

Center Table Teacher Talking Points 3rd-5th Grade

- 1) Break the students into three groups, representing Jamaica, Trinidad, and the Dominican Republic. Hand out the corresponding country cards and maps.
- 2) Have the students read their country's background information paragraph, then compare and contrast each other's countries. i.e. Jamaica depends on fishing, and the Dominican Republic has a lot of farmland.
- 3) Next the students will work in their country-team to design their own callaloo recipe. Encourage the students to think about the "taste" section and think about flavors or textures that work together.
- 4) After the students have circled the ingredients they want in their recipe based on the different categories on the worksheet, have them write down the final ingredients in the blanks at the end of the worksheet.
- 5) Lastly, pair the students with someone from another "country" and have them share back what was available to them in their country and why they chose the ingredients for their particular Callaloo recipe. Then, the students can compare and contrast their recipes.

Dominican Republic

You live in the Dominican Republic. The Dominican Republic is a larger island, which means that you have a lot of **farmland** to **grow crops** and **raise animals** that need a lot of land to thrive. Use the attached sheet to figure out your callaloo recipe. Write your recipe below and explain why callaloo from the Dominican Republic has the ingredients it has.

Dominican Republic

You are now going to look at the ingredients that are available in your country and design a callaloo recipe with what's growing near you.

Directions:

1. Circle the number of ingredients that the directions tell you in each category.
2. Use the "Taste" line to help you make your choice for ingredient.
3. When you have chosen your ingredients, fill in the blanks at the end of your sheet.

Greens (Circle 1)

Ingredient

Spinach (from a farm)



Taste

small and soft

Taro leaves



large and chewy

Starch (Circle 1)

Ingredient

Plantain (from a farm)



Taste

tastes kind of like a banana

Pumpkin (from a farm)



sweet

Papaya (from a farm)



sweet, fruity and juicy

Dominican Republic

Extras and Meat (Circle 3)

<u>Ingredient</u>		<u>Taste</u>
Coconut milk (<u>from a farm</u>)		creamy
Celery (<u>from a farm</u>)		salty
Salt Pork (<u>from a farm</u>)		smoky
Tomato (<u>from a farm</u>)		juicy
Okra (<u>from a farm</u>)		crunchy, slimy
Chicken (<u>from a farm</u>)		tastes like chicken

Dominican Republic Callaloo Ingredients

Green: _____

Starch: _____

Extras and Meat:

1) _____

2) _____

3) _____

Jamaica

You live in Jamaica. Your country is tropical and mountainous. Your country uses a lot of **seafood** and **spice** in their recipes. All of the vegetables and fruits in your country are able to **grow on mountains**, where there is a lot of wind and not very nutrient-rich soil. Use the attached sheet to figure out your callaloo recipe. Write your recipe below and explain why callaloo from Jamaica has the ingredients it has.

Jamaica

You are now going to look at the ingredients that are available in your country and design a callaloo recipe with what's growing near you.

Directions:

1. Circle the number of ingredients that the directions tell you in each category.
2. Use the "Taste" line to help you make your choice for ingredient.
3. When you have chosen your ingredients, fill in the blanks at the end of your sheet.

Greens (Circle 1)

Ingredient

Amaranth leaves (grows on mountains)



Taste

small and tender

Collard greens (grows on mountains)



large and chewy

Extras (Circle 4)

Ingredients

Coconut milk



Taste

creamy

Jamaica

Sweet potato (grows on mountains)	➔	sweet
Thyme (spice)	➔	herb
Scotch bonnet pepper (spice)	➔	spicy!
Crab (seafood)	➔	sweet and meaty
Salted fish (seafood)	➔	salty

Jamaican Callaloo Ingredients

Greens: _____

Extras: 1) _____

2) _____

3) _____

4) _____

Trinidad

You live in Trinidad. Your country is tropical with a **long rainy season**. All of the foods on your list need lots of water to grow. You are the furthest south of the three countries. Your climate is tropical, but is also mild. You have many rivers running throughout your country. Use the attached sheet to figure out your callaloo recipe. Write your recipe below and explain why callaloo from Trinidad has the ingredients it has.

Trinidad

You are now going to look at the ingredients that are available in your country and design a callaloo recipe with what's growing near you.

Directions:

1. Circle the number of ingredients that the directions tell you in each category.
2. Use the "Taste" line to help you make your choice for ingredient.
3. When you have chosen your ingredients, fill in the blanks at the end of your sheet.

Greens (Circle 1)

Ingredient

Taste

Taro Leaves (needs lots of water)  large and chewy

Watercress (needs lots of water)  small and sour

Starch (Circle 1)

Ingredient

Taste

Taro Root (needs lots of water)  starchy, like to a potato


Pumpkin (needs lots of water)  sweet

Trinidad

Extras (Circle 2)

Ingredient

Taste

Coconut milk (needs lots of water)  creamy

Okra (needs lots of water)  crunchy and slimy

Bell pepper (needs lots of water)  sweet

Pimiento Pepper  spicy

Trinidad Callaloo Ingredients

Greens: _____

Starch: _____

Extras: 1) _____

2) _____