


NEW! GRADE 8							
Lesson	Topic	Content Learning Objective(s)	Lesson Activity	Life Skills Learning Objective	Connections to Garden Lessons	Academic Standard Connections	Health Standards
Grade 8 Social Studies Collaboration History of Calas 	Health Concepts (HC) Food Preparation (FP) Culinary Flavors and Textures (CFT) Kitchen Tools and Equipment (KTE) Kitchen Behaviors (KB)	HC.6.4 Identify where products from different food groups are sourced locally. HC.6.6 Demonstrate knowledge of whole foods, minimally processed foods and processed foods. FP.6.1 Demonstrate knowledge of safe food handling practices. FP.6.2 Name and describe basic cooking techniques and use them as instructed to prepare recipes KTE.6.1-4 Kitchen Tools and Equipment	Have students explore the kitchen to learn the basic rules and systems. Review the history of Calas as it ties into the Louisiana Studies lessons students have been learning. Review the kitchen tools, ingredients, and safe food handling practices. Then, have students prepare a batch of Calas using the provided recipe. Once the lesson is completed have students taste their creations and answer questions regarding the lesson.	CLS.4 Students appreciate and are respectful of differences and diversity in their communities. CLS.5 Students participate in the development of agreed upon protocols and behaviors for the garden and the kitchen environments. PLS.4 Students are active and engaged learners who show up on time prepared to learn, and manage their time wisely.	Have students write what they think they could pair with Cala to make a signature dish that is growing in the garden.	NGSS.MS.LS.D. Information Processing CCSS.ELA-Literacy.SL.8.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 8 topics, texts, and issues, building on others' ideas and expressing their own clearly.	National Health Education Standard 5: Students will demonstrate the ability to use decision making skills to enhance health.

This lesson was a collaboration between the culinary instructor and 8th grade social studies teacher at Belle Chasse Academy. To accommodate the class, 6th Grade Content Learning Objectives for the kitchen were used.



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GRADE 8

SCHOOL PARTNER
LESSON PLAN

CALAS RECIPE (MAKES 12)

- 2 cups cooked rice
- 6 tablespoons flour
- 3 heaping tablespoons sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 2 eggs
- ¼ teaspoon vanilla
- Vegetable oil (for deep-frying)
- Confectioners' sugar

DIRECTIONS

1. In a bowl, combine rice, flour, sugar, baking powder, salt. Mix until rice is coated with dry ingredients.
2. Add eggs and vanilla and mix well.
3. Heat vegetable oil for deep-frying to 360 degrees.
4. Carefully drop rice mixture by spoonfuls into hot oil and fry until brown.
5. Remove from oil with a slotted spoon and drain on paper towels.
6. Sprinkle it with confectioners' sugar.
7. Serve hot.

CALAS HISTORY

Calas, often called Creole rice fritters or rice doughnuts, are rice cakes. If you were to go to Africa today, to Ghana or Liberia, you would find women in the open-air markets making calas. The origin of Calas is most often credited to enslaved people who made the trip across the Atlantic Ocean from rice-growing regions of Africa, and the dish has become a very important part of New Orleans' history.

Before the Louisiana Purchase in 1803, the city of New Orleans was ruled by the Code Noir, a decree passed by King Louis XIV of France in 1685 defining the conditions of slavery in the French colonial empire.

Free people of color were still placed under restrictions via the Code Noir, but were otherwise free to pursue their own careers. Compared to other European colonies in the Americas, a free person of color in the French colonial empire was highly likely to be literate, and had a high chance of owning businesses, properties and enslaved people.

In the 1700s, during the days of French rule, enslaved people were given one day off each week, usually Sundays. And so after church, African women would roam the streets of the French Quarter touting their wares with the chant "Belle Calas! Tout chauds!"—"Beautiful calas! Very hot!"

When the Spanish took control of Louisiana in the 1760s, they brought with them a powerful legal instrument,



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coartacion, which gave enslaved people the right to buy their freedom. For enslaved Black women in the city, selling calas was a key way to earn money for these purchases.

It is said that women were able to buy freedom for their families and for themselves.

Americans ended coartacion soon after the 1803 Louisiana Purchase. But New Orleans remained home to thousands of free people of color—and throughout the 1800s, many of them, especially women, made their living selling calas and other street foods.

I'd say that's a lot more interesting and historic than some old beignet.

Source: [Reference for History](#)



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