

# Season 2, Episode 18: Global Food Day



Join head counselor Zach to sketch with food, make hummus, learn about seeds on the move, take a food festival quiz! Meet baby animals, learn to salsa, read *Chef Roy Choi and the Street Food Remix*. Content partners include Carnegie Hall, Growing Great, Lincoln Center, Move-to-Improve, One Voice Children’s Choir, San Diego Zoo, They Might Be Giants.

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## Activity Guide

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### ***PARTICIPATE!***

What are some of the foods that your family likes to make? Try writing a recipe to share how to make your favorite dish. Don’t forget to draw a picture!

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## Homemade Hummus

### *Materials List:*

- sealable plastic bag
- bowl

### *Ingredients:*

- 1 can of chickpeas
- 1 tablespoon lemon juice
- 3 tablespoons of olive oil
- 1 clove of crushed garlic - *optional*

### **Instructions:**

**1. Drain one can of chickpeas, saving a little liquid for later. Put the chickpeas into a sealable plastic bag. Squeeze all of the air out of the bag.**



**2. Seal the bag tightly then smush the chickpeas until it becomes a paste.**



**3. Transfer the chickpeas into a bowl. Add the lemon juice, olive oil, and crushed garlic and mix well. If the hummus is too thick, add a little bit of the chickpea liquid. Serve with something to dip with and enjoy!**





## Potato Stamp Patterns

### Materials List:

- potato
- butter knife or spoon
- construction paper
- acrylic paint and paintbrush, markers, or ink pad

**\*This activity should be done with the help of a trusted adult\***

### Instructions:

**1. With the help of an adult, cut one potato into two halves.**



**2. On the flat side of the potato draw a shape. Using a butter knife or spoon, carve away the parts of the potato on the outside of your design.**



**3. Apply the 1<sup>st</sup> color of ink or acrylic paint to the raised part of the potato. Holding the round side, press your pattern firmly against the construction paper. Repeat color application and stamping across the entire page.**



**4. Using a second color of paint or ink, repeat, stamping your shape in the negative spaces that are left in your pattern.**

