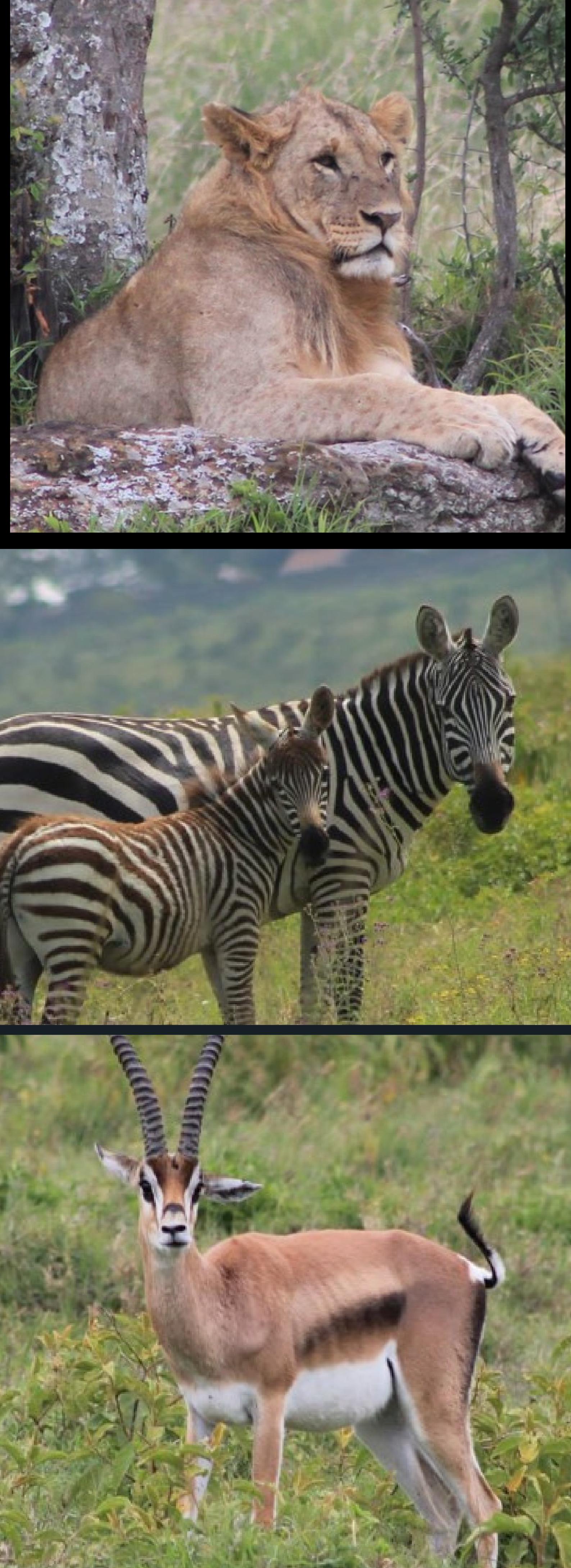


TRAVEL THE WORLD  
ONE BITE AT A TIME



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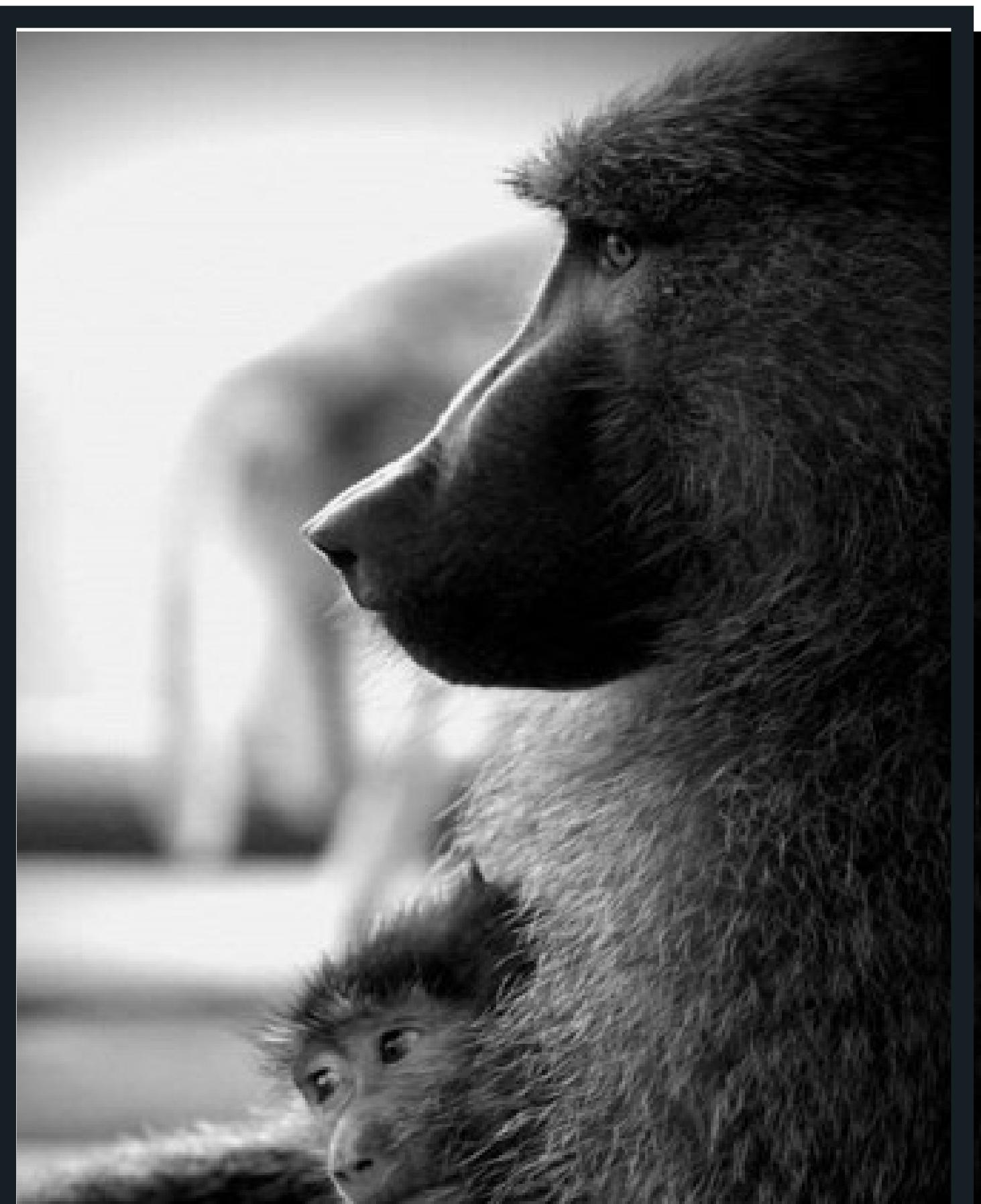
TRAVEL THE WORLD ONE  
BITE AT A TIME

International Foods Spin Club

# KENYA



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# TRAVEL THE WORLD ONE BITE AT A TIME

International Foods Spin Club

STARTING  
APRIL 15TH



## Time Options

3:30PM-4:45PM

Dates of Classes
4/15
4/22
4/29
5/6
5/13

**Who is this for?**  
Kids (8 to 12 years old)

## Class will be offered at the Liston Center

During each class participants will learn about a different country and have the opportunity to make a dish representing that country. Participants will also have the opportunity to explore a country of their choice. Each class will consist of a short food safety or nutrition lesson.

## For Registration Information

Email: mhffzb@missouri.edu OR call Cedar County Extension Office at 417-276-3313



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\*COVID precautions will be in place.

# TRAVEL THE WORLD ONE BITE AT A TIME

## Welcome

We are so excited that you have decided to Travel the World One Bite at a Time with us. In your packet you will be introduced to instructors that you will see for the next five weeks. We have also provided the list of ingredients you will need if you wish to make the recipe at home while watching the instructor during class. Parents are encouraged to help supervise their children, especially if they are cooking.

Each class we will travel to a country around the world. A dish from that country will be demonstrated and a nutrition lesson will be provided. Each kid will have the opportunity to pick a country they want to research and make a dish from that country. Then tell the class about that country during the last class. There are more details in the packet.

Please note if the ingredients says cooked, chopped, etc, please already have that item prepared before class. For example, if the ingredients for a recipe says cooked chicken, chopped tomatoes, etc. those items will be cooked and chopped and ready to go before class begins. This will help us stay on time and keep everyone together as much as possible.

Please note, on week 5 there will be no recipe demonstration. However, there is a recipe provided and we encourage you to make the recipe before class begins, so you'll have a little treat during class.

If you can not make it to the time you signed up for (10am or 5pm), but can make it to the other time. Please join us for the other time.

We are so excited to have you in this class. We truly believe you will learn something new and you will enjoy this class.

Sincerely,

Sara Bridgewater



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TRAVEL THE WORLD ONE BITE AT A TIME

## Meet Your Instructor



Sara Bridgewater  
Nutrition and Health Specialist  
County Engagement Specialist



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# TRAVEL THE WORLD ONE BITE AT A TIME

## Ingredients & Supplies List

### Ingredients

#### Week 1: June 3rd

2/3 cup onion, diced  
1 Tablespoon toasted sesame oil  
1 clove garlic, minced or 1/4 teaspoon garlic powder  
1 cup cooked skinless chicken breast, diced  
1 1/2 teaspoons curry powder  
1/2 teaspoon pepper  
1/2 teaspoon crushed red pepper flakes  
3 cups reduced sodium fat-free chicken broth (see notes)  
1 can (6 ounces) tomato paste  
2 cans (14 1/2 ounces) stewed tomatoes, unsalted  
6 Tablespoons reduced-fat peanut butter

### Supplies

- Large pot
- Mixing spoon
- Measuring spoons
- Measuring cups
- Knife
- Cutting boards

#### Week 2: June 10th

2 teaspoons vegetable oil  
1 onion, chopped  
1 teaspoon ginger, fresh or 1/2 teaspoon ground  
1/2 teaspoon turmeric  
1/2 teaspoon ground cumin  
2 cups mixed vegetables, chopped (try cauliflower, peppers, carrots or peas)  
1 large baking potato, peeled and diced  
1 cup white rice, uncooked  
1/2 teaspoon salt (optional)  
2 1/2 cups water  
1 can (15.5 ounces) kidney beans, drained and rinsed

- Large skillet and lid
- Measuring spoons
- Measuring cups
- Stirring spoon
- Knife
- Cutting Board



# TRAVEL THE WORLD ONE BITE AT A TIME

## Ingredients & Supplies List

### Week 3: June 17th

- 1 cup dry bulgur wheat
- 1 cup hot water
- 1/2 cucumber, chopped
- 2 stalks celery, chopped
- 1 tomato, chopped
- 4 green onions, chopped
- 1/4 cup fresh chopped mint (or cilantro)
- 1 cup fresh chopped parsley
- 1 clove garlic, minced or 1/8 teaspoon garlic powder
- DRESSING
- 1/4 cup lemon juice (or vinegar or half of each)
- 2 Tablespoons vegetable or olive oil
- 1 teaspoon pepper
- 1/4 teaspoon salt

- Large bowl
- Colander
- Small bowl
- Mixing spoon
- Cutting board
- Knife for chopping
- Measuring Cups
- Measuring Spoons

### Week 4: June 24th

- 1 package (8 ounces) manicotti shells (14 shells)
- 1 egg
- 1 carton (15 ounces) low-fat ricotta or cottage cheese
- 6 ounces shredded mozzarella cheese (about 1 1/2 cups)
- 1/2 cup fresh parsley, minced, or 3 tablespoons dried parsley
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 Tablespoon italian seasoning
- 1/2 teaspoon garlic powder or 2 cloves garlic, minced
- 1 jar (24 to 26 ounces) pasta sauce

- Pot
- Medium bowl
- Mixing spoon
- Rectangular baking pan
- Spoon to help stuff pasta shells
- Measuring spoons
- Measuring cups
- Stirring spoon
- Knife
- Cutting Board



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# TRAVEL THE WORLD ONE BITE AT A TIME

## Ingredients & Supplies List

### Week 5: July 1st

1 cup nonfat or 1% milk

2 cups pineapple chunks (fresh, frozen or canned and drained)

1 banana

1 cup cold water

- Blender
- Measuring cups



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TRAVEL THE WORLD ONE BITE AT A TIME

# Lesson 1: Kenya

Date: June 3rd

Introductions

Lesson: Kitchen Sense

Traveling to Kenya

Announcements



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# TRAVEL THE WORLD ONE BITE AT A TIME

## Lesson 1: Kenya

### West African Peanut Soup

[Notes](#)[Video: How to Dice Onions](#)

#### Ingredients

2/3 cup onion, diced  
1 Tablespoon toasted sesame oil  
1 clove garlic, minced or 1/4 teaspoon garlic powder  
1 cup cooked skinless chicken breast, diced  
1 1/2 teaspoons curry powder  
1/2 teaspoon pepper  
1/2 teaspoon crushed red pepper flakes  
3 cups reduced sodium fat-free chicken broth (see notes)  
1 can (6 ounces) tomato paste  
2 cans (14 1/2 ounces) stewed tomatoes, unsalted  
6 Tablespoons reduced-fat peanut butter



#### Directions

1. In a large pot saute onion in sesame oil until translucent; add garlic and chicken and stir to heat through.
2. Add seasonings and saute 1 minute longer.
3. Add broth, tomato paste, tomatoes, and peanut butter. Stir until well combined.
4. Heat over medium heat until hot but not boiling. Serve immediately.
5. Refrigerate leftovers within 2 hours.

Prep time: 10 minutes

Cooking time: 20 minutes

Makes: 8 cups

Nutrition Facts: [View Label](#)

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## Exploring the World Project

1. Pick a country (pick 3 to have backups in case someone else picks your country )
2. Provide some 3 fun facts about that country
3. Make a dish from that country and show the class on the last day of class July 1st



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TRAVEL THE WORLD ONE BITE AT A TIME

# Lesson 1: Kenya

## ANNOUNCEMENTS

- Next class: June 10th at 10:30am or 5pm
- Everyone is picking a country for the project



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TRAVEL THE WORLD ONE BITE AT A TIME

# Lesson 2: India

Date: June 10th

## AGENDA

- Welcome back
- Pick your Country
- Lesson: I'll eat those veggies
- Traveling to India
- Announcements



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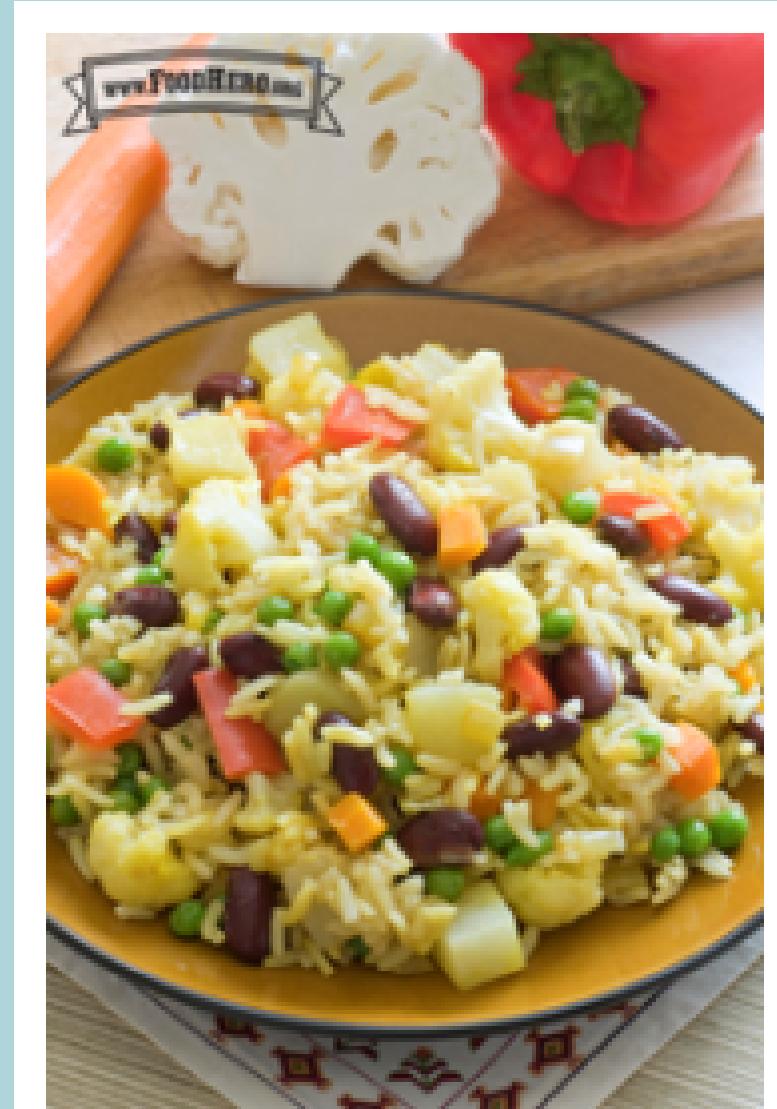
# TRAVEL THE WORLD ONE BITE AT A TIME

## Lesson 2: India

### Indian Vegetable and Rice Skillet Meal

#### Ingredients

2 teaspoons vegetable oil  
1 onion, chopped  
1 teaspoon ginger, fresh or 1/2 teaspoon ground  
1/2 teaspoon turmeric  
1/2 teaspoon ground cumin  
2 cups mixed vegetables, chopped (try cauliflower, peppers, carrots or peas)  
1 large baking potato, peeled and diced  
1 cup white rice, uncooked  
1/2 teaspoon salt (optional)  
2 1/2 cups water  
1 can (15.5 ounces) kidney beans, drained and rinsed



#### Directions

1. Heat oil in a large skillet over medium heat (300 degrees in an electric skillet).
2. Add onion, ginger, turmeric, and cumin, and stir while cooking for 1 minute.
3. Add remaining ingredients. Bring to a boil, cover, and reduce heat.
4. Simmer 20-25 minutes. Serve hot.
5. Refrigerate leftovers within 2 hours.

Prep time: 10 minutes  
Cooking time: 30 minutes  
Makes: 8 cups  
[Nutrition Facts: View Label](#)



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# Lesson 3:

Date: June 17th

## AGENDA

- Welcome back
- Lesson: Rice is nice
- Traveling to
- Announcements



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# TRAVEL THE WORLD ONE BITE AT A TIME

## Lesson 3: Lebanon

### Tabouli Bulgur Wheat Salad

[Tips](#)[Notes](#)[Video: How to Dice Tomatoes](#)[Video: Parsley](#)

#### Ingredients

1 cup dry bulgur wheat  
1 cup hot water  
1/2 cucumber, chopped  
2 stalks celery, chopped  
1 tomato, chopped  
4 green onions, chopped  
1/4 cup fresh chopped mint (or cilantro)  
1 cup fresh chopped parsley  
1 clove garlic, minced or 1/8 teaspoon garlic powder

#### DRESSING

1/4 cup lemon juice (or vinegar or half of each)  
2 Tablespoons vegetable or olive oil  
1 teaspoon pepper  
1/4 teaspoon salt



Prep time: 45 minutes

Chill time: 3 hours

Makes: 4 cups

Nutrition Facts: [View Label](#)

#### Directions

- Place the bulgur in a large bowl and soak in the hot water until the water is absorbed, (about 30 minutes). When it's ready, drain any excess water.
- Mix the dressing ingredients together. Set aside.
- Chop the vegetables and add to the prepared bulgur.
- Add dressing to salad and stir. Refrigerate for 2-3 hours and serve chilled.
- Refrigerate leftovers within 2 hours.

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# Lesson 4: Italy

Date: June 24th

## AGENDA

- Welcome back
- Lesson: Does it taste the same?
- Traveling to Italy
- Announcements



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# TRAVEL THE WORLD ONE BITE AT A TIME

## Lesson 4: Italy

### Easy Manicotti

#### Ingredients

1 package (8 ounces) manicotti shells (14 shells)  
1 egg  
1 carton (15 ounces) low-fat ricotta or cottage cheese  
6 ounces shredded mozzarella cheese (about 1 1/2 cups)  
1/2 cup fresh parsley, minced, or 3 tablespoons dried parsley  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 Tablespoon Italian seasoning  
1/2 teaspoon garlic powder or 2 cloves garlic, minced  
1 jar (24 to 26 ounces) pasta sauce



#### Directions

1. Preheat oven to 350 degrees.
2. Cook pasta according to package directions and drain.
3. While pasta is cooking, beat egg in medium bowl. Add ricotta or cottage cheese, mozzarella cheese, parsley, salt, pepper, Italian seasoning and garlic powder. Mix well.
4. Pour a little of the pasta sauce in the bottom of a rectangular baking pan to prevent pasta from sticking.
5. Stuff shells with filling (about 2-3 rounded teaspoons per shell). Arrange stuffed shells in pan. Pour remaining sauce evenly over pasta.
6. Bake for 10 to 15 minutes or until bubbly throughout.
7. Let rest 10 minutes outside of oven before serving.
8. Refrigerate leftovers within 2 hours.

Prep time: 20 minutes  
Cooking time: 20 minutes  
Makes: 14 filled shells  
Nutrition Facts: View Label

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# TRAVEL THE WORLD ONE BITE AT A TIME

## Lesson 5: Belize & other stops around the world

Date: July 1st

### AGENDA

- Welcome back
- Traveling to Belize
- Exploring the World Project
- BINGO
- Thank you for joining,  
we hope you had fun!



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# TRAVEL THE WORLD ONE BITE AT A TIME

## Lesson 5: Belize & other stops around the world

### Tropical Smoothie

#### Ingredients

1 cup nonfat or 1% milk  
2 cups pineapple chunks (fresh, frozen or canned and drained)  
1 banana  
1 cup cold water

#### Directions

1. Put all ingredients in a blender. Put lid on tightly.
2. Blend until smooth.
3. Pour into cups or glasses. Serve chilled.
4. Refrigerate or freeze extra portions for a fast, healthy snack.

#### Notes

- For a thicker smoothie, use frozen fruit instead of fresh fruit.



**Prep time:** 5 minutes  
**Makes:** 5 cups  
**Nutrition Facts:** [View Label](#)



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