

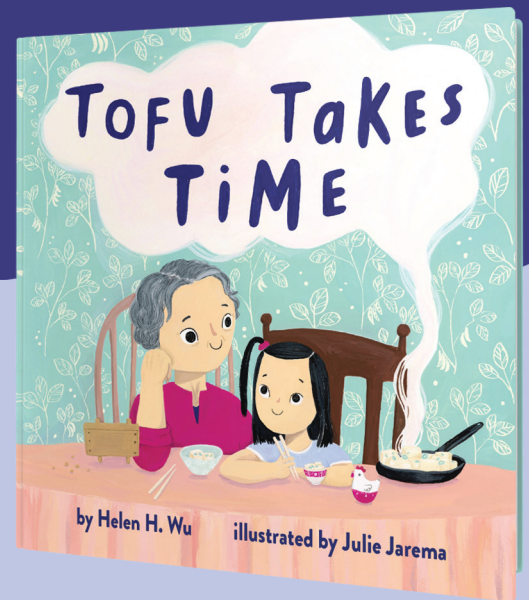
TOFU TAKES TIME

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TEACHING GUIDE & LESSON PLAN

FOR GRADES K-3

Tofu has been eaten in China for over 2,000 years! It has become a staple in many Asian countries and the way it is made, how it tastes, and what people cook with it vary by region. The rest of the world was introduced to tofu in the early 1970s, thanks to the increased interest in Buddhism and vegetarian lifestyles. Tofu is very high in protein and low in fat, so it is as healthy as it is tasty! Today, tofu has transformed from a typical Asian ingredient to one that is used and enjoyed all over the world.



Here are some delicious global tofu dishes you should try. It's easy to see that people all around the world love tofu!



MAPO TOFU (麻婆豆腐)

Mapo tofu is a popular Chinese dish from the Sichuan province made of regular tofu and ground pork in a spicy soybean paste. After briefly marinating the pork and blanching the tofu (scalding it in boiling water), the dish comes together quickly in a hot wok, and friends and family get to share the meal together.



KOREAN SOFT TOFU STEW (Sundubu Jjigae)

Korean soft tofu stew is a savory and comforting soup bobbing with dashi seasoning and silken tofu. There are many variations of the soup—sometimes it has beef, seafood, or vegetables. Jjigae is usually served boiling hot in a communal dish.



VIETNAMESE FRIED TOFU WITH TOMATO SAUCE (Đậu Sốt Cà Chua)

This tangy Vietnamese tofu in tomato sauce is a tasty vegan dish. It's made by adding fried or baked tofu to an onion-tomato gravy, seasoned with fish sauce, and quickly simmered, then topped with sliced scallions.



PAD SEE EW WITH TOFU (ผัดซีอิ๊ว)

Pad see ew is a stir-fried rice noodle dish commonly eaten in Thailand. The noodles are quickly tossed in a sweet soy sauce mixture and come with a protein of your choice. In the case of vegan pad see ew, that can be baked or fried tofu.



TOFU TACOS

Vegetarian tofu tacos are made of crumbled firm tofu seasoned in a smoky chili paste with Mexican-inspired spices as a stand-in for ground beef or scrambled eggs. Melty vegan cheese, crunchy slaw, and tangy salsa verde add brightness and texture.



TOFISH AND CHIPS

Tofish and chips is a vegetarian version of the English favorite, fish and chips. Blocks of tofu are thinly sliced, giving them a flaky texture. Then a piece of nori, dried seaweed, is added on top of the tofu before it is dipped into batter and fried until golden brown. The tofu “fish” is crunchy on the outside and tender and flaky on the inside. It is served with chips—thick-cut wedges of fried potatoes.



AGEDASHI TOFU (揚げ出し豆腐)

Agedashi tofu is a popular side dish in Japanese cuisine, made of soft tofu coated in a mixture of potato starch, dashi soup stock, soy sauce, and rice wine. After deep-frying, it's served topped with roasted seaweed. It is light and crispy on the outside but silky on the inside.



TOFU MAKHANI (Indian Butter Tofu)

Tofu makhani is a vegetarian riff on murgh makhani, also known as butter chicken, a classic Indian dish of chicken simmered in a rich tomato sauce with heady Indian spices. Firm tofu soaks up the flavors of the gravy quite well. This dish is luscious, creamy, and aromatic.



VEGAN TOFU KEBAB

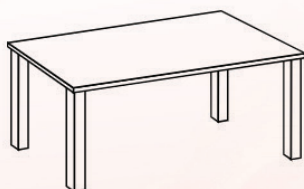
Kebabs, originating from Middle Eastern cuisine, consist of cut-up meat and various vegetables. Tofu can be a good substitute for meat. Press the firm tofu so that most of the water is drained out to improve its ability to soak up the BBQ sauce. Pack your kebabs with summer vegetable favorites!

LETTER

T IS FOR TOFU.

*What else starts with the letter T?
Can you write them down?*













VOCABULARY

1. Can you explain the word “delicious”? What is another word for it?
2. Can you explain what these words mean?
 - Curdle
 - Patient
 - Ingredient

OBSERVATION

1. What kind of plant is in the pattern in the green background?
2. What is Lin doing in the spread of “it takes cloth, from thread and fiber”?
3. Can you describe Lin’s expressions and emotions when they wait and wait and wait?
4. What dishes is the family having on the round table?

READING COMPREHENSION

1. What does “it takes ingredients to dance together” mean?
2. Why does making tofu take weight and space?
3. Why does making tofu take books?
4. What does the sound FRIZZLE SIZZLE HISS mean?

GROUP DISCUSSION

1. Good things take time. Can you think of some examples?
2. What would you do if you had to wait for a long time?
3. Pick one of your favorite meals. What ingredients does it include?



ACTIVITIES

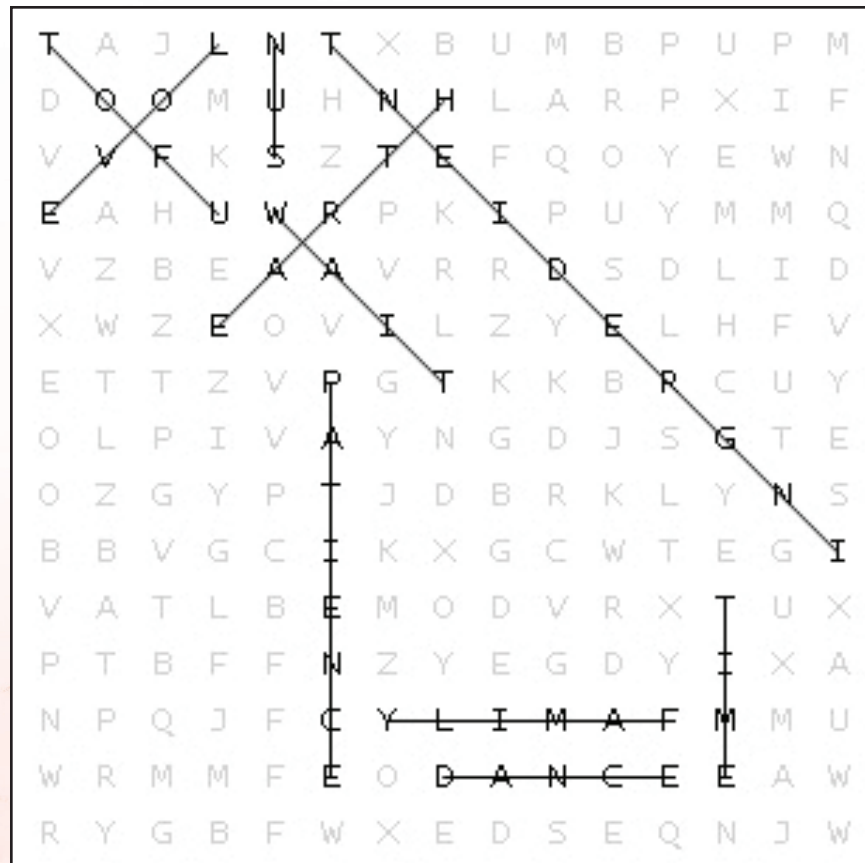
WORD SEARCH



Dance Earth Family Ingredient Love
Sun Time Tofu Waita Patience

ACTIVITIES

WORD SEARCH



ACTIVITIES

DRAW A MEAL WITH YOUR FAVORITE INGREDIENTS