



# CLASSROOM RESOURCES

## Culinary Arts

### Chia: Ancestral Seed

#### Note to Educator:

Use these materials to prepare for your classroom's online virtual fieldtrip.

Students can follow along to the live workshop demonstration if workshop materials are prepared in advanced, or they can observe the demonstration and try the activity as a separate classroom activity or try at home as part of a homework assignment.

Prepare in advance by exploring the **Educator Resources** and connect themes explored in the virtual fieldtrip with **Student Resources** that students can read before or after to think about healthy eating, nutrition, and food history.

#### Culinary Workshop:

Lime and Chia *Agua Fresca*

#### Grades

9 – 12

#### Materials for one classroom (30 or less students)

#### Ingredients:

- 20 - 35 limes (Mexican key limes, green limes, yellow lemons)
- 1 - 2 bunches of mint
- 6 two-liter bottles of water
- 6 English cucumbers
- 1 bag of chia seeds
- 1 large bottle of hibiscus concentrate
- 1 bottle of agave nectar
- 1 large bag of ice

#### Kitchen Utensils:

- 12 small paper cups
- 6 plastic knives
- 6 tablespoons
- 6 teaspoons
- 12 cutting boards
- 6 pitchers
- 6 wooden mixing spoons
- 6 lime presses
- 6 measuring cups
- 30 compostable 12 oz. cups
- 1 box of food handling gloves
- 1 roll of paper towels
- 1 compost bin or container

### Ingredients for 1 group of 6 students

#### Ingredients:

- 4 - 6 limes
- 2 - 3 stems of mint
- 1 two-liter bottle of water
- 1 English cucumber
- 2 teaspoons of chia seed in one small paper cup
- 6 oz. cup of hibiscus concentrate juice
- 3 tablespoons of agave nectar in one small paper cup

#### Kitchen Utensils:

- 1 plastic knife
- 6 tablespoons
- 6 teaspoons
- 1 cutting board
- 1 wooden spoon
- 1 lime press
- 1 measuring cup
- 1 pitcher
- 6 compostable 12 oz. cups
- 6 pairs of food handling gloves

### Workshop Procedure

Students will work collaboratively and will distribute duties among group members.

1. Slice English cucumbers into round circles. Place some slices to the side for decoration purposes at the end of the recipe.
2. Cut limes in half.
3. Use the lime press to squeeze the lime juice into the measuring cup.
  - Measure 1 cup of lime juice.
  - Add 1 cup of lime juice to pitcher.
4. Measure and add ½ cup of hibiscus concentrate to pitcher.
5. Add water to fill the pitcher.
6. Measure and add 2-3 tablespoons of agave nectar to pitcher.
7. Measure and add 1-2 teaspoons of chia seeds to pitcher.
8. Mix all the ingredients very well with a wooden spoon.
9. Add mint leaves as a garnish to pitcher.
10. Fill cups with ice and serve.
  - Decorate cup with a cucumber slice and/or mint leaf.

### Reflection

Have students think about the following:

1. Discuss the importance of hydration. What are other healthy drinks that are easy to make?
2. Chia has many nutritional benefits. What are other healthy recipes that you can add chia seeds to?

3. Reflect on your intake of sugary drinks (sodas, juices, and sports drinks). What choices can you make to keep sugary drinks out of your daily intake? What are alternatives to these drinks?

Students can share responses with each other in small groups or share responses as part of a large class discussion. Students can also write responses to these questions and share with class as part of a class presentation.

### Extended Learning

1. Ask students to replicate cooking techniques they observed during the workshop at home and encourage them to use different ingredients, such as aloe vera, hibiscus, or tamarind. This will help students become invested in healthy cooking and eating.
2. Encourage students to continue exploring indigenous ingredients. What are other indigenous ingredients that we can continue to use today for healthy recipes? Think about chia, quinoa, amaranth, and spirulina. Research the history of these ingredients, health benefits, and recipes they can be added to.

### Resources for Educators

Ayerza, Ricardo, and Wayne Coates. *Chia: Rediscovering a forgotten Crop of the Aztecs*. Tucson, Arizona: The University of Arizona Press, 2005.

Calvo, Luz, and Catriona Rueda Esquibel. *Decolonize your Diet: Plant-Based Mexican American Recipes for Health and Healing*. Vancouver, BC: Arsenal Pulp Press, 2015.

Chaey, C. "Chia Seeds: Everything You Need to Know About This Powerhouse Superfood." *Bonappetit*, August 2020. <https://www.bonappetit.com/test-kitchen/ingredients/article/chia-seeds>.

Ullah, Rahman et al. "Nutritional and therapeutic perspectives of Chia (*Salvia hispánica* L.): A review." *Journal of Food Science and Technology*, vol. 53, 4. 2016. [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4926888/pdf/13197\\_2015\\_Article\\_1967.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4926888/pdf/13197_2015_Article_1967.pdf).

### Resources for Students

Dekofsky, Brooke Horn. "Chia- Why, What and How?." *Super Kids Nutrition*. [https://www.superkidsnutrition.com/sf\\_chia/](https://www.superkidsnutrition.com/sf_chia/).

Doleac, Shannon. "Chia Seeds for Kids: A Fun Snack Packed with Protein". *Primal Peak*. <https://primalpeak.com/chia-seeds-for-kids/>.

Rogers, Barrie, and Debbie Dooly. *Cooking with Chia for Dummies*. Hoboken, New Jersey: John Wiley & Sons, Inc., 2014.