



ADD FOOD TO MAXIMIZE LEARNING ALL SUBJECTS!

By Meredith Curtis



You can add food to maximize learning i

What subjects?

- Math
- Science
- History
- Geography
- Government
- English – Literature & Writing
- Foreign Language
- Unit Studies
- Holiday Studies



The following pages are filled with ideas for you to bring festive fun into your studies with food. I've even included some recipes from my books!

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MATH

Counting, adding, and subtracting using jellybeans or M&Ms is a fun and easy way to brighten math lessons! You can also count nuts, marbles, glass pebbles, rocks, dishes, toys, strips of paper or baby carrots.



When working with fractions you need something a little more specific. You need things that you can divide into equal pieces. The most delicious things to use are pies, pizzas, cakes, brownies, and meatloaf. You may have noticed that these foods have in common are all either circles or squares.



COOKING WITH MOM IN THE KITCHEN

One of the best ways to learn math by osmosis is to cook and serve food with mom.

- Setting the table involves counting and creating sets.
- Baking involves measuring wet and dry ingredients.
- Doubling and tripling recipes uses multiplication.
- Dividing recipes uses division.
- Sharing cookies among all the children involves fractions (division).



SCIENCE

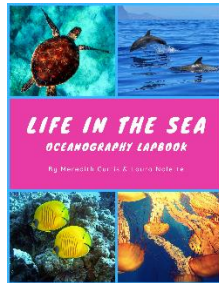
Children enjoy science when there are lots of hands-on activities. Add food to those activities, and you have it made!

OCEANOGRAPHY

Our children loved making these marine animal models – banana dolphins and hot dog octopus.

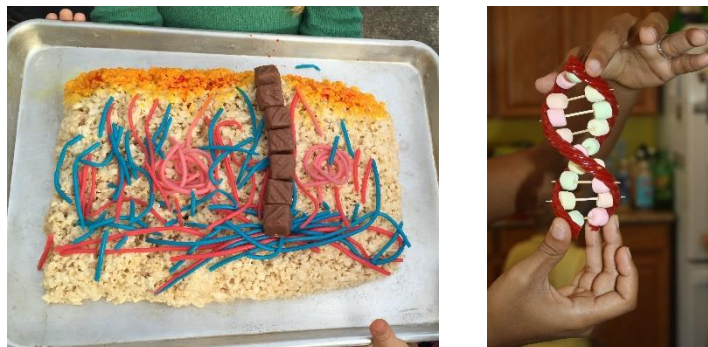


These photos were taken from Life in the Sea Unit Study and Lapbook.



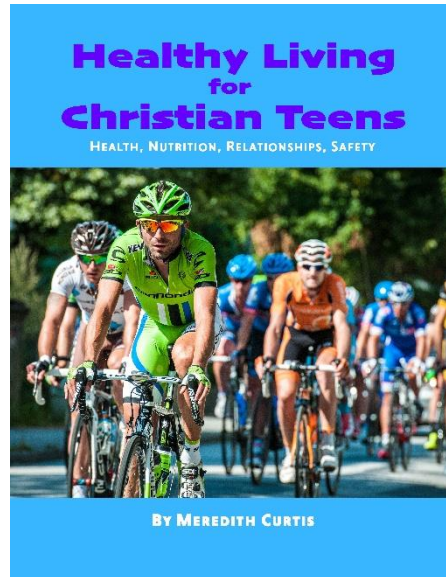
HUMAN ANATOMY

Our children loved making human anatomy models – including a skin model and a DNA model.



ADD FOOD TO MAXIMIZE LEARNING

The following two human body models are taken from my book *Healthy Living for Christian Teens*.



LAB: BRONCHIOLE TO ALVEOLI MODEL

You will need:

Twizzlers
Mini Marshmallows
Twist Ties

Tie several Twizzlers together to make a bronchiole with twist ties. Let the branch out and put clumps of mini marshmallows at the ends of the smaller branches.



LAB: EDIBLE SKIN MODEL

Skin is packed with sweat glands, hair follicles, arteries, veins, nerves, and fat cells. You get to create your model of skin.

You will need:

Rice Krispie® Treats for the Base (make ahead)
1 Package Rainbow Twizzlers, separated
Pudding to Stick the Twizzlers on the Base
Chocolate Candies
Mini Marshmallows

Make a model of skin using Rice Krispie® Treats as a base. Designate different candies for different parts of your skin model. Here is what we did.

- Red Rainbow Twizzlers Strands for Arteries
- Blue Rainbow Twizzlers Strands for Veins
- Yellow Rainbow Twizzlers Strands for Sweat Glands
- Pink Rainbow Twizzlers Strands for Nerves
- Mini Marshmallows for Fat
- Chocolate Candies or Chocolate KitKat Bars for Hair



COOK & BAKE TO LEARN CHEMISTRY

Solutions (*lemonade*), oxidation (*apple slices browning*), evaporation (*cooking anything without a lid*), and absorption (*making rice*) all happen in the “fun-nest” lab of all, your kitchen!

How does heat affect protein? It coagulates--make hard-boiled eggs and see for yourself.

How does heat affect cellulose found in plants? When you cook vegetables, they soften.

Leavening is what makes bread and cake batter rise. Yeast is a single-celled organism that lays dormant when dry or frozen. Warm water and sugar cause yeast cells to grow and reproduce rapidly. My bread recipe calls for the yeast to be dissolved in sugar and warm water—a fun chemistry experiment to watch.



FARM TO TABLE

One study that covers several sciences at once (agriculture, economics, food production, transportation) is to study one food from farm to table. It’s fun to follow a food all the way through the process of getting to your grocery store and finally to your table.



HISTORY

To choose food to go along with a history lesson, we need to look at culture and agriculture. What were they growing or raising? What part did food play in their culture.

Let's look at the ancient Israelites. They started out as shepherds raising sheep and goats. We also know from the Bible there were vineyards, olive trees orchards, and fig trees.

We learn about a special meal they were commanded by the Lord to eat with lamb as the main course when we study Passover.



1 Abram's Journey from Ur to Canaan 1850 by József Molnár (public domain)

Here are random things I've learned over the years of adding food to our history studies:

- Ancient Persians loved sweets!
- Ancient Romans ate boiled eggs.
- The Crusades brought spices like pepper, ginger, cinnamon, and nutmeg back to Europe.
- Pineapple was a symbol of hospitality back in Colonial America.
- Women were not allowed to attend luaus until 1819 when King Kamehameha II allowed men and women to eat together.
- The Duchess of Bedford started the tradition of tea because she got quite hungry in the afternoon and found it hard to wait to eat until dinner.
- New World foods like tomatoes, corn, potatoes, and beans quickly spread to Europe after the explorers brought samples home to their countries.

ADD FOOD TO MAXIMIZE LEARNING

- Carrots were once purple, white, or yellow. When an orange carrot appeared in the Netherlands, the Dutch began to cultivate orange carrots to honor their royal family, the House of Orange.
- Switzerland consumes the most chocolate per capita.
- George Washington liked a cup of hot cocoa before bed.

Ur was an important city-state in Mesopotamia. Today, there is an archaeological dig site where Ur used to be in southern Iraq – Tell el-Muqayyar. They wrote on tablets with their cuneiform writing. Archaeologists have found recipes. Even back then, people loved food and wanted to be creative with their food.



They ate bread, chickpeas, lentils, dates, figs, melons, vegetables, oxen, ducks, chickens, geese, and pigeons.

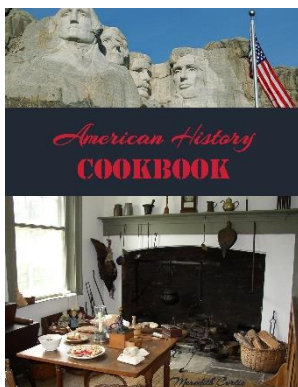


Your children could create a meal with these ingredients.

We looked for old recipes, updating them so they were easy to make and find ingredients.

Here are some recipes we've used over the years.

The following recipe is taken from our *American History Cookbook*.



SYLLABUB

John Adams, a colonist and leader in the American Revolution, loved syllabub. His favorite was a hot syllabub drink. English colonists brought syllabub over from England. The first syllabubs were made with Champagne and are named after Sillery, the champagne region of France, and bub, a bubbling drink.

2 Cups Whipped Cream
½ Cup White Sugar
¼ Cup Freshly Squeezed Lemon Juice & Zest of Lemon
Grated Nutmeg
Sprig of Mint
Lemon Slice

Whip cream until thick in a chilled bowl. When the cream begins to thicken, add the sugar, lemon juice, and lemon zest. Continue to whip until thick. Chill. Spoon the mixture into pretty bowls and garnish with mint, a lemon slice, and/or grated nutmeg.



The following recipe is taken from our *Ancient History Cookbook*.

PASSOVER: THE SEDER PLATE

EXODUS 11-12

The special foods eaten at Passover are symbolic. The Seder plate has six food items on it, arranged in a special order. The plate is placed on top of the covering of the 3 Matzo in front of the head of the household.

THE SHANK BONE

A piece of roasting lamb represents the lamb that was sacrificed and on the Eve of the Exodus, whose blood marked the doorposts of the Israelites, allowing the Angel of Death to “pass over.”

THE HARDBOILED EGG

The hard-boiled egg represents mourning. The Jews mourn the loss of their temple. But, my favorite is this: The hardboiled egg represents the suffering of the Jews in Egypt under cruel taskmasters. Most things soften when boiled in water, but the egg gets hard. In the same way, the Israelites became stronger because of their suffering.

THE BITTER HERBS

Bitter herbs remind us of the bitterness of the slavery of our forefathers in Egypt. People often used grated horseradish, romaine lettuce, or endive.

THE PASTE (CHAROSET)

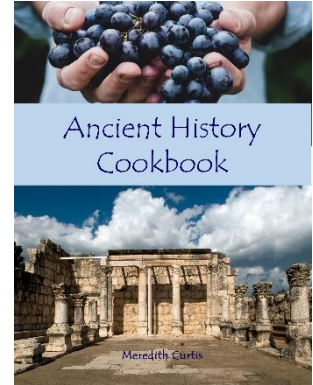
This mixture of apples and nuts resembles the mortar and brick made by the Jewish slaves for Pharaoh.

THE VEGETABLE

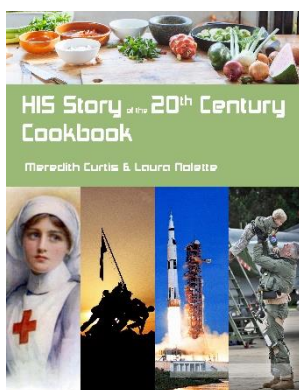
A non-bitter root vegetable represents the back-breaking work of the Jewish slaves. A peeled onion or boiled potato is a common choice.

THE LETTUCE

The lettuce symbolizes the bitter enslavement of our fathers in Egypt. The leaves of Romaine lettuce are not bitter, but the stem, left to grow in the ground, turns hard and bitter.



The following recipe is taken from our *HIS Story of the 20th Century Cookbook*.



TRENCH SUNDAES



2-4 Gallons Vanilla Ice Cream, or flavor of your choice
2 Gallons Chocolate Ice Cream (Optional)
2 Jars Hot Fudge Toppings (optional)
2 Jars Marshmallow Toppings (optional)
2 Jars Caramel Toppings (optional)
Sliced bananas, strawberries, and blueberries (optional)

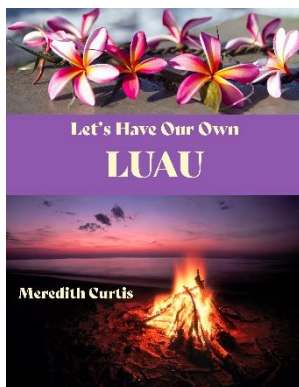
We bought a long gutter from Lowe's® and cut the ends off to make it the size we wanted. Our trench was 4 feet long. Then we lined it with 2 layers of extra-strength aluminum foil.

Scoop ice cream (flavors of your choice) to fill the trench. Cover the ice cream with toppings of your choice. Cover ice cream and toppings with fruit of your choice.

Once the sundae was completed, we put army men and flags in to make it truly World War I. (Notice the American flag?)

ADD FOOD TO MAXIMIZE LEARNING

The following recipe is taken from our *Let's Have Our Own Luau*.



GUAVA CAKE

1 Package Yellow Cake Mix
1 1/3 Cups Guava Juice
3 Eggs
1/3 Cup Oil
1 (8 oz.) Package Cream Cheese, softened
1/3 Cup Sugar
1 tsp. Vanilla Extract
1 Small Package Whipped Topping, thawed
2 Cups Guava Juice
1/2 Cup Sugar
1/4 Cup Cornstarch



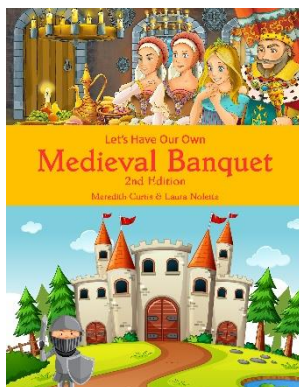
Bake cake according to the directions on the package to bake in a rectangle pan, EXCEPT substitute guava juice for water.

In a separate bowl, beat cream cheese with hand mixer until fluffy. Add sugar and vanilla. Beat in, mixing thoroughly. Fold in the whipped topping. Refrigerate until ready to use.

In a pan, bring 2 cups of guava juice and sugar to a boil. In a separate bowl, make a paste out of the cornstarch by adding a small bit of water. Remove guava juice from heat and stir in cornstarch mixture. Return to heat and bring to a boil. Let boil for 1 minute. Cool in refrigerator.

Frost cake with cream cheese mixture. Drizzle with guava juice glaze.

The following recipe is taken from our *Let's Have Our Own Medieval Banquet*.



DREPE (CHICKEN IN ALMOND MILK)

1 Whole Fryer Chicken
2 Tbsp. Olive Oil
4 Lemons, quartered
1 tsp. Lemon Zest
2 Cinnamon Sticks
1 Handful Fresh Sage
1 Head Garlic, peeled and smashed
2 Cups Almond Milk
Salt and Pepper to Taste

Preheat oven to 375°F. Clean chicken. Rub down with salt and cracked black pepper. Insert 8 lemon quarters into chicken cavity and tie the legs together.

Rub a large cast iron pot with olive oil and heat pan. When the pan is hot, brown the chicken on all sides. Return the chicken to an upright position and add the rest of the ingredients to the pot. Cover and cook for 1 ½ hours, basting occasionally. Remove the cover after the first hour. Carefully slice the meat. Serve with pan juice.

ADD FOOD TO MAXIMIZE LEARNING

The following recipe is taken from our *Let's Have Our Own Victorian Tea*.



CARAWAY SEED CAKE

2 Cups Butter
2 Cups Flour
1 ½ Cup Sugar
4 tsp. Caraway Seed
6 Eggs
1 Cup Milk
Ground Mace to Taste
Freshly Grated Nutmeg to Taste

Grease a cake pan with butter and preheat the oven to 325 degrees F.

Cream butter and sugar together with electric mixer. Mix in flour. Combine caraway seeds, mace, and nutmeg together and blend into cake batter.

In a separate bowl, whisk eggs with a fork. Gradually add eggs in a little at a time. Pour in milk and mix for another 5 minutes. Pour the cake mixture into the pan and bake for 1 ½ hour. Let the cake cool.

WORLD WAR II MEAL

Here's one more example from 20th century History Co-op. When we studied World War II, we had everyone bring a dish from World War II. Here's what our lunch looked like:



Tuna Noodle Casserole, Jell-O salads, Monkey Bread



Sloppy Joes in a Crock Pot.



Victory Garden Salad. We also served M&Ms. 😊

Notice that it doesn't have to be fancy to be educational.

WORLD GEOGRAPHY

Our adventure with food started one year when we studied world geography with another family. We were studying Switzerland and we decided to buy Swiss cheeses and chocolates to feast together as families.



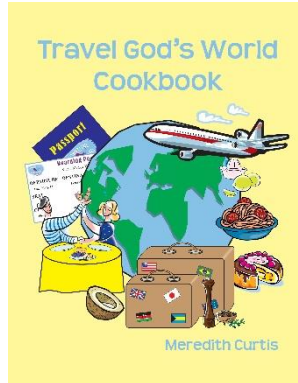
We were shocked at how much the dads and sons loved it! Though that was one expensive meal! We did learn that food adds fun to learning. We learned to modify ingredients to make them easy and affordable.

It is so easy to look up popular food online in countries around the world or to check out a cookbook at the library. Adding food really helps the country come alive for students because food often reflects agriculture, history, and customs.

We discovered so many things in our world food explorations.

- Boba Tea is from Taiwan
- French Fries come from Belgium
- Germans serve their potato salad hot
- Moroccans cook tangines (like a casserole) in a tangine, a kind of pot that slow cooks a meal even better than a crockpot
- Tres Leches Cake is popular throughout Central and South America – it is made with evaporated milk, condensed milk, and whole milk (or cream)
- Potatoes are a very popular ingredient in South American dishes

The following recipe is taken from our *Travel God's World Cookbook*.



PUFF PUFF (NIGERIA)

- 1 ½ Cups Lukewarm Water
- 2 tsp. Yeast
- 3 Tbsp. Sugar
- 2 Cups White Flour
- ¼ tsp. Salt
- 4 Cups Peanut Oil for Frying

Mix water and sugar together in a mixing bowl. Sprinkle the yeast over the water and let it set for 5 minutes. Stir salt and flour into the yeast mixture. Beat well until you have a smooth batter.

Heat peanut oil in a cast iron skillet until hot! Drop golf-ball sized bits of dough into the oil and move about to brown on all sides. Remove from heat and drain on paper towels.

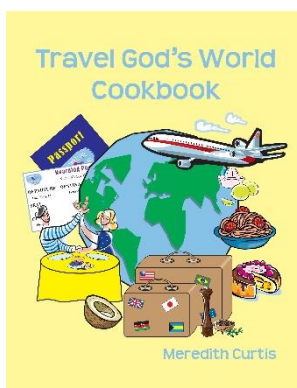
Sprinkle puff puffs with confectionaries' sugar if you like.



Kuje Market, Kuje, Nigeria (c) Andy Waite Wiki Creative Commons

ADD FOOD TO MAXIMIZE LEARNING

The following recipe is taken from our *Travel God's World Cookbook*.



ROASTED LEG OF LAMB (NEW ZEALAND)

2 Pound Leg of Lamb
¼ Cup Olive Oil
2 ½ tsp. Sea Salt
6 Cloves of Garlic, cut into slivers
Several Sprigs Fresh Rosemary
8 Potatoes
2 Large Sweet Potatoes
2 White Onions, peeled and halved
Mint Jelly



Preheat oven to 290 °F. Cut potatoes and sweet potatoes into thick slices. Lay potatoes, sweet potatoes, and onion halves on a baking tray. Drizzle with olive oil and sprinkle with salt. Place vegetable tray on the bottom rack of the oven and roast.

Cover the lamb with olive oil and sprinkle with salt. Use a sharp knife to make incisions all over the lamb. Place garlic slivers and rosemary sprigs into the incisions. Place the lamb in the middle oven rack with the vegetable tray beneath it to catch the drippings. Roast for 90 minutes at 290 °F. To test for doneness, cut into the thickest part of the lamb. Remove from oven and transfer to a plate to rest. Cover with foil and let sit for 10 minutes before slicing. Serve with potatoes, sweet potatoes, onions, and mint sauce.

Years later when I was leading a homeschool co-op, we added food once a month. Since we were studying the world continent by continent each month, we had a potluck meal together each month. Each family brought a dish from one country in the continent.

FEASTING IN OUR HOMESCHOOL CO-OP

When we studied Italy, we had an Italian Feast. Everyone in our homeschool co-op signed up to bring food and this was our menu:

- Spaghetti
- Lasagna
- Baked Ziti
- Chicken Marsala
- Pizza
- Garlic Bread
- Canoli

When we studied South American countries, we had everyone bring a dish from 1 country in South America.

- Arroz con Pollo
- Pork Empanadas
- Queso Blanco with Tortilla Chips
- Ceviche
- Fried Plantains
- Flan

When we studied Mexico, we tried adding chili peppers to our hot chocolate. Since both foods have been popular in Mexico for centuries, it was a fun combination. (not necessarily my favorite!).

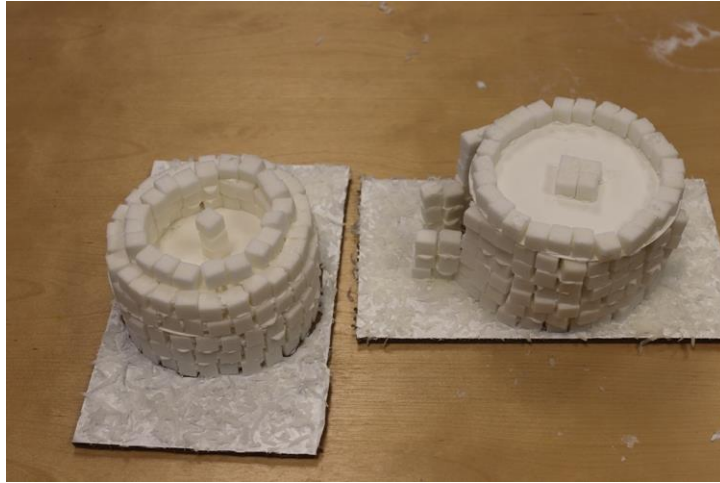
For England, we had a formal tea party.



ADD FOOD TO MAXIMIZE LEARNING

We also used food in our geography projects.

We built igloos out of sugar cubes (Polar Regions).



We “mined” for chocolate chips from chocolate chip cookies. It was a fun way to look mining.



We also...

- Made a relief map of the world out of food!
- Created a model of the earth out of food.
- Made Rock Candy.
- Came up with ice cream toppings for 20 countries around the world!

US GEOGRAPHY

Food is a great addition to any US geography study. Here are ways to add food to US geography.

- Cook & Bake State by State or Region by Region
- Shop for Food Based on Where Foods were Founded (Tyson chicken AR, Kellogg's MI, Starbucks WA, Ocean Spray MA, Milo's Famous Sweet Tea AL, Publix Subs FL)
- Visit Restaurants Founded in State You are Studying (Chick-fil-A GA, Dunkin' Donuts MA, Panda Express CA, Five Guys Burgers VA)
- Eat State's Farm Products (Pumpkins IL, Sweet Potatoes NC, Pork & Eggs & Corn IA, Steak TX)

The USA is a huge farming country, and we are the biggest supplier of food to the rest of the world.

LIVESTOCK FARMING/RANCHING IN THE USA

Many farmers and ranchers in the US raise livestock. The biggest livestock industries in the USA are beef cattle, dairy, poultry, eggs, and hogs. Other livestock raised in the USA includes:

- | | | |
|---------|-----------|-----------|
| • Bees | • Ostrich | • Rabbits |
| • Goats | • Emu | • Worms |
| • Sheep | • Pork | |
| • Lamb | • Poultry | |

These animals are raised for meat, fur/hair, milk, and honey. The most popular livestock raised in the US: beef cattle, dairy cows, chickens raised for meat and eggs, hogs, and turkeys.



FARMING CROPS IN THE USA

The major crops in the US are corn, wheat, soybeans, cotton, and hay using 90% of US farm acres to grow. Cotton is used for clothing and hay for animal feed.

This is what American farmers grow more than other crops!ⁱ

- Corn
- Cotton (third largest producer and leading exporter in the world)
- Fruit (apples, berries, citrus, melons)
- Tree Nuts (almons, pecans, walnuts, hazelnuts, pistachios)
- Rice
- Soybean & Oil Crops (soybean, peanuts, sunflower, canola, flax) US leading soybean producer and exporter.
- Sugar & Sweetener (sugarcane, sugar beets, high fructose corn syrup)
- Vegetables
- Pulses (beans, peas, legumes, peanuts)
- Wheat (half of US wheat is exported to other countries)



(This page is taken from God Bless the USA Cookbook)

AMERICAN FOOD



When we think of American food, certain foods come to mind.

- Steak
- Potatoes
- Hamburgers
- French Fries
- Hot Dogs
- Pizza
- BBQ
- Macaroni & Cheese
- Tacos
- Fried Chicken
- Spaghetti & Meatballs
- Casseroles (Hot Dishes in the Midwest)
- Baked Potatoes
- Pumpkin Pie
- Brownies
- Chocolate Chip Cookies
- Ice Cream
- Apple Pie
- Berry Cobbler
- Jell-O

Americana food culture combines foods from all over the world. Chinese, Mexican, Latin, German, French, Italian, and British food are all embedded in our culture. Thai, Vietnamese, African, Hungarian, and a host of other foods are popular, too.

When you think of America food, though, think BIG! Americans super-size everything, eat huge portions, and enjoy hearty meals which is probably why many are overweight.

(This page is taken from God Bless the USA Cookbook)

ADD FOOD TO MAXIMIZE LEARNING

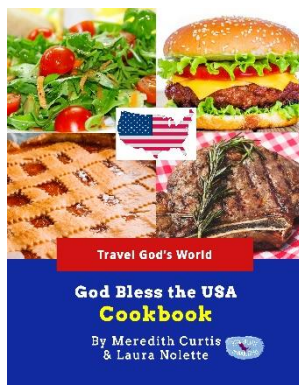
We like to study US geography region by region including regional dishes.

SNAPSHOTS OF THE SOUTH!



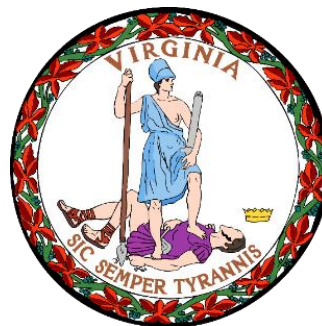
(Orange Juice, FL; Sweet Potato Pie, NC; Low Country Boil, SC; Chick-Fil-A Sign, GA; Milo's Famous Iced Tea & Sonny's BBQ Sauce, AL, FL; Lane Cake, AL; Biscuit Bread, TN; Peanuts, VA) All Photos personal or public domain. *(This page is taken from God Bless the USA Cookbook)*

The following recipes are taken from our *God Bless the USA Cookbook*.



PIMENTO CHEESE

- 2/3 Cup Mayonnaise
- 2 oz. Cream Cheese, softened
- 1 tsp. Lemon Juice
- 1 tsp. Worcestershire Sauce
- 1/4 tsp. Cayenne Pepper
- 8 oz. Yellow Sharp Cheddar Cheese
- 8 oz. Smoked Cheddar Cheese
- 1/3 Cup (4-oz. Jar) Pimentos, patted dry and minced



Whisk together the mayonnaise, cream cheese, lemon juice, Worcestershire sauce, and the cayenne pepper. Grate yellow sharp cheddar cheese using a large hole cheese grater. Grate smoked cheddar cheese using a small hole cheese grate. Stir in cheese and pimentos till mixture is consistent throughout. Serve with crackers or spread on bread for a sandwich.



WESTERN OMELET

The Denver (or Western) Omelet was originally served on bread as a sandwich by the cooks on a cattle drive, probably an adaptation of egg foo yong. Chinese railroad cooks and cattle drive cooks were often Chinese. Sometime back then, the breadless version became the Denver (or Western) Omelet.

- 2 Eggs
- 2 Tbsp. Milk
- ¼ tsp. Salt
- ⅛ tsp. Black Pepper
- 2 Tbsp. Onion, finely diced
- 2 Tbsp. Bell Pepper, finely diced
- 2 oz. Ham, sliced and cut in 2" strips
- 2 Slices Bacon
- 1 oz. White Cheddar Cheese, shredded
- Cooking Spray



Beat eggs well with salt and milk. Heat a large non-stick pan over medium high heat. Cook bacon for 2 minutes on each side or until almost crispy. Set aside bacon to drain on a paper towel. Wipe out pan. Turn down heat to medium. Spray pan with cooking spray and add vegetables. Sauté vegetables for 2 minutes. Set vegetables aside. Pour the egg mixture in the pan. Tip the pan to spread the egg mixture evenly all over the pan and turn down the heat to medium-low. Cut the bacon. Sprinkle the vegetables, cheese, pepper, ham, and bacon all over the egg mixture. Allow omelet to cook for 5 minutes. Run a large spatula around the edges of the pan to release any stuck edges. Slide the spatula under one half of the omelet and fold it over the other. Serve hot.



GOVERNMENT

The following information about State Visits, State Dinners, and Planning a State Dinner is taken from *Government: God's Blueprint & Man's Agenda*.



When we studied diplomacy between countries, I wanted my children to get some hands-on experience with diplomacy, so we decided to have our own state dinner.

Did you know that nations work on their relationships over State Visits and State Dinners?

STATE VISITS

The head of state of one country has to issue a formal invitation to the head of state of another country for a state visit. For example, President Donald Trump could issue a formal invitation to Queen Elizabeth II, inviting her to visit the United States. President and Mrs. Trump would be her official hosts during her stay.

A state visit is important because it tells the world that the countries are friends and allies.

STATE DINNER

When there is an official state visit to the United States from the head of state of a foreign country, the President and his wife extend hospitality to them by opening their home, the White House, to throw a lavish dinner party.

State Dinners strengthen the relationships between countries! They are a way for the host country to honor the visiting country.

A State Dinner might be a white tie dinner or a black-tie dinner.

STATE DINNERS IN THE USA

In the early days of America, “state dinners” were simply any affair the President hosted that honored his Cabinet, Congress, or other dignitaries. However, “state dinner” took on a brand-new meaning when President Grant hosted a lavish event for King David Kalakaua of the Kingdom of Hawaii in 1874.

ADD FOOD TO MAXIMIZE LEARNING

Today State Dinners are grand events for visiting heads of state hosted by the President and his wife. The event is planned by the First Lady. The President and First Lady play host to foreign monarchs, Presidents, or Prime Ministers from around the world.

PLANNING A STATE DINNER

A State Dinner takes 6 months to prepare. The First Lady works together with the State Department and the White House Social Secretary. Every detail matters in an event like this.

Nancy Reagan and Jackie Kennedy were gracious hostesses who brought a touch of elegance to the White House. Nancy Reagan always included dancing on the menu! Though most State Dinners included government officials, dignitaries, and influential businessmen, the Clintons and the Obamas filled state dinners with pop singers, actors, actresses, and artists. The Carters removed alcohol from State Dinners and included a few ordinary people in each state dinner to make the White House more accessible.



Our homeschool co-op decided to invite Israel to the State Dinner. They decorated in blue and white to honor the nation of Israel and served American and Israeli food.



Our State Dinner took place when President Trump was in office and Mike Pence was his Vice President. We made a list and then people signed up to dress up as those folks.



They had to use the official protocol for welcoming and greeting all the dignitaries. It was a great learning experience!

We had a wonderful time dressing up and pretending to be world leaders!

ENGLISH- LITERATURE & WRITING

It's so fun to read a book and cook or bake something that the characters ate. We loved making raspberry cordial after reading *Anne of Green Gables* and making apple slump after reading *Little Women*.

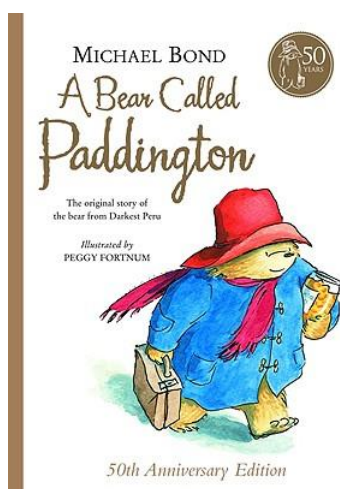
PADDINGTON BEAR TEA

The Paddington Bear series is about a little bear who travels from his home in Peru to London where he finds himself lost in Paddington Station. Luckily a nice family adopts him.

I had a Paddington Bear Tea Party with my grandchildren after we read the first book in the series.

Our tea was very simple: marmalade (Paddington's favorite) on English muffins, lemon squares, and fish sticks. Okay, a little crazy, but the kids loved it. I served tea in my fancy china teapot and they each got to pick out a china teacup to use.

I decorated the table with British souvenirs – tea tins, a flag, and, of course, a stuffed Paddington Bear.



Please realize when you plan a feast or just bake something after reading a book, it doesn't have to be fancy. Let the kids plan the menu!

DIRECTIONS TO MAKE A PEANUT BUTTER SANDWICH

Here is a writing assignment that is quite fun. Each child writes directions on how to make a peanut butter sandwich.

Then Mom follows the directions EXACTLY as they are written. This is hilarious.

For example, “Put the peanut butter on the bread.” Mom reads it and puts the jar of peanut butter on the bread.



This is a great lesson to help children understand how to write directions or procedures.

FOREIGN LANGUAGE

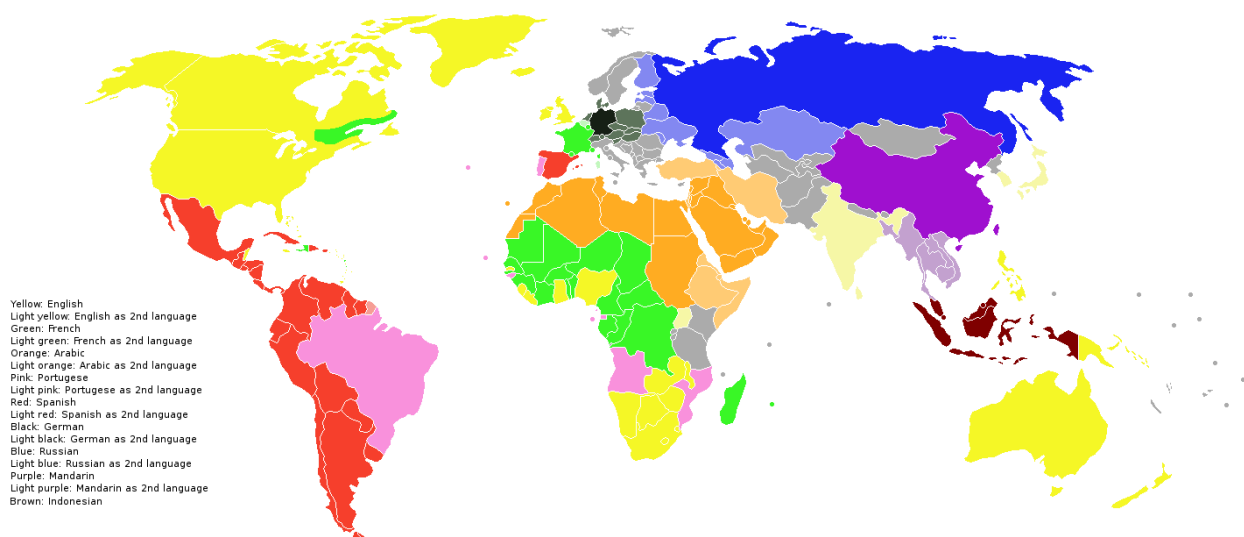
When you learn a foreign language, it is nice to learn a little about the culture and that includes food.

If you live in or near a big city, there is probably a lot of international cuisine to enjoy. Visit restaurants and specialty grocery stores.

If you have friends from a country that speaks the language you are studying, ask them for a popular recipe from their country. Try out the recipe.

You can also look up recipes in cookbooks (like *Travel God's World Cookbook*) or online.

- German – Germany
- Spanish – Spain, South American countries, Central American countries
- Dutch – Netherlands, Aruba, St. Maartin
- Portuguese – Portugal, Brazil
- Japanese – Japan
- Chinese – China, Taiwan
- Korean – North Korea, South Korea
- Hebrew – Israel
- French – France, Quebec



UNIT STUDIES

We love unit studies at our house! Food is a great hands-on experience that kids love!

One thing about food is that it is often the center of festive celebrations. So, food is a great way to gain insight into the culture that we are studying since we do a lot of history and geography unit studies.

You can do a unit study on food like oranges or peanuts. It's fun to see how many recipes you can come up with. With peanuts, you can make peanut butter, peanut soup, peanut butter cookies, and peanuts in curried chicken.

A unit study on bees must at least include tasting honey!



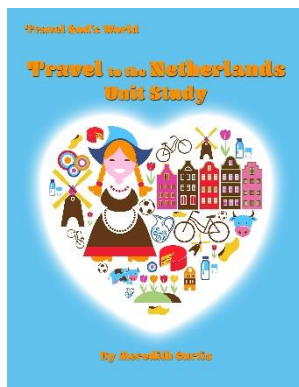
A unit study on the ocean or fish could include a seafood dinner.



Here are two yummy desserts we've used in unit studies. One is from a geography unit study and the other from a Christmas unit study.

ADD FOOD TO MAXIMIZE LEARNING

The following recipe is taken from our *Travel to the Netherlands Unit Study*.



April 27 is King's Day in the Netherlands. They throw a big party from border to border. People wear orange and the popular pastry gets an orange makeover. You can enjoy this special King's Day dessert with your family.

This is my adaptation of the recipe.

ORANGE TOMPOUCHE

- 1 Sheet Puff Pastry
- 1 5.1 oz. Package Vanilla Pudding Mix
- 1 tsp. Orange Zest
- 3 Cups Whipping Cream
- 2 Egg Yolks
- 5 Tbsp. Apricot Jam
- 1 tsp. Orange Zest
- 1/3 Cup Orange Juice
- 2 Cups Confectioners Sugar



Preheat oven to 325°F. Chill the beaters and whisk.

Roll sheets of puff pastry out on a cookie sheet and prick with a fork all over. Refrigerate for 20 minutes. Bake puff pastry for 30 minutes. Then lower the temperature to 275°F and bake 10 more minutes. Let the puff pastry cool. Cut cooled puff pastry sheet into 2 equal-sized strips.

Whisk ½ cup of the whipping cream, pudding mix, egg yolks, and 1 tsp. orange zest until well blended. Add rest of whipping cream. Beat on high until stiff peaks form.

Spread the pudding mixture between the two pastry puff strips. Clean up the edge where filling might be coming out. Melt the apricot jam in a small pan and brush it on the top layer of the pastry.

In another small pan, mix the orange juice, orange zest, and confectionary sugar. Melt on low heat. Add food coloring to get a pretty orange color. Pour the glaze over the top and spread it evenly.

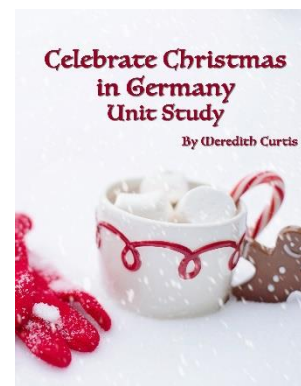
MEREDITH CURTIS

Cut the large pastry into wide strips. Enjoy!



The following recipe is taken from our *Celebrate Christmas in Germany Unit Study*.

SCHWARZWALDER GATEAU (BLACK FOREST CAKE)



Cake Layers

2 Packages Devil's Food Cake Mixes with Pudding Added

Make a total of 4 layers according to package directions. After layers have cooled, pop them in the freezer so they are easier to work with.

Filling/Topping

4 Cups Heavy Whipping Cream

½ Cup Powdered Sugar

1 tsp. Vanilla Extract

Freeze bowl and beaters for 30 minutes before making filling. Beat heavy cream on high until soft peaks form. Add powdered sugar and vanilla. Beat on high for 2 more minutes. Refrigerate until ready to put cake together.

Putting It Together

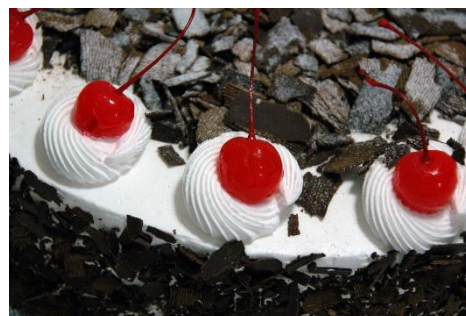
4 Cake Layers

Whipping Cream Topping/Frosting

2 Cans Cherry Pie Filling

12 Whole Cherries with Stems for decoration

4 oz. Rich Chocolate Shavings for decoration



Place the first cake layer on a cake stand. Frost lightly with whipped cream, covering the entire layer. Add ½ can of cherry pie filling, spreading it out evenly.

Place the second cake layer on a cake stand. Frost lightly with whipped cream, covering the entire layer. Add ½ can of cherry pie filling, spreading it out evenly.

Place the third cake layer on a cake stand. Frost lightly with whipped cream, covering the entire layer. Add ½ can of cherry pie filling, spreading it out evenly.

Place the fourth cake layer on a cake stand. Frost with whipped cream, covering the entire layer and fill in all the sides. Make the frosting lower in the center and higher at the edges, filling the lower section with the final cherry pie filling. Cover the top and sides with chocolate shavings. Place the 12 cherries around the outer edge of the frosting, spacing them evenly.

HOLIDAY LIFE SKILLS & FUN

When holidays roll around, we often have family traditions that involve food. Let children help you cook and bake at the holidays.



Also, allow children to learn all the ins and outs of planning, shopping for, cooking, and serving Thanksgiving, Christmas, and Easter dinners.



Your children might want to plan the holiday meal themselves and start some new traditions.

We've tried out all kinds of crazy ideas.

Pink & Red Valentine's Dinner (*Ham, Pink-Dyed Mashed Potatoes, Sliced Tomatoes, Pink Heart-Shaped Cake*)

Fourth of July All-American Cookout (*Burgers, Potato Salad, Blueberry & Strawberry Shortcake*)

CHRISTMAS TREE CRAFT

Here is an easy Christmas tree craft made with a sugar cone, green frosting, and candy for decoration. Turn the cone upside-down and frost. Add candies.

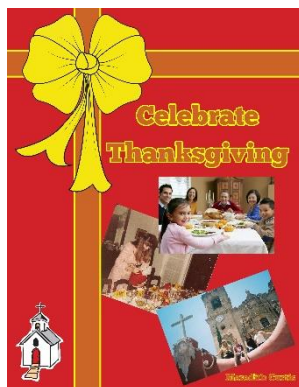


GINGERBREAD HOUSES

Gingerbread Houses are so fun at Christmas and one year I bought a premade house after Christmas on clearance sale, and we made a St. Valentine's Day gingerbread house. (I always buy the premade houses now – too many failures of getting walls to stay up 😊)



This edible craft is from *Celebrate Thanksgiving*.



EDIBLE PILGRIM HAT

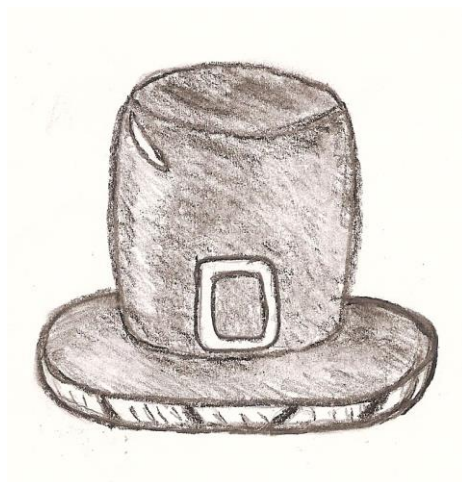
Thanksgiving is a great time to make edible Pilgrim Hats.

- 1 Bag Large Marshmallows
- 1 Bag Semi-Sweet Chocolate Chips
- 1 Bag Chocolate Striped Cookies
- 1 Tube Yellow Decorator Frosting

Place cookies, upside down, with stripes facing downward, on a baking sheet.

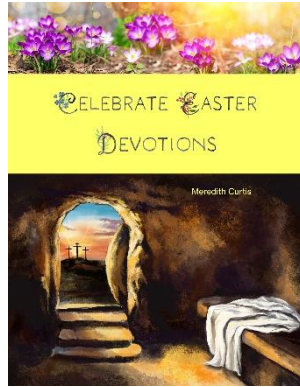
Melt chocolate chips. Dip marshmallows in melted chocolate to coat them. Place marshmallow carefully on cookie.

Put baking sheet in the refrigerator until chocolate hardens. Use yellow frosting to make the buckles.



ADD FOOD TO MAXIMIZE LEARNING

This recipe is from *Celebration Easter Family Devotions*.



Holy Week is a fun time to make your own Easter candies, dye Easter eggs, and make Hot Cross Buns on Good Friday.

EASTER CHOCOLATE CANDIES

½ Cup Softened Butter
8 oz. Softened Cream Cheese
2 tsp. Vanilla Extract
2 Pounds Confectioners' Sugar
5 Cups Sweetened Flaked Coconut
Melted chocolate for dipping.

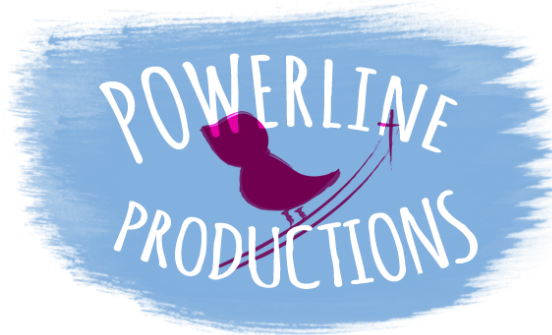
In a large mixing bowl, cream together butter and cream cheese. Add vanilla and sugar. Beat until mixture forms a ball. Stir in coconut with a spoon.

With your hands, roll the mixture into the shape of little crosses, eggs, or circles. Dip the “crosses” in melted chocolate until they are completely coated.

Place the “crosses” on a cookie sheet and chill in the refrigerator until firm—about 1 hour.



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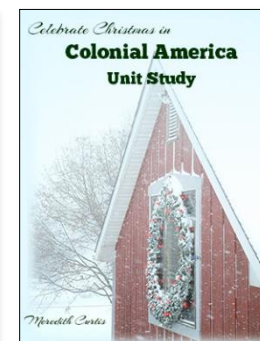
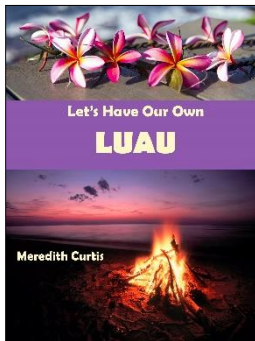
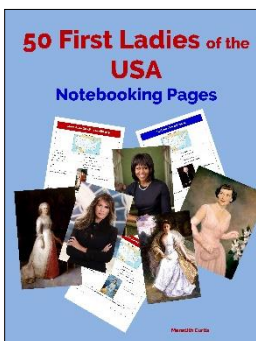
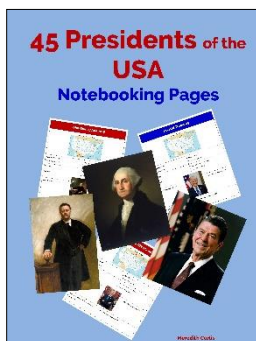
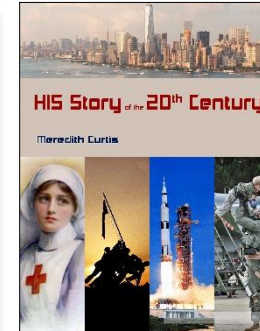
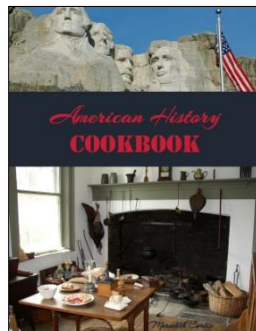
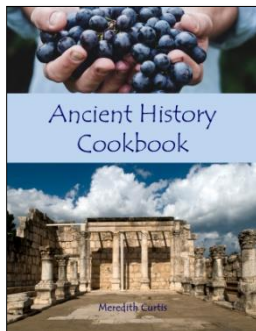
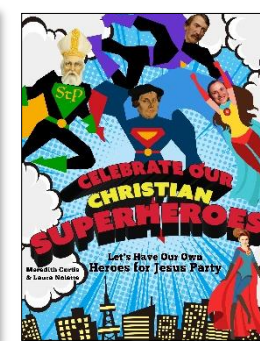
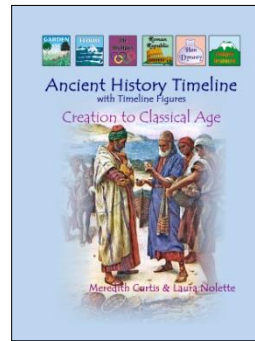
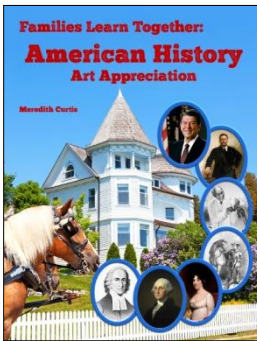
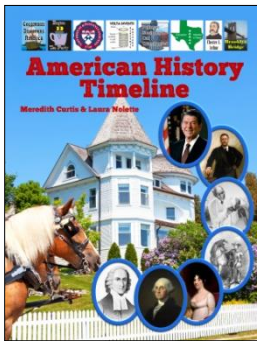
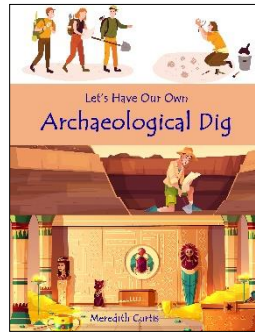
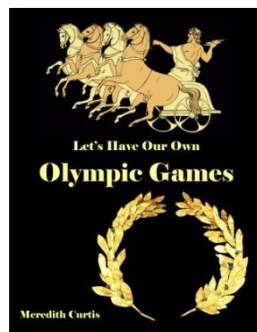
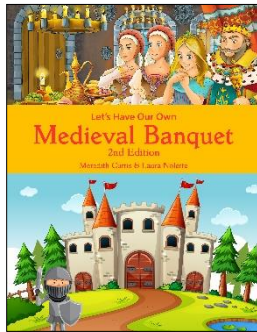
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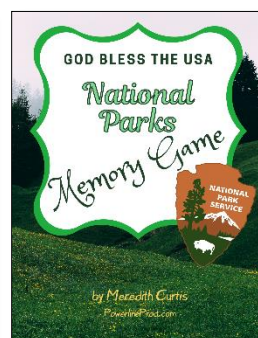
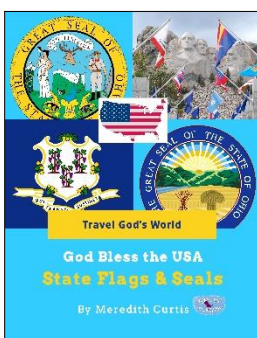
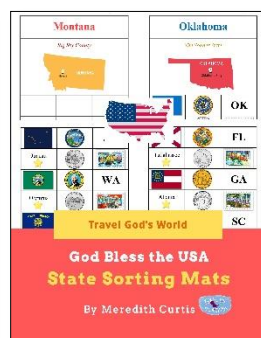
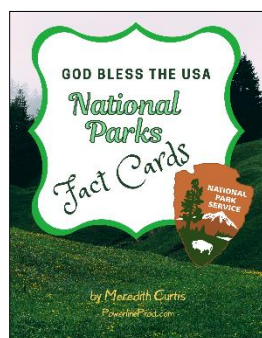
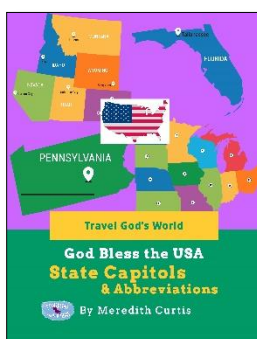
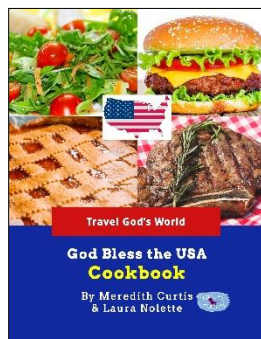
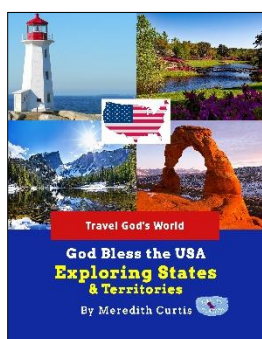
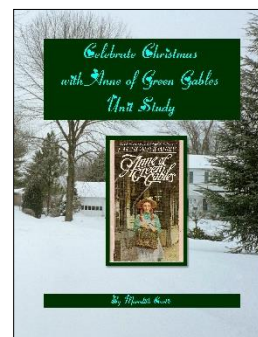
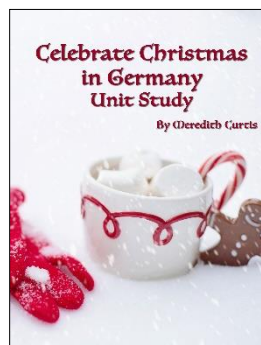
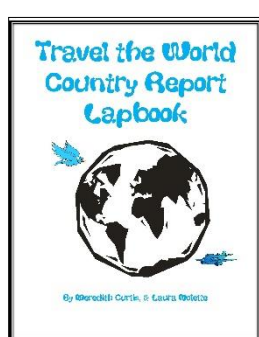
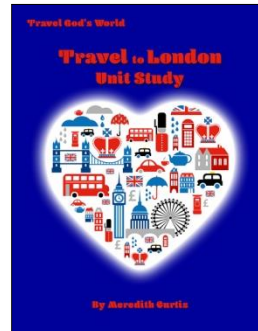
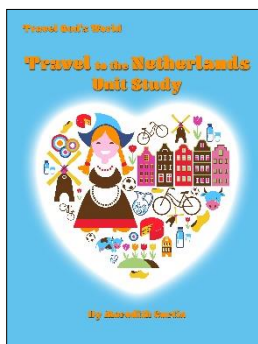
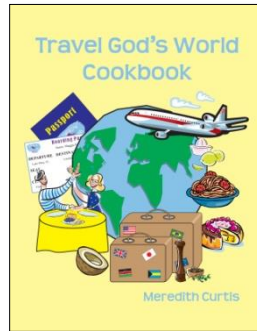
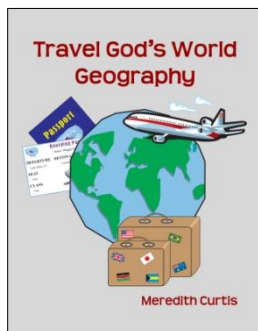
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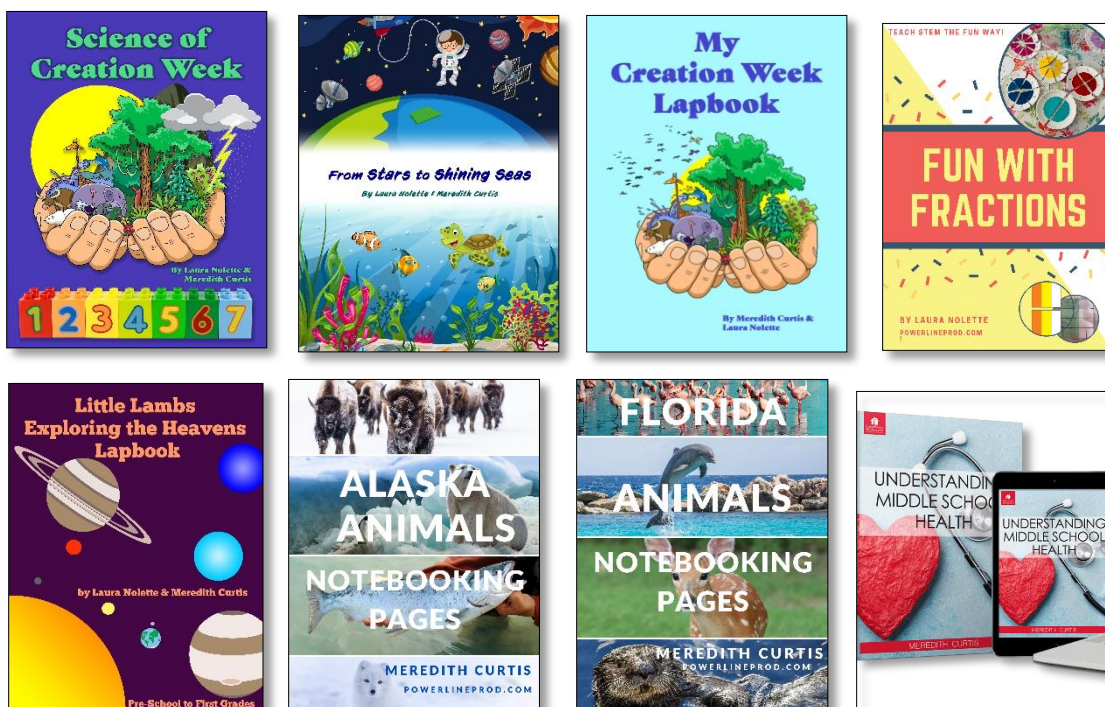


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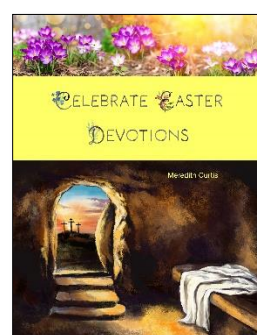
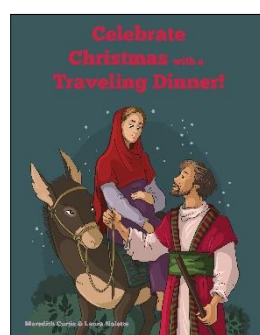
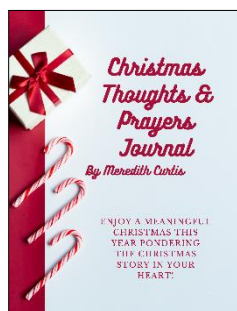
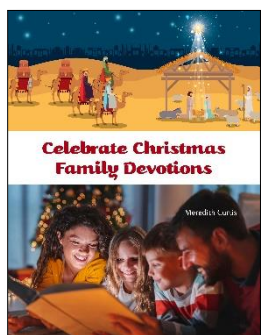
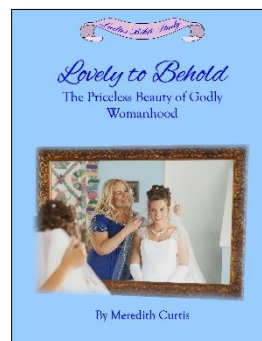
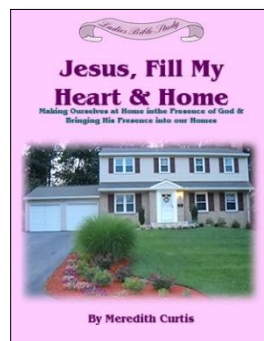
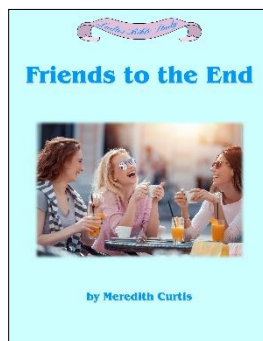
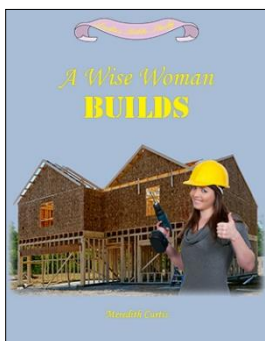
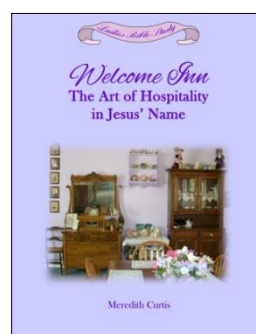
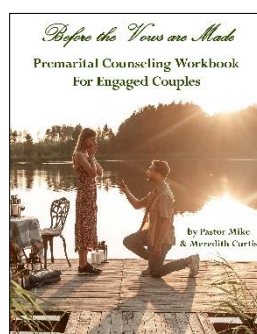
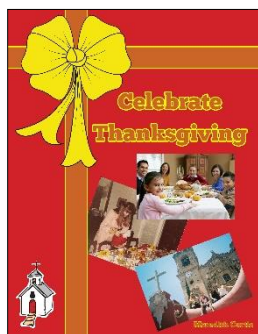
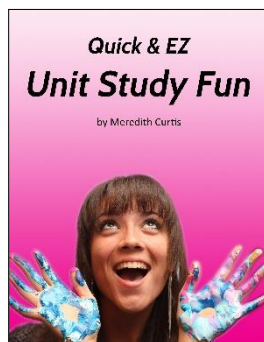
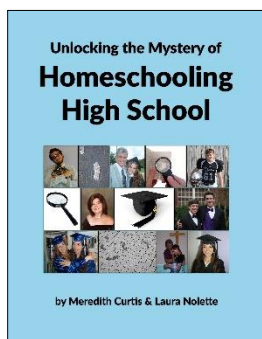
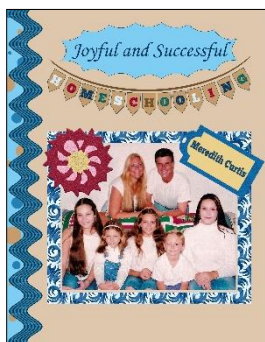
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ⁱ Staff, “Farm Land Loan Interest Rates: Produce Crop Farmers” on AgaAmerica Lending website. Posted 11/2/21.
<https://agamerica.com/blog/power-of-10-top-10-produce-crops-in-the-u-s/> Accessed 1/11/22.