



# Global cuisine to go

Volume 74 | Gr. 6–12

Time: 3 class periods  
(60–75-minutes)



## National FCS Standards

### 8.5.2

Demonstrate professional skill for a variety of cooking methods, including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking, using professional equipment and current technologies.

### 9.3.4

Assess the influence of cultural, socioeconomic and psychological factors on food and nutrition and behavior.

## Objectives

*Students will...*

- Learn about Japanese bento boxes by creating a model with art and craft supplies.
- Work as part of a group to plan, budget, and prepare a real bento box.
- Demonstrate safe food and kitchen equipment handling methods.

## Vocabulary

**Bento box:** A container in which a meal is stored for convenient travel (bento means “convenient” in Japanese). Typical foods found in bento boxes include rice, fish, noodles, fruits, and vegetables arranged in ways that depict animals, people, or favorite characters.



# Introduction

Introduce students to the concept of a bento box before construction (a single portion take-out or home-packed meal common in Japanese cuisine, consisting of rice, fish or meat with pickled or cooked vegetables in a box-shaped container). Explain to students that they will be making their own bento box containing two sushi rolls, shrimp sashimi, rice, and a surprise candy package.

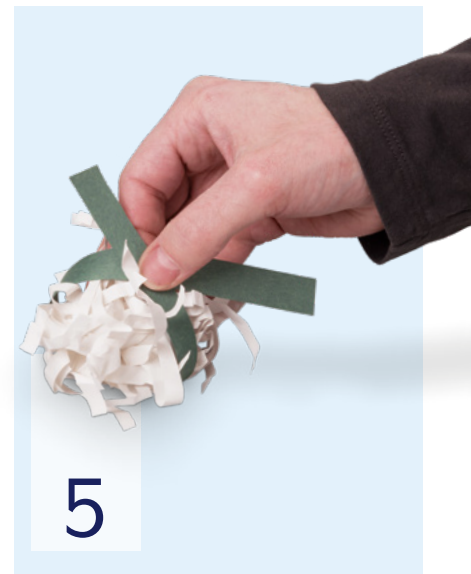
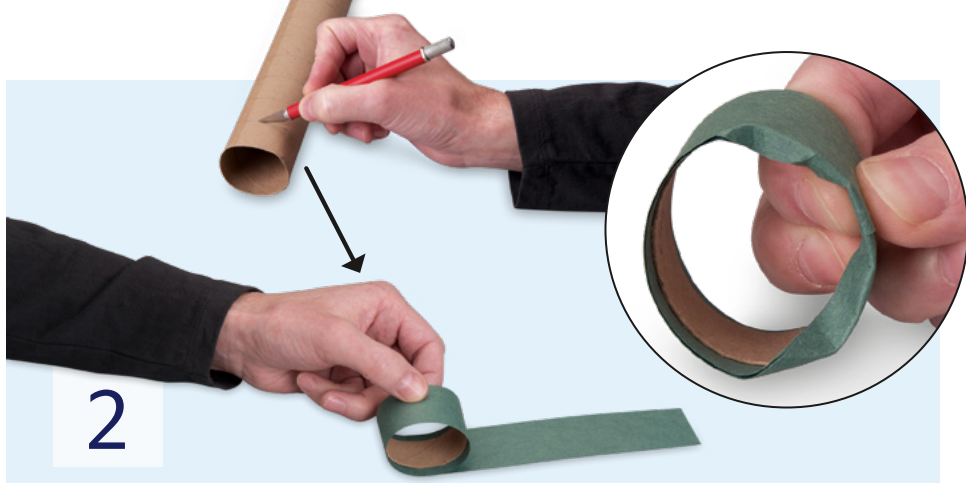
## Day 1: Crafting

### Directions

1. Glue collage paper or paint the exterior of the cardboard box or container to create the actual bento box.
2. Students should now make two sushi rolls. For the seaweed exterior of each sushi roll, cut the cardboard tube into 1" wide lengths. Next, cut a strip of dark green construction paper slightly wider than the cardboard tube, wrap the paper around the outside of the tube, and glue. Fold the excess paper over the top edge of the tube.
3. Next, create the fillings and toppings for the sushi rolls. Cut felt strips the width of the cardboard tube. Use colored felt for the fish interior: red for tuna, coral for salmon, and pink for shrimp. Roll a half strip of colored felt, then wrap a full strip of white felt around the color center (white for rice), slide the strips into the tube, and trim. Use miscellaneous items to make fish eggs, sesame seeds, green onions, seaweed, etc., to add to the top of the sushi rolls for toppings. (NOTE: Crayola® Model Magic® can be used in lieu of felt for fillings.)
4. To make the shrimp sashimi, wrap a 1" x 3" piece of cardboard with pink tissue paper, add stripes and tail details with a pink foam sheet or pink construction paper, then add antennae and eyes on the shrimp.
5. For the rice, wrap a bunch of shredded paper with a rubber band or a green seaweed ribbon, then glue the shrimp on top.
6. Wrap tissue paper around a piece of crushed paper, then tie with ribbon to fashion the wrapper for the surprise candy package.

### Final touches

1. Fill in extra spaces with tissue, noodles, or other Asian food items. Glue items inside the box.
2. Cut cardboard into two long skinny triangles for chopsticks. Join the chopsticks with a ribbon and glue with the chopsticks sticking out of the food container.









## Crafting materials needed:

- Twisteezwire Art Kit (9730240)
- Cardboard Box or Container —  
Decorate Me™! King Size Box (9724269)  
Papier-Mâché Rectangle Box (9708293)
- Felt Pieces, 9" x 12" — White [9730008(H)], Red [9730008(F)], Orange [9730008(D)], and Pink [9730008(E)]
- Pacon® Spectra® Deluxe Art Tissue™ Assortment (9701231)
- Pacon® Tru-Ray® Fade-Resistant Construction Paper — Warm Brown [9708565(V)], Black [9708565(J)], and Green [9708565(AA)]
- Roylco® Really Big Origami Paper (9731617)
- Roylco® Global Village Design Paper (9716418)
- Glue
- Ribbon
- Shredded white paper
- Noodles
- Black or red beans
- Cardboard scraps
- Foam sheet scraps
- Pink and black foam sheets
- Cardboard tubes (toilet paper or paper towel tubes)

## Cooking materials needed:

- Sushi mat and paddle (WA35191) or sushi making kit (WA35504)
- Rice maker (NE40331)
- Sushi ingredients (sushi rice, nori seaweed sheets, rice vinegar, sugar, salt, tuna, imitation crab, avocado, cucumber, pickled ginger, etc.)

