

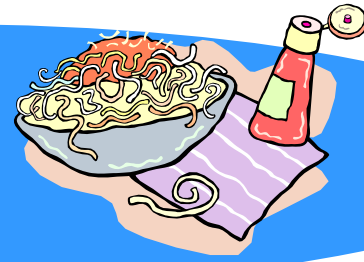
Cultural Arts

4-H Family Back Pack #2



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Recipes



Italian Pasta

Ingredients:

- 1 pound dried spaghetti
- 1 jar of pesto sauce

Directions:

1. Bring pot of water to boiling, add small amount of salt.
2. Cook pasta in salted water for 10 minutes.
3. Drain the pasta.
4. Mix the pasta with the Pesto Sauce and serve.

To Make Your Own Sauce (Makes 4 Servings)

Ingredients:

- 1/4 cup Parmesan cheese grated finely
- 3 1/2 tbsp pine nuts
- 40 fresh basil leaves
- 3 garlic cloves, crushed
- 3 tbsp extra virgin olive oil Salt and pepper

Directions:

1. In a food processor, chop the basil leaves, garlic, pine nuts and Parmesan cheese.
2. Cook for 30 seconds.
3. Slowly add the olive oil and season with salt and pepper. '
4. Stir until mixed.
5. Place in serving dish and serve.

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Recipes



Chinese Tropical Rice

Ingredients:

- 1 cup canned corn, drain
- $\frac{1}{2}$ cup rice
- 1/2 cup rice
- 4 scallions, sliced
- 2 red bell peppers, seeded and diced
- 3 tbsp golden raisins
- Two "one" ounce canned pineapple pieces in natural juice, drain reserving their juice

Dressing:

- 1 tbsp peanut oil (optional)
- 1 tbsp hazelnut oil
- 1 tbsp light soy sauce
- 1 tbsp chopped fresh gingerroot
- 1 garlic clove, chopped

Directions:

1. Cook the rice in salted boiling water for 15 minutes.
2. Drain thoroughly and rinse under cold running water.
3. Mix the pineapple pieces, corn, peppers, scallions, raisins and rice.
4. Add all the dressing ingredients to the pineapple juice and whisk well.
5. Season with salt and pepper.
6. Pour the dressing over the rice salad and serve.

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Recipes



Mexican Taco or Burrito Mix

Ingredients:

- 2 cups frozen Mexican Fiesta Corn (or one 15.5 ounce can)
- 1/2 medium onion
- 1 tablespoon canola oil
- 1-1/2 teaspoons ground cumin
- 3/4 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1/8 teaspoon ground red chile (or chili powder)
- 3/4 pound ground turkey
- 1/4 teaspoon salt
- 1 lime

Directions:

1. Drain and rinse canned corn; if using frozen corn, don't rinse or thaw.
2. Peel and chop onion.
3. Heat the oil in skillet and cook onion on high until it begins to soften, about 1 to 2 minutes.
4. Stir in the corn, cumin, oregano, paprika, and ground red chile.
5. Spread mixture in single layer and cook on medium-high until lightly browned on the bottom, from 2 to 5 minutes depending on the cookware used.
6. Stir and cook in single layer until browned further, with little charred spots on the edges (from 1 to 3 minutes).
7. Spoon the corn mixture into a serving bowl and set aside.
8. Brown the ground turkey with salt on high in the same pan, breaking up the turkey until crumbly.
9. Cook until the turkey is no longer pink, about 5 to 8 minutes.

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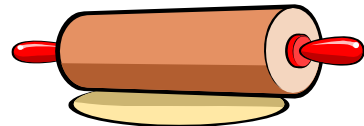
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10. Stir the corn mixture back into the pan.
11. Cut lime in half. Squeeze the lime's juice on top. Cook until heated through.
12. To serve, spoon taco mixture into the same serving bowl, and serve with your favorite taco fixings like shredded lettuce, cheese, salsa, tomatoes, or green onion.
13. Scoop the mixture up with a spoon and fill taco or roll into soft flour or corn tortillas to make burritos.

Vary It!

Turn this into **Vegetarian Taco Mix** by omitting the turkey and heating the corn mixture with a can of drained beans, such as black beans or pinto beans.



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Recipes



America's Everyday Pizza

With a red sauce on the bottom, and a white and green topping, this luscious pizza captures the colors of the Italian flag. It borrows Swiss cheese from Italy's northern neighbor, for a luscious, nutty taste that pairs perfectly with spinach, a vegetable that's rich in vitamins A and C. Kids of all ages can help make—and devour—this simply superb, crowd-pleasing pizza pie.

Prep time: 15 minutes

Cook time: 15 minutes

Yield: One 15-inch pizza

Ingredients

- 1 cup cooked, chopped spinach, squeezed dry
- 2 cups shredded Swiss cheese
- Dash white pepper (optional)
- 2 cloves garlic
- 1 8-ounce can tomato sauce
- 1 prepared pizza crust, uncooked
- 1/2 teaspoon Italian seasoning (mixed dried herbs)
- 2 teaspoons olive oil
- 2 tablespoons grated Parmesan (optional)

Directions:

1. Lay pre prepared pizza crust(dough) in a 15 to 16-inch pizza pan or baking sheet.
2. Thaw a 10-ounce package frozen chopped spinach or cook 1 pound cleaned spinach leaves and chop. Squeeze the water from the spinach until it's very dry (reserve the squeezed liquid for a soup or sauce). Young children can do this by placing the cooled spinach in a sieve over a bowl and pressing on it with the back of a wooden spoon, a spatula, or with clean hands.
3. Shred enough Swiss cheese to make 2 cups, or use pre-shredded cheese.
4. Preheat the oven to 450 degrees.
5. Mix together the spinach, cheese, and a dash of white pepper in a bowl.
6. Peel and finely mince the cloves of garlic.

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7. Spread the tomato sauce evenly over the crust.
8. Crush the Italian seasoning between your fingers and sprinkle over the sauce (a good task for little hands).
9. Arrange the spinach-cheese mixture on top of the sauce. Sprinkle on garlic.
10. Brush the edges of the crust with olive oil.
11. Bake until the crust is crisp and golden and the cheese melted, about 10 to 15 minutes. Let the pizza stand a few minutes before slicing. If desired, dust lightly with grated Parmesan. Serve hot.

Vary It! Add a few strips of thinly sliced ham or prosciutto, an Italian cured ham, under the cheese mixture. Instead of spinach, use cooked Swiss chard. Dot with sliced olives, chopped green or red onion, or chopped Roma tomatoes.

Share a Recipe

Please feel free to include your own favorite recipes to share with other families using the back packs. Add your recipe to a 3" by 5" index card and include them in your recipe box which are available in your back packs.



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History of Piñatas

Most people think of piñatas as a fun activity for parties. The history of the piñata reveals many interesting facts that go beyond the playing of a game, although piñatas certainly have been intended for fun.

Piñatas may have originated in China. Marco Polo discovered the Chinese use light wood or heavy paper to fashion simple frames in the shape of cows, oxen or buffaloes. The Chinese craftsman then covered these shapes with colored paper and decorated them leaving the inside hollow. The figures were then filled with seeds. During the New Year celebration, the Chinese knocked the figure hard with decorated sticks and the seeds spilled forth. After burning the remains, people gathered the ashes for good luck throughout the year.

When this custom passed into Europe in the 14th century, it adapted to the celebrations of Lent. The first Sunday of Lent became 'Piñata Sunday'. The Italian word 'pignatta' means "fragile pot." Originally, piñatas looked like clay containers for carrying water. Some say this is the origin of the traditional pineapple shape. Also the Latin prefix 'piña' implies a cluster of flowers or fruits as in 'pineapples' and 'pine cones'.

When the custom spread to Spain, the first Sunday in Lent became a fiesta called the 'Dance of the Piñata'. The Spanish used a clay container called "la olla", the Spanish word for pot. At first, la olla was not decorated. Later, ribbons, tinsel and fringed paper were added and wrapped around the pot.

At the beginning of the 16th century the Spanish missionaries to North America used the piñata to attract converts to their ceremonies. However native peoples already had a similar tradition. To celebrate the birthday of the Aztec god of war, Huitzilopochtli, priests placed a clay pot on a pole in the temple at year's end. Colorful feathers decorated the pot, filled with tiny treasures. When broken with a stick or club, the treasures fell to the feet of the god's image as an offering. The Mayans, great lovers of sports, played a game where the

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History of Piñatas

player's eyes were covered while hitting a clay pot suspended by string. The missionaries transformed these games for religious instruction. They covered the traditional pot with colored paper, giving it an extraordinary, perhaps fearful appearance.

The decorated clay pot also called a "canter" represents Satan who often wears an attractive mask to attract humanity. The most traditional style piñata looks a bit like "Sputnik", with seven points, each with streamers. Beautiful and bright, the piñata represented temptation. Each of the cone points represent the seven deadly sins, pecados - greed, gluttony, sloth, pride, envy, wrath and lust. Candies and fruits inside represented the cantaros (temptation) of wealth and earthly pleasures. Thus, the piñata reflected three theological virtues in the catequismo (religious instruction or catechism).

The blindfolded participant represents the leading force in defying evil, 'Fe', faith, which must be blind. People gathered near the player and spun him around to confuse his sense of space. Sometimes the turns numbered thirty three in memory of the life of Christ. The voices of others cry out guidance with the piñata serving as a symbol of 'Esperanza', hope. With the piñata hanging above their heads, people watched towards Los Cielos (sky or heaven) yearning and waiting for the prize. The stick for breaking the piñata symbolized virtue, as only good can overcome evil. Once broken, the candies and fruits represented the just reward for keeping faith. Finally the piñata symbolized 'Caridad' (Charity) with is shown by its eventual breaking, where everyone shared in the divine blessings and gifts.

Today, the piñata has lost its religious symbolism and most participate in the game solely for fun. Piñatas are especially popular during Las Posadas, traditional processions ringing in the Christmas season and at birthday parties. During festivities, people traditionally sing songs while breaking the piñatas.

Piñatas can be found in all shapes and sizes. Modern ones often represent cartoon or other characters known to most children. Others are shaped like fruits, baskets, rockets etc. Sometimes people of political statue are satirized. At Christmas, star-shaped piñatas suggestive of the Star of Bethlehem are especially popular. One's imagination is the creative limit.

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History of Piñatas

Traditionally, piñatas are filled with both candies and fruits. Around Christmas in Mexico, wrapped candies, peanuts, guavas, oranges, jicamas (a sweet root vegetable), sugar cane, and tejocotes (a kind of crab apple) stuff piñatas. Some types of piñatas called traps, are stuffed with flour, confetti or 'flowery water'. Any child without a treat after the goodies are gathered from the ground is given a little basket full of special candy. These colaciones are kept on hand to avoid

hurt feelings and tears. The rest of the treats are passed around to everyone before the party is over. Towns of potters once existed to fashion 'ollas piñateras', bare clay pots sold in the mercado. (market) People took them home and pasted their own colored paper to them. Cardboard and paper maché often fashioned over balloons has replaced 'la olla' in many modern piñatas.

The piñata's versatility contributes to its perennial popularity. Fashioned from a long tradition the joyous piñata continues to enchant celebrations and parties around the world. In Mexico you will hear parents and children singing this special Piñata song.

Dale, dale, dale, no pierdas el tino,
orque si lo pierdes, pierdes el camino.
Esta piñata es de muchas mañas, sólo contiene naranjas y cañas."
La piñata tiene caca

Tiene caca:
Cacahuates de a montón.
Esta piñata es de muchas mañas,
Sólo contiene naranjas y cañas.
No quiero oro, ni quiero plata,
o lo que quiero es romper la piñata.
Ándale Juana, no te dilates

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History of Piñatas

Con la canasta de los cacahuates.
Anda María, sal del rincón
Con la canasta de la colación.
En esta posada nos hemos chasqueado
Porque Teresita nada nos ha dado

Echen confites y canelones,
a los muchachos que son muy tragones
Todos los muchachos rezaron con devoción,

De chochos y confites les dan ya su ración.
Castaña asada, piña cubierta; Echen a palos a los de la puerta.
Ándale Juan, sal de la hornilla
Con la botella de la manzanilla.

De los cerritos y los cerrotes,
Saltan y brincan los tejocotes.

Andale niña, sal otra vez
Con la botella del vino jerez.

Esta posada le tocó a Carmela:
si no da nada le saco una muela.



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Making Masks



Educational Note: Masks are a way to make faces, that lift and transport us to new and wild places. From a bird to a beast to a sad happy clown, masks make you laugh, make you jump, make you frown. Using paper and scissors and objects you find around the house, you can make masks of all colors and kinds.

Objectives: Students will see that masks have great meaning in many cultures. Students will have a chance to discover the importance of connecting our present day lives with the lives of those who lived before us.

Supplies Needed:

- Heavy poster paper about 22" x 28" per student (can be smaller depending on what's available.)
- Pencils
- Scissors (and help for the little ones)
- A stapler that can be used on paper
- Crayons
- Paint
- Paintbrushes & containers for water
- Magic markers, feathers, glitter, beads and other found objects
- Glue
- String or elastic

Directions:

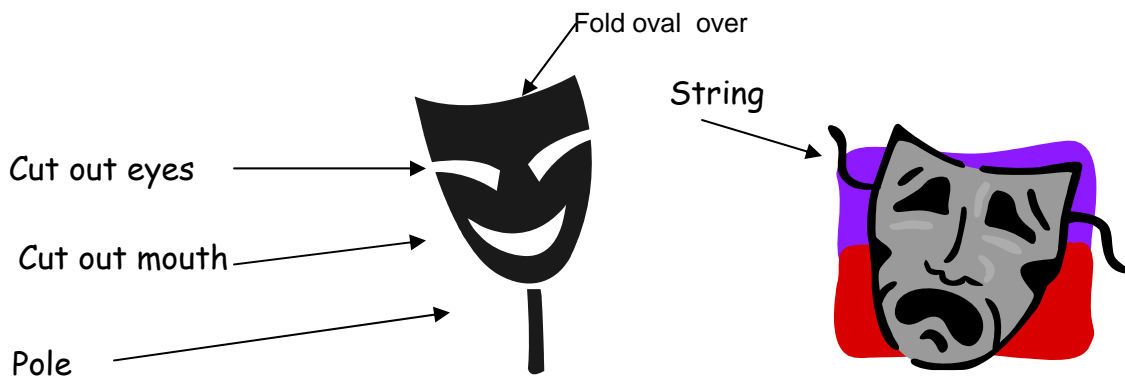
When making masks, take the opportunity to discuss false faces and masks from around the world. Children could even take part in a discussion about how everyone wears different "masks" from day to day ... when we are sad, happy or scared.

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Making Masks

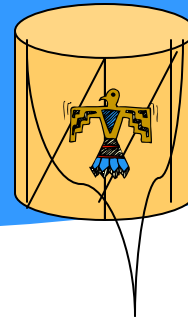


1. Draw an oval shape on the large piece of paper. The larger the better ... masks can cover more than just the face. Cut the oval shape out of the paper.
2. At both the top and bottom of the oval, make a 1" cut. (You will later take these cuts, fold the paper across itself and staple so the mask has some dimension).
3. Draw and cut out where the eye holes and mouth and nose holes (if any) are going to be.
4. Decorate the mask by using bright crayon colors or bright paint colors. Even more details can be added with magic markers and crayons.
5. Now, where you made your cuts, in the one inch oval base, fold the paper inside the mask and staple and glue in place. This will give your mask more dimension.
6. Finish decorating the mask by gluing objects such as beads feathers tissue paper, glitter and so on.
7. Staple string onto the mask so it can be tied around the head. You can also glue your mask to a round smooth stick for a hand held mask.



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Crafts

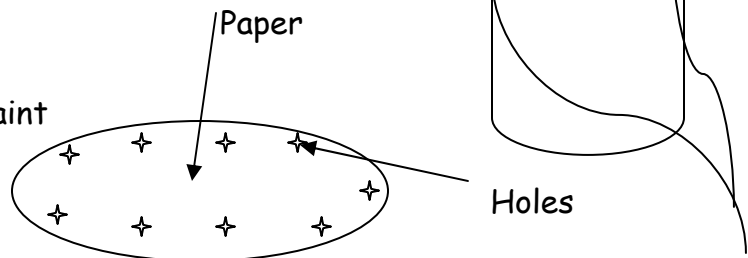


Drum Fun

Educational Note: Drums can be found in every culture throughout the world. *All cultural groups have some form of drumming as part of their music.*

Supplies

- Oatmeal container or other round paper boxes of various sizes
- Yarn
- Whole punch
- Scissors
- Construction paper or poster paint
- Tape or glue
- Fabric such as felt or leather

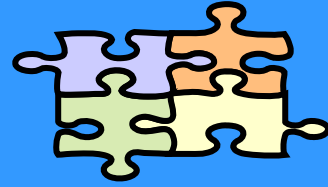


Directions:

1. Remove the top of the box, paint or cover the box with construction paper.
2. Punch two holes three inches from the top on opposite sides of the box.
3. Run a long piece of yarn through the holes and tie the ends securely so the drum will hang around your neck.
4. Draw two circles on paper, 2" larger than the top of the box. Use this as a pattern to cut out fabric.
5. Put the top back on the box. With the circle together, punch holes around the edge, two inches apart.
6. Place one circle over the box' top and the other under the bottom (A few drops of glue might help to keep the fabric in place).
7. Run a long piece of yarn through a hole in the bottom fabric, piece and knot it. Weave the yarn through the top fabric and back through the bottom fabric. Continue this weaving pattern all around the box. Tie a knot at the end.
8. Decorate your drum with signs from your personal heritage.
9. Use the eraser end of a blunt pencil or a spoon to make your drumsticks. Let a family member clap a rhythm for you to echo on your drum.

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Puzzles



Web site for dot to dot:

http://puzzles.about.com/od/holidaypuzzlesforkids/a/KidsCincoMayo_4.htm

<http://allkidsnetwork.com/dot-to-dot/>