid friendly recipe for a delicious puffed rice treat.

## **Getting Started:**

Opening Words  
Chalice Lighting  
Check In

Focus: What are your favorite rice dishes?

**Book:** *Everybody Cooks Rice*, by Norah Dooley

*A child is sent to find a younger brother at dinnertime and is introduced to a variety of cultures through encountering the many different ways rice is prepared at the different households visited. --Google Books*

## **Time to Cook: Rice Balls**

Always have children wash hands before beginning to cook. Divide up the cooking tasks according to the number of children in your group. Kids can help measure, stir, and cut up apricots. Other fruits, nuts or seeds can be substituted as well. Children will enjoy shaping the balls. Consider having the children wrap several small balls to take home to share with family. Be prepared to get sticky.

## **Before the Meal:**

In China, a common saying/blessing is “May your rice never burn.”

## **Finishing Up:**

Clean up

Closing Words

## **Optional Activity: Catching 7 Pieces**

This traditional Chinese game was played with seven 1” square bags of rice, but is like jacks and can be played with pebbles, jacks, marbles etc. Players sit in a circle. The first player spreads the 7 objects out. Then, throwing one piece in the air, picks up another and catches the first piece before it lands. Next, holding the two pieces, one is thrown in the air while a third piece is picked up. Play continues until all 7 pieces have been captured. If a piece is dropped, play passes to the next person.

## **Rice Balls**

### **Ingredients:**

Cooking spray

2 cups mini marshmallows or marshmallow fluff (vegetarian)

3 tablespoons unsalted butter

1 teaspoon honey

4 cups puffed-rice cereal

1/4 cup dried apricots, diced (about 2 ounces)

2 tablespoons roasted sunflower seeds

### **Directions:**

- Spray a large metal mixing bowl with cooking spray and set aside.
- Cook the marshmallows, butter, and honey in microwave
- Add the puffed rice and stir to coat with the marshmallow-butter mixture.
- Transfer the rice mixture to the prepared bowl and sprinkle with the apricots and sunflower seeds.
- Stir with a wooden spoon or hands lightly coated with cooking spray.
- Scoop onto plastic wrap and shape into balls (about 1/2 cup each)
- Let cool and enjoy

## **Lesson 2: Vegetable Maki Sushi Roll**

### **Overview:**

In this lesson, children hear the true story of Hiromi, a Japanese American girl who learns how to make sushi from her father, and becomes one of the first female sushi chefs in New York. Then, make your own vegetable sushi rolls. While enjoying the meal, listen to the story of Yoko, who brings sushi to school in her lunchbox, only to find the other children tease her about her very different meal. *Note: If the class is very young, it might be better to start with Yoko, a shorter simpler story.*

### **Getting Started:**

Opening Words  
Chalice Lighting  
Check In

Focus: Find Japan and New York on the map. Ask if the children have ever eaten seaweed before? How about Sushi?

### **Book 1: *Hiromi's Hands*, by Lynn Barasch**

*The true story of Hiromi Suzuki, a Japanese American girl who defied tradition to train at her family's restaurant, and who became one of the first female sushi chefs in New York. --goodreads.com*

### **Time to Cook:**

Always have children wash hands before beginning to cook. Make sure to have the rice precooked and cooled. You may find it is easiest to have all the vegetable selections prewashed and cut and ready to go. Children will enjoy pressing down the rice on the nori, laying out the veggies, and using the mat to roll up the sushi rolls. Make several rolls with different veggie combinations.

## **Before the Meal:**

In Japan, it is common to say "Itadakimasu" (sounds like "eat-a-da-key-mas") which means "I humbly receive" before meals. This is done while hands are together as in prayer, and with a bow of the head.

## **Book 2: *Yoko*, by Rosemary Wells**

*Mmm, Yoko's mom has packed her favorite for lunch today-sushi! But her classmates don't think it looks quite so yummy. "Ick!" says one of the Franks. "It's seaweed!" They're not even impressed by her red bean ice cream dessert. Of course, Mrs. Jenkins has a plan that might solve Yoko's problem. But will it work with the other children in class?--amazon.com*

## **Finishing Up:**

Clean up  
Closing Words

## **Optional Activity: Chopstick Relay**

Divide children into two teams. Each team will have two bowls and a pair of chopsticks. Place the 2 bowls on chairs or tables several feet apart. In the first bowl have 10 objects such as marbles, pebbles, candy, paper clips, marshmallows, coins, Legos, anything, really. Make sure each team has the same number and type of objects in their start bowl. In relay fashion, using only chopsticks, have the teams work to move all the objects to their empty bowl.

## Vegetable Maki Sushi Rolls

Sushi that has ingredients which are rolled around a layer of nori seaweed is called maki. Here's what you'll need:

### Ingredients:

Bamboo rolling mat

One package of eight 7"x9" (approx) toasted nori sheets

One small bag of sushi rice

Rice vinegar

Soy sauce

Vegetable fillings of your choice --cucumber, carrot, bell pepper, green beans, etc.

Optional: pickled ginger, wasabi

**Tips:** Precook 1 1/2 cups of sushi rice, add about 1/8 cup of sweet rice vinegar, mix well and chill in the refrigerator.

### Directions:

- When you're ready to make the maki rolls, organize your workspace with the food, the nori, the bamboo mat, and a bowl of water to dunk your hands in before working with the sticky rice.
- Select one sheet of nori and place it shiny side down on the bamboo mat. After wetting your hands, pick up some rice and spread it on the lower 1/3 of the nori, and then with your fingers, press it down gently.
- Add your fillings in the center of the rice and gently press down. Always put down the biggest fillings first. Smaller fillings go on top. Don't pile the fillings too high, or it will be hard to roll.
- Now you can begin rolling! Lift the end of the bamboo mat that is nearest to you and fold it over the ingredients. Be sure to pull the end of the mat out in front of you so it doesn't roll up into the roll. Dip your fingers in the bowl of water and lightly moisten the top end of the nori sheet that is furthest away from you. With a gentle rolling motion, fold the roll into the end of the nori (the part you just moistened) and seal the roll. Squeeze the roll gently with your hands and with the palms of your hands, roll it back and forth between the fold of the bamboo mat to ensure the roll has sealed and to help shape it.
- Take the maki roll and slice it into 8 even slices with a sharp knife
- Soy sauce and wasabi can be served for dipping sauces
- Pickled ginger can be used to cleanse the palate between sushi rolls

## **Lesson 3: Microwave Apple Pie 4th of July**

### **Overview:**

In this lesson, share a sweet story that explores cultural differences through a Chinese-American girl's fears about fitting in as her parents sell Chinese food on the 4<sup>th</sup> of July. Then, make individual microwave apple pies.

### **Getting Started:**

Opening Words  
Chalice Lighting  
Check In

Focus: Ask the children if they have ever gone someplace new and not known what to expect or how to act? Show children the world map, have them find China and New York. Do you think people do the same things and eat the same foods in these places? Tell them that this story is about a little girl growing up in New York, whose parents are from China.

**Book:** *Apple Pie Fourth of July*, by Janet S. Wong and Margaret Chodos-Irvine

*“Shocked that her parents are cooking Chinese food to sell in the family store on an all-American holiday, a feisty Chinese American girl tries to tell her mother and father how things really are. But as the parade passes by and fireworks light the sky, she learns a surprising lesson.” -- From School Library Journal*

### **Time to Cook:**

Always have children wash hands before beginning to cook. Since children are each making their individual apple pies, it may be best to arrange the ingredients cafeteria style so the kids can each measure what they need when they need it. Each child will need their own ramekin to make the pie in and their own cup to microwave the filling in.

## **Before the Meal:**

A Buddhist meal blessing:

We receive this food in gratitude to all beings  
Who have helped to bring it to our table  
And vow to respond in turn to those in need  
With wisdom and compassion.

## **Finishing Up:**

Clean up  
Closing Words

## **Optional Activity:** Capture the flag

Play the classic game of capture the flag, using red white and blue flags for the 4<sup>th</sup> of July.

## Microwave Single Serve Apple Pie Recipe

### *Ingredients:*

Graham cracker

1 tbsp butter

1 green apple, cored, peeled, and cut into small chunks.

1 tbsp flour

1 tsp powdered sugar

1/2 tsp-1 tsp apple pie spice

Wedge of lemon

Whip Cream

### *Instructions:*

- Place cracker in a plastic bag and smash into crumbs.
- Melt butter in serving dish in the microwave (approx 15 seconds).
- Add cracker crumbs and mash with fingers to coat the crumbs. Press up onto sides of your ramekin or mug.
- Place your apple chunks into a measuring cup.
- Add flour, powdered sugar, and apple pie spice, then stir to coat.
- Squeeze wedge of lemon on top and mix again.
- Put measuring cup in the microwave to soften for 2 minutes.
- Place apple pie filling into crust
- Top your pie with more cookie crumbs for a little crunch and some whipped cream.

## **Lesson 4: Making Mango Lassis**

### **Overview:**

Have a taste of India. In this lesson, the picture book “Ganesha’s Sweet Tooth” introduces children to the Hindu god Ganesha, who has an elephant head. After the story, satisfy everyone’s sweet tooth with a yummy mango lassi and coconut laddoo.

### **Getting Started:**

Opening Words  
Chalice Lighting  
Check-in

Focus: Ask the children if they know where India is? Show children on map. In India, many people are Hindus. Show children pictures of Hindu gods.

**Book:** *Ganesha's Sweet Tooth*, by Emily Haynes and Sanjay Patel

*Ganesha’s Sweet Tooth” tells a story based on the legend of how the Hindu god Ganesha transcribed the epic poem Mahabharata. Ganesha loves sweets, but when he bites down on “the super jumbo jawbreaker laddoo,” his tusk breaks off. He is upset until he meets Vyasa the poet, who needs the tusk to write his poem, which is so long that “all the pens in the world would break before it is done.” So Ganesha helps the poet and uses his tusk to write the 100,000 verses of a story, which turns out to be so beautiful he even forgets about sweets. --amazon*

## **Time to Cook: Mango Lassis**

Always have children wash hands before beginning to cook. Divide up the cooking tasks according to the number of children in your group. Children can help with peeling and slicing the mangos if you are using fresh mangos. They can also help measure and add ingredients to the blender or food processor. The recipe yields 2 cups. You may wish to have supplies available to make more, depending on the size of your class. All the children will enjoy rolling the coconut laddos.

## **Before the Meal:**

### A Hindu Meal Blessing

This ritual is One.

The food is One.

We who offer the food are One.

The fire of hunger is also One.

All action is One

We who understand this are One.

## **Finishing Up:**

Clean up

Closing Words

## **Optional Activity: Sozhi Urutturadhu**

In this traditional game, sea shells are used. Though there are many variants, a common game would involve using 6 shells. One person rolls the shells, like dice. The others guess odd or even? If the number of shells face up is an even number, those who guessed even get a point, and if the number is odd, those who guessed odd get a point. Play continues until children tire of it, or until someone has reached a predetermined number of points.

## Mango Lassi

Prep time: 10 minutes

Yield: Makes about 2 cups

### Ingredients:

1 cup plain yogurt

1/2 cup milk

1 cup chopped very ripe mango or a cup of canned mango pulp

4 teaspoons honey or sugar, to taste (if using canned mango, you may want to use less)

A dash of ground cardamom (optional)

Ice (optional)

### Directions:

- Put mango, yogurt, milk, sugar and cardamom into a blender and blend for 2 minutes.
- If you want a more milkshake consistency blend in some ice as well
- Sprinkle with a tiny pinch of ground cardamom to serve.
- The lassi can be kept refrigerated for up to 24 hours.

## Coconut Ladoo

Prep Time: 15 minutes

Makes about 14 ladoo

### Ingredients:

1 cup sweetened condensed milk

2.5 cups desiccated coconut

1 tbsp. ghee (or butter)

Pinch of cardamom powder

1/4 cup roasted pistachios chopped

### Directions:

- Melt ghee or butter in skillet on low
- Add coconut and sauté for 1 minute
- Add sweetened condensed milk and stir continually until a dough starts to form
- Remove from heat
- Add cardamom and nuts, mix well
- When mixture has cooled to “warm,” roll into balls
- Roll balls in coconut
- May be stored in airtight container in refrigerator

## Lesson 5: Tortillas and Tacos

### Overview:

Learn some Spanish words while hearing the story of Burro who wants to know who will help him make tortillas? A familiar story line teaches that we should all help one another. Then, make some fresh homemade tortillas and homemade salsa. While enjoying the meal, read about some taco loving dragons.

### Getting Started:

Opening Words  
Chalice Lighting  
Check In

Focus: Ask the children about their favorite Mexican foods. Can they find Mexico on the map? Do they know any Spanish words?

**Book:** *Burro's Tortillas*, by Terri Fields and Sherry Rogers

*"Humor, wit, and all-in-all fun abound in this twist on The Little Red Hen story when Burro seeks out his friends the bobcat, coyote, and jackrabbit to help him make tortillas. --Children's Literature Comprehensive Database*

### Time to Cook:

Always have children wash hands before beginning to cook. Kids can help measure and pour ingredients. Make sure the surface is well floured. Kids will enjoy taking turns kneading the dough. Though the recipe calls for dividing into eight portions, you may make smaller tortillas if you have more children. Bring some sour cream and salsa to serve with the tortillas, or consider making your own salsa and bringing a few extra ingredients for kids to make their own tacos. A large group could be broken into a tortilla

making team and a salsa making team. Additional toppings to bring would be shredded cheese and lettuce, and any other taco fillings you like.

## **Before the Meal:**

Say "Thank you for our food" in Spanish: "Gracias por la comida."

Another simple grace from Latin America:

*To those who have hunger,  
Give bread  
And to those who have bread,  
Give the hunger for justice*

**Book:** *Dragons Love Tacos*, by Adam Rubin and Daniel Salmieri

*"Dragons Love Tacos is a heaping helping of silly. Little kids will relate to the anti-spicy bias and chuckle over Salmieri's watercolor and gouache cartoon illustrations showing literally boatloads of tacos and all sizes of dragons enjoying their favorite food at pool parties, costume parties and, well, taco parties."—San Francisco Chronicle*

## **Finishing Up:**

Clean up

Closing Words

## **Optional Activity:** Mar y Tierra

Children line up in front of a line on the floor. One side is "Mar" (the sea) and the other is "Tierra" (the earth.) One player is in charge of calling out "Mar" or "Tierra." Children must jump, either over the line to the side that is called, or in place if they are already on the correct side. If they jump to the wrong side, they are out.

## **Homemade Tortillas**

### **Ingredients:**

2 cups all-purpose flour

1/2 teaspoon salt

3/4 cup water

3 tablespoons olive oil

### **Directions:**

- In a large bowl, combine flour and salt.
- Stir in water and oil.
- Turn onto a floured surface; knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough.
- Divide dough into eight portions. On a lightly floured surface, roll each portion into a 7-in. circle.
- In a large nonstick skillet coated with cooking spray, cook tortillas over medium heat for 1 minute on each side or until lightly browned. Keep warm.
- Yield: 8 tortillas.

## **Dragon Tacos**

### **Ingredients:**

Sour Cream

Mexican cheese blend, shredded

Lettuce, shredded

Green onion, chopped

Black olives, sliced

Refried beans

Flour tortillas

**Homemade Salsa:** see recipe below

Ingredients: 14oz can diced tomatoes  
2 Roma tomatoes  
2 tsp minced garlic  
1 medium sweet onion  
1/3 cup fresh cilantro  
Juice from 1/2 lime  
1 3/4 tsp cumin  
1 tsp salt  
1 1/2 tsp sugar

### **Directions:**

- To prepare homemade salsa, add all ingredients into blender or food processor and blend until well mixed
- Set salsa, sour cream, cheese, lettuce, onions and olives in individual dishes on table with serving spoons
- Heat can of refried beans in microwave safe container on high for 1-2 minutes. Stir well. Set on table with serving spoon.
- Layer flour tortillas between damp paper towels and microwave for 30 seconds
- When all ingredients are ready, assemble your own soft tacos. Take one flour tortilla, spread thin layer of beans, add toppings, roll up and enjoy

## Lesson 6: Preparing Pancit

### Overview:

Have a taste of the Philippines. *Cora Cooks Pancit* is a sweet story of a mother and daughter cooking a traditional Filipino dish. Then, cook this noodle dish (without the chicken) for a delicious meal.

### Getting Started:

Opening Words  
Chalice Lighting  
Check In

Focus: Find the Philippines on the map. Ask the children if they ever get to help out in the kitchen. Are there ever jobs that their parents won't let them do because they are too young?

**Book:** *Cora Cooks Pancit*, by Dorina K. Lazo Gilmore and Kristi Valiant

*Cora loves being in the kitchen, but she always gets stuck doing the kid jobs like licking the spoon. One day, however, when her older sisters and brother head out, Cora finally gets the chance to be Mama's assistant chef. And of all the delicious Filipino dishes that dance through Cora's head, she and Mama decide to make pancit, her favorite noodle dish. -- from the inside flap*

### Time to Cook:

Always have children wash hands before beginning to cook. There are many different items to measure and chop in this dish. Consider having the noodles already cooked and ready to add to the vegetable mixture. Use an electric skillet or wok to prepare the dish, to avoid needing a full kitchen.

## **Before the Meal:**

The dominant religion of the Philippines is Catholic. Here is a common Catholic meal blessing.

Bless us,  
O Lord,  
and these your gifts,  
which we are about to receive  
from your bounty.  
Through Christ our Lord.

Amen.

## **Finishing Up:**

Clean up  
Closing Words

## **Optional Activity:** Agawang sulok

Literally this game means to catch and own a corner. The “it” stands in the middle of the playing area. The players in the corners will try to exchange places by running from one “base” to another. The *it* should try to secure a corner or base by rushing to any of those when it is vacant. The player without a base becomes the next “it.”

## **Pancit**

Pancit is a traditional Filipino noodle dish.

### **Ingredients:**

1 (8 oz.) package of rice noodles  
1 yellow onion, chopped  
1 tablespoon fresh ginger, finely chopped  
2 tablespoons plus 1/4 cup soy sauce  
2 garlic cloves, finely chopped  
vegetable oil  
1/2 head cabbage, shredded  
3 carrots, thinly sliced  
3 celery stalks, sliced  
1 (8 oz.) can water chestnuts, sliced  
1 (8 oz.) can bamboo shoots, sliced  
1 (8 oz.) can baby corn, diced  
1.5 cups water  
3 eggs, hard boiled and sliced (boil in advance)  
5 green onions, sliced lengthwise and cut into 3-inch strips (optional)  
salt and pepper

### **Directions:**

- Soak noodles in warm water for a half hour
- While noodles are soaking, chop veggies
- Heat 1 tablespoon of oil in large, shallow pot.
- Sautee yellow onion and 2 tablespoons of soy sauce
- Stir in garlic and ginger, add salt and pepper to taste
- Add other vegetables, sprinkle with salt and pepper. Cook briefly, making sure carrots and cabbage don't overcook.
- Strain noodles. In separate pot, bring 1.5 cups water, 1/4 cup oil, 1/4 cup soy sauce and sprinkle of salt to light boil. Add noodles and stir. Cook 5 minutes.
- Pour noodles on veggie mixture. Mix everything together and cook on low for an additional 5 minutes
- Serve in bowls. Garnish with sliced egg and green onions.

## Lesson 7: DIY Pasta Salad

### Overview:

In the classic children's story *Strega Nona*, learn a valuable lesson about following directions, especially where cooking is concerned! Then, children will enjoy making their own delicious cup of pasta salad.

### Getting Started:

Opening Words  
Chalice Lighting  
Check In

Focus: Find Italy on the map. Have you ever been told not to do something and done it anyway, and the outcome was not so good?

**Book:** *Strega Nona*, by Tomie de Paola

*Strega Nona lives by her lonesome in a small cottage in Calabria, Italy. A witch by trade, she cures the townspeople of their ailments, warts, and headaches. When Big Anthony is hired on as Strega Nona's servant she gives him very strict instructions on what he is required to do, and what he is forbidden to do. Quoth Strega Nona, "The one thing you must never do is touch the pasta pot" ...Elizabeth Bird*

### Time to Cook:

Always have children wash hands before cooking. Have the pasta already cooked and cooled. Children can peel cucumbers and carrots and slice vegetables. When all the materials are ready, each child can assemble their own cup of delicious pasta salad.

## **Before the Meal:**

A simple thank you in Italian is "Grazie," (pronounced GRAT-see.)

## **Finishing Up:**

Clean up

Closing Words

## **Optional Activity: Strega Comanda Color**

In this playground game, one player is the witch. When the witch calls out a color, the other players run to touch something that is that color before the witch tags them. If they are all safe, the witch calls out another color. If someone is tagged, they become the next witch.

## **DIY Pasta Salad**

### **Ingredients:**

3 cups cooked bowtie pasta

3 cups cooked rotini pasta

Small can of olives, sliced

4 green onions, sliced

1 cucumber, diced

1 cup cherry tomatoes, halved

2 carrots, diced

2 celery sticks, diced

Fresh dill or other herbs, chopped

Bottles of Ranch and Italian dressing

### **Directions:**

- Have pasta pre-cooked and chilled
- Have children assist with the slicing and dicing where appropriate
- Set up assembly line of ingredients with pasta at one end and dressings at the other
- Each child can add their own ingredients, choose their dressing, stir and eat.

## Lesson 8: Gator Gumbo

### Overview:

Enjoy a spicy story set in the Louisiana Bayou and then make a healthy vegetable gumbo.

### Getting Started:

Opening Words  
Chalice Lighting  
Check In

Focus: Find Louisiana on the map. The people who originally settled in that part of the country were French, so there are some French words in the story today. Ask children if they know what a bayou is. Explain that it is a kind of swamp. Have they seen alligators before? This story is about an alligator in the Louisiana Bayou.

**Book:** *Gator Gumbo*, by Candace Fleming and Sally Anne Lambert

*This is a classic tale of contemptuous characters getting a well-deserved comeuppance, with a few interesting twists to spice up the dish. Poor Monsieur Gator is too old to catch his dinner, a fact that has not escaped his former prey--a possum, an otter, and a skunk. As he barely scrapes by on vegetables, the cruel animals tease him endlessly. Finally, Monsieur Gator decides to cook up some gumbo, "just like Maman used to make," and in a sequence straight out of "The Little Red Hen," he asks his tormentors to help him gather the ingredients. --From School Library Journal*

### Time to Cook:

Always have children wash hands before cooking. This recipe has lots of measuring and chopping. It is best to use an electric skillet or pan with deep sides. As there is at least 10 minutes of simmering, be prepared with a short activity to keep kids occupied while waiting. The game "Monsieur Gator" could be used, but be sure to keep all running around a safe distance from the cooking!

## **Before the Meal:**

In French: Bon Apetit!

Or try a secular children's blessing:

We sit right down and softly say, thank you for our food today  
Thank you for the world so sweet, thank you for the food we eat  
Thank you for the birds that sing, thank you Earth for everything

## **Finishing Up:**

Clean up

Closing Words

## **Optional Activity: Monsieur Gator**

- All the players (except one who is chosen as 'Monsieur Gator') stand side by side at one side of the yard or room, facing the other side. Mr. Alligator stands in the middle of the yard or room.
- The players chant, "Please Monsieur Gator may we cross the Bayou? If not, why not, what's your favorite color?"
- Monsieur Gator calls out one color name and any of the players wearing that color are safe to cross past Monsieur Gator to the other side of the yard/room.
- Once the safe players are across to the other side of the space, the players not wearing the selected color must try to run across to the other side of the yard/room without being caught by Monsieur Gator.
- The player that is caught becomes the next Monsieur Gator and the game starts again.

## **Gator Gumbo:**

### **Ingredients:**

2 tablespoons extra virgin olive oil  
2 tsp minced garlic  
1 green pepper diced  
1 onion chopped  
6 stalks celery, diced  
1 (28-ounce) can diced tomatoes  
1 (15-ounce) can red kidney beans, drained and rinsed  
½ tsp pepper  
2 tsp thyme  
2 tsp paprika  
1 bay leaf  
4 tsp lemon juice  
2 cups vegetable stock  
1 cup instant rice  
2 cups frozen cut okra  
Hot sauce to taste

### **Directions:**

- Heat oil over medium heat
- Add garlic and onion and sauté briefly
- Stir in peppers and celery
- Cook another 4 minutes then add tomatoes, beans, seasoning vegetable stock
- Bring to a boil and add rice and okra
- Simmer 10 minutes
- Serve with hot sauce on the side.

## Lesson 9: Mama Panya's Pancakes

### Overview:

Share this Kenyan story of generosity and community. Then make savory pancakes using the recipe from the book.

### Getting Started:

Opening Words  
Chalice Lighting  
Check In

Focus: What type of toppings do you like to put on your pancakes? Locate Kenya on the map. In Kenya, they might put meat, nuts or vegetables on their pancakes.

**Book:** *Mama Panya's Pancakes*, by Mary and Rich Chamberlain

*Mama Panya and her son, Adika, are all ready for market day where Mama is planning on using her few coins to buy the ingredients to make pancakes for dinner. Adika is so excited that he can't help inviting all of their friends and neighbors. Mama Panya is worried that his generosity may be more than her few coins and their meager supplies can provide. Luckily all of the guests arrive with gifts, and a Kenyan cross between "Stone Soup" and the story of the loaves and the fishes is realized. --from School Library Journal*

### Time to Cook:

Always have children wash hands before cooking. Children will enjoy pouring and flipping their own pancakes. Use an electric skillet or griddle. Have several topping options available, such as cream cheese, jam, veggies and nuts. These are not typically served with syrup.

## **Before the Meal:**

The dominant religion in Kenya is Catholic. There are also Protestant, Islam and several indigenous religions. Try this secular blessing, adapted from the Boy Scouts:

For the gifts of food and freedom  
And the hills to roam  
For the crimson sunsets  
And the Earth our home  
For the stars at night  
And the gentle wind and trees  
We thank you Great Spirit  
For all of these

## **Finishing Up:**

Clean up  
Closing Words

## **Optional Activity: Kigogo**

In Kenya, Kigogo is the name of the African game we call Mancala. In this game, pebbles or shells are moved from pot to pot around a board. Though it is typically played with 2 players, have the class play in two teams, giving each child a turn. If you do not have access to a mancala board game, you can easily make one with an egg carton and some dried beans. There are several tutorials available online.

## **Mama Panya's Pancakes**

### **Ingredients:**

- 1 1/4 cups flour
- 2 cups of cold water
- 1/3 cup vegetable oil
- 1/2 tsp salt
- 1/2 tsp cardamom
- 1/2 tsp crushed red chili pepper flakes

### **Instructions:**

1. In a bowl, mix all the ingredients with a fork.
2. Preheat a nonstick pan at a medium to low setting.
3. Ladle 1/4 cup of batter into the center of the pan. Tilt the pan to spread the batter to about the size of a grapefruit.
4. Cook until you see tiny bubbles in the pancake, then gently flip it over.
5. When the second side begins to pop up from the heat, the pancake is ready.

### **Serving Suggestions:**

These pancakes are typically served with meats or roasted nuts, but you can fill your pancake with jam, cream cheese, sour cream, veggies, anything will do. Place your filling on one half and then roll it up and eat it.

## Lesson 10: Vegemite and Lamingtons

### Overview:

Go down under for a culinary tour of Australia in the amusing story *Possum Magic*. Next, try some vegemite and cheese sandwiches. Vegemite is an acquired taste, so to end on a sweeter note, make lamingtons, delicious sponge cakes with chocolate and coconut.

### Getting Started:

Opening Words  
Chalice Lighting  
Check In

Focus: Find Australia on the map. Why is it sometimes called "the land down under?" Possums are marsupials, which means they keep their babies in a pouch. What are some other marsupials? (Koala, kangaroo, all native to Australia.)

**Book:** *Possum Magic*, by Mem Fox and Julie Vivas

*Grandma Poss uses bush magic to make Hush invisible, but when Hush wants to see herself again, Grandma can't remember which Australian food is needed to reverse the spell. Traveling around the continent in search of an antidote, Grandma and Hush sample Anzac biscuits, mornay, vegemite, and pavlova until the right delicacy is found. --Jeanette Larson, Mesquite Public Library, Tex.*

### Time to Cook:

Always have children wash hands before cooking. Make the lamingtons first, as they can cool while the children eat their sandwiches. Using a ready-made sponge cake or pound cake, split in two layers and have the children help spread the jam. After an adult cuts the cake into cubes, children can each dip a piece of cake in the

chocolate sauce and roll it in coconut. While they cool, children can make their own vegemite sandwiches.

### **Before the Meal:**

Blessings on the blossom,  
blessings on the fruit,  
blessings on the leaf and stem,  
blessings on the root

### **Finishing Up:**

Clean up  
Closing Words

### **Optional Activity: Two-Up**

This Australian gambling game is only played in public on Anzac Day, April 25. Though this is traditionally a gambling game, you can adapt it to play to a predetermined number of points.

The “spinner” flips 2 coins. The players call heads or tails. If both coins land on heads, heads get the point. If both land on tails, tails get the point. If there is one of each, no one gets a point.

## **Vegemite Sandwiches**

Ingredients:

Bread, white or wheat

Butter or margarine

Vegemite

Optional: Cheese slices, cucumber, tomato, lettuce

Directions:

- Take two slices of bread
- Spread butter/margarine on each slice
- Spread a **very thin** layer of vegemite over the butter
- Add cheese and veggies as desired
- Enjoy!

## **Lamingtons**

Ingredients:

sponge cake or pound cake

1/4 cup raspberry jam

3 cups shredded coconut

2 1/2 cups chocolate frosting

1/2 cup boiling water

Directions:

- Slice cake in to two layers and fill with thin layer of raspberry jam
- Cut into small squares
- Combine boiling water and chocolate frosting and stir until smooth
- Using 2 forks, carefully dip each square of cake in the chocolate mixture, then roll in coconut flakes and set on a cooling rack to dry
- Best if chilled 10 minutes before serving

# Addendum

## Book List

<b>Title</b>	<b>Author</b>
Everybody Cooks Rice	<i>Norah Dooley</i>
Hiromi's Hands	<i>Lynn Barasch</i>
Yoko	<i>Rosemary Wells</i>
Apple Pie Fourth of July	<i>Janet S. Wong and Margaret Chodos-Irvine</i>
Ganesha's Sweet Tooth	<i>Emily Haynes and Sanjay Patel</i>
Burro's Tortillas	<i>Terri Fields and Sherry Rogers</i>
Dragons Love Tacos	<i>Adam Rubin and Daniel Salmieri</i>
Cora Cooks Pancit	<i>Dorina K. Lazo Gilmore and Kristi Valiant</i>
Strega Nona	<i>Tomie de Paola</i>
Gator Gumbo	<i>Candace Fleming and Sally Anne Lambert</i>
Mama Panya's Pancakes	<i>Mary and Rich Chamberlain</i>
Possum Magic	<i>Mem Fox and Julie Vivas</i>

## **Recipe Cards**

The following pages have recipe cards that can be printed for children to take home to share with their families. The meal blessing words can be printed on the back of the recipe cards as well. Just be sure to match the correct recipe with the correct meal blessing page, then copy double sided onto cardstock.

## **Rice Balls**

### **Ingredients:**

Cooking spray	2 cups mini marshmallows
3 tablespoons unsalted butter	1 teaspoon honey
4 cups puffed-rice cereal	1/4 cup dried apricots, diced
2 tablespoons roasted sunflower seeds	



### **Instructions:**

- Spray a large metal mixing bowl with cooking spray and set aside.
- Cook the marshmallows, butter, and honey in microwave
- Add the puffed rice and stir to coat with the marshmallow-butter mixture.
- Transfer the rice mixture to the prepared bowl and sprinkle with the apricots and sunflower seeds.
- Stir with a wooden spoon or hands lightly coated with cooking spray.
- Form into balls (about 1/2 cup each)
- Let cool about 30 minutes, then wrap tightly in plastic wrap.

## **Vegetable Maki Sushi Rolls**

### **Ingredients:**

Bamboo rolling mat	One package toasted nori sheets
One small bag of sushi rice	Rice vinegar
Soy sauce	Vegetable fillings of your choice
Optional: pickled ginger, wasabi	



### **Instructions:**

Precook 1 1/2 cups of rice and chill in the refrigerator. Once the rice is cool, add about 1/8 cup of rice vinegar to it and mix. Organize your workspace with the food, the nori, the bamboo mat, and a bowl of water to dunk your hands in before working with sticky rice. Select one sheet of nori and place it shiny side down on the bamboo mat. Wet your hands, spread rice on the lower 1/3 of the nori, and press it down gently. Add fillings in the center of the rice, put down the biggest fillings first. Don't pile too high. Lift the end of the bamboo mat that is nearest to you and fold it over the ingredients. Be sure to pull the end of the mat out in front of you so it doesn't roll up into the roll. Dip your fingers in the bowl of water and lightly moisten the top end of the nori sheet that is furthest away from you. Fold the roll into the end of the nori and seal the roll. Squeeze the roll gently, roll it back and forth between the fold of the bamboo mat to ensure the roll has sealed and to help shape it. Take the maki roll and slice it into 8 even slices with a sharp knife mix well.

## Microwave Single Serve Apple Pie Recipe



### ***Ingredients:***

Graham cracker  
1 tbsp. flour  
1/2 tsp-1 tsp apple pie spice  
Whip Cream  
1 green apple, cored, peeled, and cut into small chunks

1 tbsp. butter  
1 tsp powdered sugar  
Wedge of lemon

### ***Instructions:***

- Place cracker in a plastic bag and smash into crumbs.
- Melt butter in serving dish in the microwave (approx 15 seconds).
- Add cracker crumbs and mash with fingers to coat the crumbs. Press up onto sides of your ramekin or mug.
- Place your apple chunks into a measuring cup.
- Add flour, powdered sugar, and apple pie spice, then stir to coat.
- Squeeze wedge of lemon on top and mix again.
- Put measuring cup in the microwave to soften for 2 minutes.
- Place apple pie filling into crust
- Top your pie with more cookie crumbs for a little crunch and some whipped cream.

## Mango Lassi



### ***Ingredients:***

1 cup plain yogurt  
1/2 cup milk  
1 cup chopped very ripe mango or a cup of canned mango pulp  
4 teaspoons honey or sugar, more or less to taste  
A dash of ground cardamom (optional)  
Ice (optional)

### ***Instructions:***

- Put mango, yogurt, milk, sugar and cardamom into a blender and blend for 2 minutes.
- If you want a more milkshake consistency blend in some ice as well
- Sprinkle with a tiny pinch of ground cardamom to serve.
- The lassi can be kept refrigerated for up to 24 hours.

## **Homemade Tortillas**

### **Ingredients:**

2 cups all-purpose flour  
1/2 teaspoon salt  
3/4 cup water  
3 tablespoons olive oil



### **Instructions:**

- In a large bowl, combine flour and salt.
- Stir in water and oil.
- Turn onto a floured surface; knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough.
- Divide dough into eight portions. On a lightly floured surface, roll each portion into a 7-in. circle.
- In a large nonstick skillet coated with cooking spray, cook tortillas over medium heat for 1 minute on each side or until lightly browned. Keep warm.

## **Homemade Salsa and Dragon Tacos**

### **Ingredients:**

14oz can diced tomatoes	2 Roma tomatoes
2 tsp minced garlic	1 medium sweet onion
1/3 cup fresh cilantro	Juice from 1/2 lime
1 3/4 tsp cumin	1 tsp salt
1 1/2 tsp sugar	



### **Instructions:**

Add all ingredients into blender or food processor and blend until well mixed

### **Dragon Tacos:**

Set out salsa, sour cream, cheese, lettuce, onions, olives or other desired toppings. Heat can of refried beans in microwave safe container on high for 1-2 minutes. Stir well.

Use freshly made tortillas, or layer store bought flour tortillas between damp paper towels and microwave for 30 seconds.

When all ingredients are ready, assemble your own soft tacos. Take one flour tortilla, spread thin layer of beans, add toppings, roll up and enjoy

## **Pancit**



### **Ingredients:**

1 (8 oz.) package of rice noodles	1 yellow onion, chopped
1 tablespoon fresh ginger, finely chopped	vegetable oil
2 tablespoons plus 1/4 cup soy sauce	2 garlic cloves, finely chopped
1/2 head cabbage, shredded	3 carrots, thinly sliced
3 celery stalks, sliced	1 (8 oz.) can water chestnuts, sliced
1 (8 oz.) can bamboo shoots, sliced	1 (8 oz.) can baby corn, diced
1.5 cups water	3 eggs, hard boiled and sliced (boil in advance)
5 green onions, cut into 3-inch strips (optional)	salt and pepper

### **Instructions:**

Soak noodles in warm water for a half hour. While noodles are soaking, chop veggies. Heat 1 tablespoon of oil in large, shallow pot. Sauté yellow onion and 2 tablespoons of soy sauce. Stir in garlic and ginger, add salt and pepper to taste. Add other vegetables, sprinkle with salt and pepper. Cook briefly, making sure carrots and cabbage don't overcook. Strain noodles. In separate pot, bring 1.5 cups water, 1/4 cup oil, 1/4 cup soy sauce and sprinkle of salt to light boil. Add noodles and stir. Cook 5 minutes. Pour noodles on veggie mixture. Mix everything together and cook on low for an additional 5 minutes. Serve in bowls. Garnish with sliced egg and green onions.

## **DIY Pasta Salad**



### **Ingredients:**

3 cups cooked bowtie pasta	3 cups cooked rotini pasta
Small can of olives, sliced	4 green onions, sliced
1 cucumber, diced	1 cup cherry tomatoes, halved
2 carrots, diced	2 celery sticks, diced
Fresh dill or other herbs, chopped	Bottles of Ranch and Italian dressing

### **Instructions:**

- Have pasta pre-cooked and chilled
- Have children assist with the slicing and dicing where appropriate
- Set up assembly line of ingredients with pasta at one end and dressings at the other
- Each child can add their own ingredients, choose their dressing, stir and eat.

## **Gator Gumbo**

### **Ingredients:**

2 tablespoons extra virgin olive oil	2 tsp minced garlic
1 green pepper diced	1 onion chopped
6 stalks celery, diced	1 (28-ounce) can diced tomato
1 (15-ounce) can red kidney beans, drained	½ tsp pepper
2 tsp thyme	2 tsp paprika
1 bay leaf	4 tsp lemon juice
2 cups vegetable stock	1 cup instant rice
2 cups frozen cut okra	Hot sauce to taste



### **Instructions:**

Heat oil over medium heat. Add garlic and onion and sauté briefly. Stir in peppers and celery. Cook another 4 minutes then add tomatoes, beans, seasoning vegetable stock. Bring to a boil and add rice and okra. Simmer 10 minutes. Serve with hot sauce on the side.

## **Mama Panya's Pancakes**

### **Ingredients:**

1 1/4 cups flour  
2 cups of cold water  
1/3 cup vegetable oil  
1/2 tsp salt  
1/2 tsp cardamom  
1/2 tsp crushed red chili pepper flakes



### **Instructions:**

- In a bowl, mix all the ingredients with a fork.
- Preheat a nonstick pan at a medium to low setting.
- Ladle 1/4 cup of batter into the center of the pan. Tilt the pan to spread the batter to about the size of a grapefruit.
- Cook until you see tiny bubbles in the pancake, then gently flip it over.
- When the second side begins to pop up from the heat, the pancake is ready.

## Vegemite Sandwiches



### **Ingredients:**

Bread, white or wheat

Butter or margarine

Vegemite

Optional: Cheese slices, cucumber, tomato, lettuce

### **Instructions:**

- Take two slices of bread
- Spread butter/margarine on each slice
- Spread a **very thin** layer of vegemite over the butter
- Add cheese and veggies as desired
- Enjoy!

## Lamingtons



### **Ingredients:**

Sponge cake or pound cake

1/4 cup raspberry jam

3 cups shredded coconut

2 1/2 cups chocolate frosting

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### **Instructions:**

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# May Your Rice Never Burn

(Chinese saying)

# "Itadakimasu"

*sounds like "eat -a- da- key- mas"*

(Japanese--I humbly receive)

**We receive this food in gratitude to all  
beings  
Who have helped to bring it to our table  
And vow to respond in turn to those in  
need  
With wisdom and compassion.**

**(A Buddhist Blessing)**

**This ritual is One.  
The food is One.  
We who offer the food are One.  
The fire of hunger is also One.  
All action is One  
We who understand this are One.**

**(A Hindu Blessing)**

# Gracias por la comida

(Spanish--Thank you for our food)

*To those who have hunger,  
Give bread  
And to those who have  
bread,  
Give the hunger for justice*

(From Latin America)

**Bless us,  
O Lord,  
and these your gifts,  
which we are about to receive  
from your bounty.  
Through Christ our Lord.  
Amen.**

(Catholic Blessing)

**Grazie**

*Sounds like "GRAT-see"*

(Italian--Thanks!)

# Bon Apetit!

*Sounds like Bone-App-Uh-Tee*

(French--Enjoy your meal)

For the gifts of food and freedom  
And the hills to roam  
For the crimson sunsets  
And the Earth our home  
For the stars at night  
And the gentle wind and trees  
We thank you Great Spirit  
For all of these

(Secular Blessing Adapted from The Boy Scouts)

**We sit right down and softly say,  
thank you for our food today  
Thank you for the world so sweet,  
thank you for the food we eat  
Thank you for the birds that sing,  
thank you, Earth, for everything**

**(Secular Children's Blessing)**

**Blessings on the blossom,  
blessings on the fruit,  
blessings on the leaf and stem,  
blessings on the root**

**(Secular/Earth-Based Blessing)**

## UU Chalice Lightings for Young Children

We come together to remind ourselves  
To treat all people kindly  
Because they are our brothers and sisters;  
To take good care of the earth Because it is our home;  
To live lives full of goodness and love  
Because that is how we will make our world  
The best place it can be.

. \* \* \* \* \*

This is our circle  
Of chalice light,  
Where peace and love  
Are burning bright.  
A place for wonder,  
A place for fun.  
Welcome, welcome Everyone.

\* \* \* \* \*

We light this chalice  
To celebrate Unitarian Universalism  
This is the church of the open mind  
This is the church of the helping hands  
This is the church of the loving heart

As you say “light” use a flat palm to suggest a match box cover, and with the other hand pretend to light a match. As you say “chalice,” cup your two hands together. Hold up your left hand and then your right in the shape of a “U”. As you say “church,” cover your face with both hands. Then open them out on the word “open,” as though your hands were hinged doors. Hold both hands out in front of you, palms up, as though you were reaching out to hand someone a gift. Cross your hands over your heart and give yourself a hug

## **Extinguishing the Chalice**

We extinguish this chalice,  
but not its spirit  
May it warm our hearts  
Until we meet again

\*\*\*\*\*

May we go forth from this place thankful  
for the life that sustains and renews us,  
and open to the grace that surrounds and surprises us.  
May we go forth from this place with openness and with thanksgiving.

\*\*\*\*\*

We go in peace;  
We go in love;  
We work for justice.  
We go forth and bless the world.

Books and Cooks: Ingredients and Supplies			
Lesson	Non-Perishable Ingredients	Perishable Ingredients	Cooking Supplies
1	Cooking spray Mini marshmallows (2c) Honey (2 tsp) Puffed rice cereal (4c) Sunflower seeds (2tb) Dried apricots (1/4c)	Butter (3tb)	<i>*Mixing bowls, Mixing spoons, Knives, cutting mats, Measuring cups/spoons</i> Microwave Plastic wrap  <i>*These items should be available for all classes</i>
2	Sushi rice Package of nori sheets Rice vinegar Soy sauce (optional wasabi and pickled ginger)	Choice of fresh veggies: carrot, avocado, cucumber, scallion, green or red pepper, etc. (don't need much of any one thing)	Bamboo rolling mats Optional--chopsticks
3	Graham crackers Flour Powdered sugar Apple pie spice	Butter (1tb/per person) Green apple, 1/person 1 lemon Whip cream	Microwavable Ramekins or Mugs Plastic zip lock bags Peeler and corer Microwave
4	Honey or Sugar Cardamom	Yogurt Milk Fresh, ripe mango (or canned pulp, or both) Ice	Blender
5	Flour (2c) Salt Olive Oil (3tb) Cooking Spray Black olive (sliced) Can of refried beans Can of diced tomatoes Cumin Sugar	Sour cream Shredded Mexican cheese Shredded lettuce Green onion 2 roma tomatoes 1 medium onion Fresh cilantro 1 lime Minced garlic (2tsp)	Electric skillet or griddle Blender

6	8oz package of rice noodles Soy sauce Vegetable oil water chestnuts (8oz can, sliced) bamboo shoots (8oz can, sliced) baby corn (8oz can) salt and pepper	1 yellow onion Fresh ginger 2 cloves Fresh Garlic ½ head of cabbage 3 carrots 3 celery stalks 5 green onions 3 eggs (hard boiled)	Electric skillet or wok Hot plate/pot Optional—chop sticks
7	Bow tie pasta Rotini pasta (tri color) Black olives (1 can, sliced) Ranch dressing Italian dressing	4 green onions Cucumber Cherry Tomatoes 2 carrots 2 celery sticks Fresh dill	
8	Olive Oil Diced tomatoes (28oz) Red kidney beans (15oz) Frozen okra—chopped (2c) Instant rice (1c) Vegetable stock (2c) Hot sauce Pepper Thyme Paprika Bay leaf	Minced Garlic Green Pepper Onion Celery (6 stalks) Lemon	Electric skillet
9	Flour Vegetable oil Salt Cardamom Crushed red chili pepper flakes	Assorted filling: veggies or humus, sour cream, jam	Electric skillet or griddle  Spatula
10	Vegemite Raspberry jam Shredded coconut (3 c) Chocolate frosting (2.5c)	Bread Butter Toppings: cucumber, tomato, cheese, lettuce Sponge cake or pound cake	Microwave

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Never Burn**

*Chinese saying*

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Who have helped to bring it to  
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And vow to respond in turn to  
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With wisdom and compassion.**

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**This ritual is One.  
The food is One.  
We who offer the food are One.  
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(Spanish--Thank you for our food)

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And to those who have bread,  
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(From Latin America)

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from your bounty.  
Through Christ our Lord.

Amen.

(Catholic Blessing)

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Thank you for the world so sweet, thank you  
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Thank you for the birds that sing, thank you  
Earth for everything

*(Secular Children's Blessing)*

**For the gifts of food and freedom  
And the hills to roam  
For the crimson sunsets  
And the Earth our home  
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blessings on the fruit,  
blessings on the leaf and  
stem,  
blessings on the root

(Secular/Earth-Based Blessing)

