



Pre-K-Grade 5

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Cooking with Seaweed Activity

Developed by the Island Institute, Rockland, Maine
Revised and formatted by Maine Agriculture in the Classroom

Activity Description:

Students will experience aquaculture in a new way, through the lens of cooking and eating farmed seaweed products. You can make a snack during every session or have one session focused solely on cooking. We cooked the day of our culminating event so that parents, siblings, and community members could partake of our seaweed treats as well. Please keep in mind your time constraints and the availability of adult supervision when choosing the number and difficulty of recipes you attempt.

Learning Objectives:

Students will

- Follow recipes
- Make appropriate measurements
- Follow safety procedures

Teacher Preparation:

Knowledge of student allergies is essential for **all** the ingredients used in food preparation. Any food items sampled by other individuals should be clearly labeled with **all** ingredients to avoid allergic reactions. If school kitchen is to be used, arrangements must be made with the food service director. There must be adequate adult supervision during the cooking process.

Materials:

- Recipes
- Ingredients
- Cooking utensils and appliances
- Eating utensils and plates/napkins

Procedure:

Seaweed Pizza

Buy pre-made pizza dough, marinara sauce, and mozzarella cheese. Follow instructions on package for making pizza. Top pizza with sugar kelp after adding cheese but before baking.



Seaweed Smoothies

Make fruit kelp smoothies. We used frozen strawberries, frozen pineapple, frozen sugar kelp, plain yogurt, maple syrup, and ice.

Seaweed Salad

- 2-3 medium cucumbers sliced thin
- Rehydrated dried kelp, cut into thin strips (You can use as much or as little kelp as you like. I rehydrate it by boiling it for about 10 minutes.)
- 3 Tablespoons rice vinegar
- 1 Tablespoon soy sauce (low sodium)
- 1 Tablespoon toasted sesame oil
- 2 teaspoons freshly grated ginger
- 1 clove crushed garlic
- 1/8 cup toasted sesame seeds

Mix vinegar, soy sauce, sesame oil, ginger and garlic in a bowl. Add cucumbers and kelp and toss together. Garnish with sesame seeds.

