

Science

Genre

A **Recipe** tells you how to make something to eat or drink.

Text Feature

Written Directions are steps that tell you how to make or do something.

Content Vocabulary

ingredients

directions

combine



SOUPS

FROM AROUND THE GLOBE

People all over the world eat different kinds of soup. The soups are different because of what goes into them. People often cook with foods that grow near their homes. These recipes are for two soups from two different cultures. Ugly vegetable soup is made with Chinese vegetables. African peanut soup is made with **ingredients** that first came from Africa.

Ugly Vegetable Soup

Safety Note

Have an adult help you with this recipe.

Ingredients

1 can chicken broth

1 cup water

5 dried scallops

4-ounce piece of chicken

$\frac{1}{2}$ cup chopped sheau

hwang gua

cornstarch

1 cup chopped sy gua

1 cup torng hau

1 cup shiann tsay

1 cup kong shin tsay

Directions

1. Bring chicken broth, water, and scallops to a boil in a large pot.
2. While waiting for broth to boil, cut chicken into bite-size pieces and coat them with cornstarch.
3. Wash all vegetables.
4. When broth starts to boil, put in the chicken pieces, one by one.
5. When the chicken looks cooked, add chopped sheau hwang gua and sy gua. Turn heat to low and let soup cook for about 10 minutes.
6. Then bring the soup to a high boil. Quickly add the torng hau, shiann tsay, and kong shin tsay and let them boil for 1 minute.



African Peanut Soup

Ingredients

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 large red peppers, chopped
- 3 cloves garlic, finely chopped
- 1 28-ounce can crushed tomatoes
- 8 cups of vegetable broth
- $\frac{1}{4}$ teaspoon pepper
- $\frac{2}{3}$ cup peanut butter
- $\frac{1}{2}$ cup rice

Safety Note

Never cook or bake by yourself. Always have an adult help you in kitchen.

Directions

1. Put oil in a large pot. Heat over medium-high heat.
2. **Combine** onions and peppers in one pot. Cook until the vegetables are tender and lightly browned.
3. Stir in garlic, tomatoes, vegetable broth, and pepper.
4. Cook over low heat for 30 minutes.



5. Stir in the rice. Let the soup cook for another 15 to 20 minutes.
6. Stir in the peanut butter. When it has been completely mixed in, the soup is ready to serve.



Connect and Compare

1. When you make ugly vegetable soup, what do you do right after the broth starts to boil?

Written Directions

2. Think about the recipes and *The Ugly Vegetables*. What plants would the characters in *The Ugly Vegetables* have to add to their garden to make African peanut soup?

Reading/Writing Across Texts



Science Activity

Research a vegetable from one of the recipes. Write directions that tell how to grow and care for the plant.



Find more vegetable facts at
www.macmillanmh.com

Write a Story

Writer's Craft

Precise Words

Good writers use **precise words** to make their writing clear.

The pronouns I use agree with the verbs in my sentences.

Precise words help make my writing clear.

The Garden Project

by Lydia P.

Mom and I were in the kitchen talking when I remembered my science project. "Oh no! I need an idea for my science project," I told her. "It's due tomorrow!"

"Why don't you think about it while you water the garden," Mom said.

A little while later I came back inside. "I have my idea all set," I said.

Then I showed her the colorful seeds that were left over from planting our vegetable garden. "I'm going to show different types of seeds and the plants they grow into. I got my idea from the garden!"



Your Turn

Write a realistic story about a family. Use precise words. The story should have a problem and a solution that could really happen. Be sure your story has a clear beginning, middle, and end. Use the Writer's Checklist to check your writing.



Writer's Checklist

- Word Choice:** Did I choose **precise words** so that the reader will understand exactly what I mean?
- Ideas:** Is my story about something that could really happen? Are the problem and its solution clear and interesting?
- Conventions:** Do all the pronouns agree with the verbs in my sentences?
- Voice:** Does my story sound like me?