



Year 2 – Spring 1 – How to Train Your Dragon

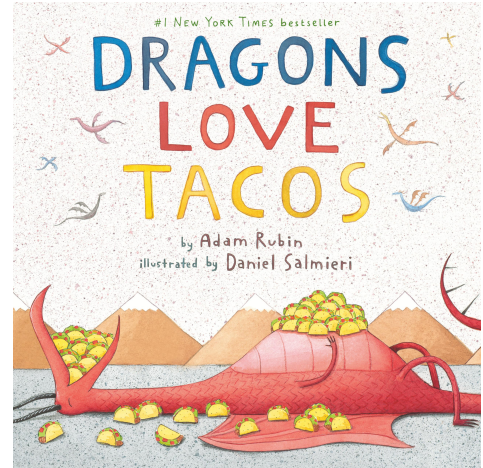
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Tacos

In this unit, we will be making tacos! We will be looking at where our food comes from and the importance of eating a healthy diet. We will also be looking at popular foods in other countries before we make our own tacos.

Key Questions

- Where does the food we eat come from?
- Why is it important to eat a varied diet?
- What foods are popular in other countries?
- How can we chop food safely?



Key Vocabulary:

Claw technique

A safe way to chop foods.



Bridge technique

A safe way to chop foods.



Recipe

A set of instructions for preparing and making a dish.

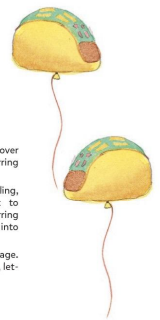
BEEF TACOS

Ingredients

- 1 pound lean ground beef
- 1 cup salsa
- 10 taco shells
- ½ head lettuce, shredded
- 1 medium tomato, chopped (¾ cup)
- 1 cup shredded Cheddar cheese (4 ounces)

Directions

1. Cook beef in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.
2. Stir salsa into beef. Heat to boiling, stirring constantly; reduce heat to medium-low. Cook 5 minutes, stirring occasionally. Pour beef mixture into large serving bowl.
3. Heat taco shells as directed on package. Serve taco shells with beef mixture, lettuce, tomato, and cheese.



Home Learning Suggestions

- Can you make your own tacos at home to share with your family? Can you show them how to use a knife safely?
- Create a recipe for another dish dragons might like!