

Core Skills Analysis

Art

- The student practiced creativity by visually imagining the colors and shapes of the humitas drawn on paper.
- They honed their fine motor skills while attempting to replicate the texture of the humitas through drawing or sculpting with clay.
- Through the activity, the student explored cultural representation by depicting Peruvian symbols and designs on their artwork.
- They developed observational skills by closely examining the texture and details of the humitas to recreate them in their art.

English

- The student expanded their vocabulary by learning new words like 'humitas' and 'Peruvian desert'.
- They practiced descriptive writing by expressing their sensory experiences of tasting humitas in a journal entry.
- Through storytelling, the student narrated the process of making and tasting humitas, enhancing their narrative skills.
- Listening and following verbal instructions during the activity improved their comprehension skills.

Foreign Language

- The student learned basic Spanish words related to food and cooking through the activity.
- They practiced pronunciation of Spanish words like 'humitas' and 'maíz' (corn) while discussing the dish.
- Exposure to Peruvian cuisine introduced the student to cultural diversity and language variations.
- The activity fostered an interest in different cultures and languages through hands-on experience.

History

- The student gained historical knowledge about the origins and traditional significance of humitas in Peruvian cuisine.
- They explored the cultural heritage of Peru through the culinary tradition of making humitas.
- Learning about the ingredients used in humitas connected the student to the agricultural history of corn in South America.
- Understanding the context of humitas in Peruvian history provided a glimpse into the country's past and traditions.

Math

- The student practiced counting and measuring ingredients while preparing the humitas recipe.
- They engaged in fractions by dividing the corn dough into equal portions for wrapping.
- Estimation skills were developed as the student guessed the cooking time required for the humitas.
- Exploring shapes and sizes of humitas enhanced spatial awareness and geometry concepts.

Music

- The student learned about Peruvian musical instruments and rhythms while listening to traditional music during the activity.

- They engaged in rhythmic movements while preparing and cooking, synchronizing actions with the music.
- Exploring the sounds and beats of Peruvian music added a multi-sensory dimension to the tasting experience.
- The activity integrated music appreciation with culinary exploration, creating a holistic sensory learning environment.

Physical Education

- The student practiced fine motor skills and hand-eye coordination while wrapping the humitas.
- Engagement in the cooking process involved physical movements like stirring, kneading, and shaping the dough.
- Balancing ingredients and coordinating cooking tasks improved the student's dexterity and physical control.
- Participation in a hands-on cooking activity promoted the development of healthy habits and culinary skills.

Science

- The student learned about the chemical changes that occur during cooking as they observed the transformation of ingredients into humitas.
- Exploration of heat transfer and cooking methods deepened their understanding of basic scientific principles.
- Observing the physical changes in ingredients like corn and cheese during preparation taught the student about food science.
- Understanding the nutritional aspects of ingredients in humitas promoted awareness of healthy eating habits.

Social Studies

- The student explored cultural traditions and customs related to food preparation and consumption in Peruvian society.
- Understanding the communal aspect of cooking humitas highlighted the importance of sharing meals in Peruvian culture.
- Discussion on food origins and cultural significance fostered appreciation for diverse culinary practices.
- Exploring Peruvian cuisine connected the student to global cultures, promoting acceptance and respect for cultural diversity.

Tips

To continue the development initiated by tasting humitas, engage the student in further culinary activities from various cultures to expand their understanding of global diversity. Encourage them to create recipe books with drawings and descriptions of their favorite dishes to enhance language and artistic skills. Incorporate music from different countries during cooking sessions to explore the cultural significance of music in diverse communities. Lastly, involve the student in simple food science experiments to deepen their scientific knowledge related to cooking and ingredients.

Book Recommendations

- by :
- by :