



ECCE Activity Pack

Week 9 Term 2



Teaching Culture through Cuisine

Trinidad is one of the Caribbean's most culturally and ethnically diverse islands. Cultural diversity is an important concept for your children to grasp at an early age. As they grow older, they're going to notice that everyone around them is not quite the same. Teaching Children to understand that people are different can help them to embrace the varying cultural backgrounds of others. It can also teach them to appreciate and value traits and characteristics that make everyone so different.

Food is the Main Ingredient

One of the best ways to teach children about the diversity around us is in the kitchen. Trinbagonians are very patriotic when it comes to food, and food is a major part of our culture.

Skills and Healthy Habits Children Learn by Cooking

Here are seven activities that your children can engage in while helping in the kitchen:

1. **Explore their senses.** Invite children to experience cooking activities. If you are baking bread, your child can listen to the whirl of a mixer, pound the dough, and watch it rise, smell it baking in the oven and finally taste the warm bread fresh from the oven. If it smells good, looks appealing and is easy to eat, they may just be willing to try it!

2. **Expand their palate.** If you have picky eaters, bringing them into the kitchen to help cook can help open them up to new foods and flavours. Introducing new foods to children may be more successful if you introduce only one new food at a time along with something that you know your child likes. Consider trying healthy recipes from different countries and cultures to not only expand the palate, but your child's worldview.

3. Working in the kitchen provides opportunities to **gain a sense of accomplishment**. Even if the end result is not exactly what you expected, praise your kitchen helpers for their efforts.

4. **Make healthy choices.** Planning a menu and grocery list is an opportunity to explain smart food choices. Talk to your child about different food groups and encourage him/her to try new foods. Children who have a hand in preparing a meal may be a little more willing to try it.

5. **Responsibility.** From following a recipe and learning how to safely handle kitchen equipment to cleaning up spills and putting things away, helping in the kitchen provides many opportunities for children to learn about responsibility.

6. **Sharing good conversation.** Share family stories and recipes with your child. Ask thought-provoking questions about food choices, school, friends and other activities.

7. **Basic math, science and language skills.** As children learn to crack eggs and stir sauce, they also gain new science, language and math skills. Basic math skills ("How many eggs do we need?") and sequencing skills ("What is first ... next ... last?") give way to fractions ("Is this $\frac{3}{4}$ of a cup?") as your child gains confidence in the kitchen. Reading recipes helps improve reading comprehension, and you can demonstrate basic science principles with something as simple as salt sprinkled on an ice cube.



Materials: cardboard, food pictures, fruits, clay, playdough, twigs/pallet sticks/bamboo skewers, gardening tools



Activities for three (3) and four (4) year olds—PART 1



Monday

Wheel of local foods

- Follow the picture to create your wheel of local foods
- Allow the child to spin the arrow, discuss each local food the arrow lands on

Physical Activity: Food detective

- Hide pictures throughout the house of different local fruits and food
- Give children clues about the item (e.g when this fruit is cut it looks like a star)
- Allow the child to search for the fruits and food

Tuesday



Creating a traditional stove

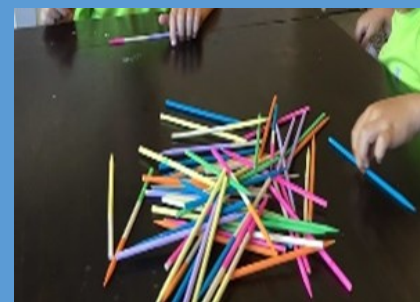
- Discuss with child the history of a dirt oven/fireside
- Use clay or playdough, to create a dirt oven/fireside



Dirt ovens/fireside (chulha) were traditionally used by our ancestors to prepare meals. Most were made from a mixture of mud, clay, grass, and dirt and are heated by burning wood.

Physical Activity: Pick up sticks

- Gather ten twigs/pallet sticks/bamboo skewers
- Allow the child to toss the items in a pile
- Encourage the child to gently remove one stick at a time without disturbing the other sticks
- Child can use his /her fingers or a tweezer



Wednesday

Fruit Kebab sequence

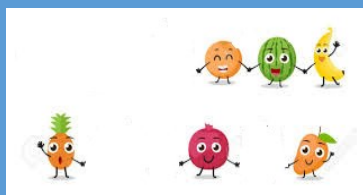
- Using banana, watermelon, pineapple and orange/portugal
- Create a fruit kebab
- Options for ordering the fruits:
 - 1) orange, pineapple, watermelon and banana
 - 2) banana, watermelon, pineapple and orange
 - 3) pineapple, orange, banana, and watermelon
- Or use any available local fruits in a sequence



(Please save seeds and scraps for Friday's activity)

Physical Activity: Fruit Parade

- Sing, clap and stomp to the tune of "I like to eat eat eat wa-ter-melon and ba-na-nas"
- Sing, clap and stomp to the tune of "I like to eat eat eat pine-apples and por-tu-gals"



Remote Learning Daily Schedule

Time	Activity
9:00 - 9:30	Personal Awareness Preparation for the day
9:30 - 10:00	Circle Time (Online) Discussion about values: reading stories
10:00 - 10:15	Individual Activity (Online)
10:15 - 10:30	Fruit Time
10:30 - 11:00	Outdoor Play
11:00 - 11:30	Stories/Rhymes
11:30 - 12:30	Lunch Prep Lunch Break & Clean up
12:30 - 1 2:45	Recall - Discussions based on the day's activities



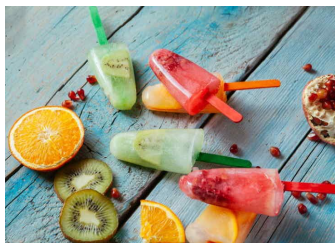
Activities for three (3) and four (4) year olds—PART 2



Thursday

Help mom in the kitchen day

- Allow the child to wash, peel, and chop vegetables (with a plastic knife) in preparation for making pelau
- Discuss the shapes, colours and textures of the items used



Friday

Homemade fruit popsicles

- Using any available local fruit, juice or puree to extract liquid
- Pour liquid into mold (ice trays, plastic/disposal cups or popsicle molds)
- Add pieces of fruit
- Put to freeze (add pallet sticks when slightly frozen)

Physical Activity: Do the dumpling dance

- Draw a number line 1-5
- At every number do one of the actions
- Step 1: wiggle fingers
- Step 2: roll hands
- Step 3: tap feet
- Step 4: move hips side to side
- Step 5: move head up and down
- Play music and do all steps together



Physical Activity: Gardening

- Plant seeds and scraps (pineapple tops) from the fruits used this week
- Use any available containers or yard space

Weekly Web Quest

What is a WebQuest?

A WebQuest is an activity children complete using the Internet to get information on a specific topic.

Select the link below to learn about different local cuisine of Trinidad and Tobago. Cuisine is a style or method of cooking, especially as characteristic of a particular country, region, or establishment.

Allow the child to identify as many of the local foods he /she can in the video

<https://www.youtube.com/watch?v=eS2m-xigl7g>

Next, listen to the story entitled "Tantie's Kitchen: An ABC of Trini Food"

https://www.youtube.com/watch?v=eBFtGEmYjOY&list=PL-i6gLMTXsbykTbfbkUY-HspLwT_H_WNbg&index=21&ab_channel=MinistryofEducation-TT

Following the videos, allow the child to create his / her own alphabet of local food or fruits.



Government of the Republic of Trinidad and Tobago
MINISTRY OF EDUCATION

Leading Stars ECCE
...bringing our classes closer to you!

Monday to Friday on



9:00 am (Circle Time)
10:45 am (Story Telling)
and 12:30 pm (Recall)

www.moe.gov.tt [facebook/MoeEduTT](https://www.facebook.com/MoeEduTT) [Ministry of Education-TT](https://www.youtube.com/channel/UCMoEduTT) [@MoEduTT](https://www.instagram.com/MoEduTT) [@ministryofeducation-tt](https://www.linkedin.com/company/ministryofeducation-tt)



Government of the Republic of Trinidad and Tobago
MINISTRY OF EDUCATION

From Monday to Friday
at 8:00 a.m. & 2:00 p.m.

Digicel Channel 4
& On Demand / Education folder.
Flow Digital 104 & Analog 4
Amplia Channel 104
Green Dot on Channel 4



in collaboration with



SESAME WORKSHOP

Colouring Page



**Zero Discrimination Day,
1 March**

On this day we celebrate the right of everyone to live a full and productive life—and to live it with dignity.

Zero Discrimination Day highlights how people can become informed about and promote inclusion, compassion, peace and, above all, a movement for change.



On Zero Discrimination Day this year, UNAIDS is challenging the discrimination faced by women and girls in all their diversity in order to raise awareness and mobilise action to promote equality and empowerment for women and girls.

