

High Five! Table of Contents

| | |
|--|------------|
| 1. Introduction | 1 |
| 2. Logistics | 2 |
| 3. Background | 3 |
| 4. General Classroom Introduction | 5 |
| • Notes, Thoughts and Approaches for Opening the Class. | 5 |
| • Practical Steps Before you Begin. | 7 |
| Lesson 1 Vietnam | 1.1 |
| <i>Rice Paper Roll-ups with Vietnamese Dipping Sauce</i> "What is Sustainable Agriculture?" | |
| Lesson 2 India | 2.1 |
| <i>Chapattis with Dal Fry, Plain Yogurt, and Sultana Chutney</i> "Composting" | |
| Lesson 3 Scandinavia | 3.1 |
| <i>Lefse - Norwegian Wrapping Bread with Cheese, Jam, and Butter</i> "Aquaculture" | |
| Lesson 4 Eastern Mediterranean | 4.1 |
| <i>Stovetop Pita with Chickpea Salad and Fattoush</i> "Recycling" | |
| Lesson 5 China | 5.1 |
| <i>Sichuan Coiled and Flavored Breads with Peanut Sauce</i> "Local, Seasonal" | |
| Lesson 6 Italy, Greece, and Spain | 6.1 |
| <i>Bruschetta, Pa Amb Tomaquet, and Paximadia</i> "Where Does Your Food Come From?" | |
| Lesson 7 Mexico | 7.1 |
| <i>Soft Tacos of Black Beans and Salsa</i> | |

"Real Food or Junk Food?"

Lesson 8 Local Option

8.1

Chef's/Instructor's Choice
"School Garden"

Acknowledgements

8

Environmental Handout

9

Resources

10