

Title: Desert Cube

Learning Goal: Students will learn about the different plants and animals that are in the desert. Included is a recipe for tepary beans either to make as a class or for students to bring home to their families.

Suitable for Grades: 1-3

Resources:

Cube template— www.enchantedlearning.com, keywords: cube template (see attached)

Cardstock paper

Tape or glue sticks

Scissors

Markers/Colored pencils

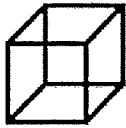
Recipe: Tepary beans (see attached)

How to Start:

1. Begin with various pictures or actual plants and explain what each thing is.
2. Then have students color or draw out on the cube template the different plants or animals that they like.
3. Have students cut out the cube template, making sure they cut all the way around it.
4. Once students have cut out the cube, have them fold over the creases so it is easier to bring together.
5. Have students tape or glue together (tape for a faster result)
6. An option could be for students to add a piece of string or yarn so that they can wear it like a necklace.

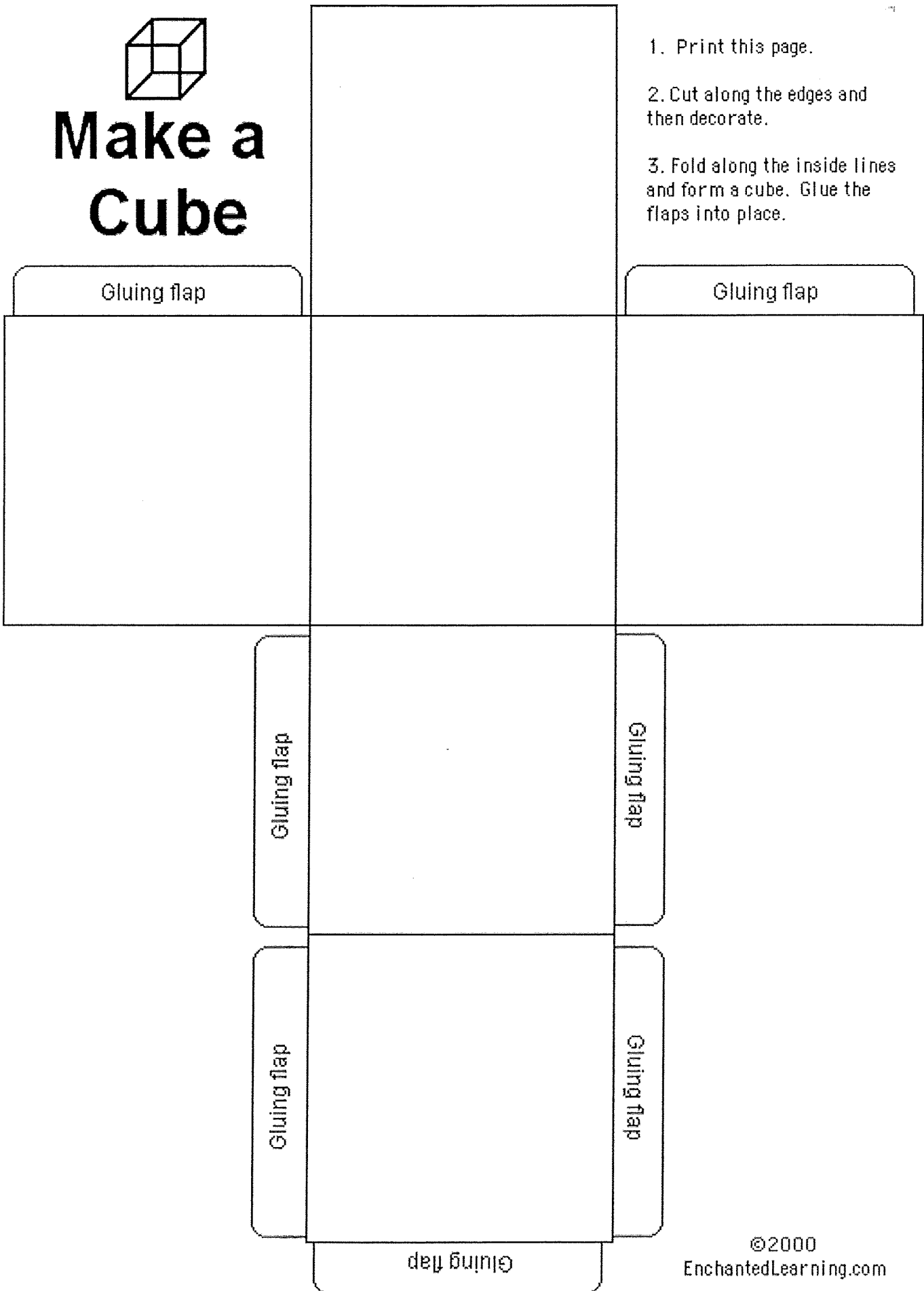
Lesson extensions:

- Learn about desert habitats and how different plants and animals interact
- Discuss migratory patterns of desert animals and how modern borders affect them (destruction of habitats, inability to migrate around a fence, etc.)
- Go on a nature walk and identify native plants
- Make tepary beans (see attached recipe) or another traditional desert food as a class
- Learn about diabetes and blood sugar (science lesson), and then explore how tepary beans and other traditional native foods are healthy for people with diabetes
- Go on a field trip to the Arizona-Sonora Desert Museum
- Go on a field trip to the Arizona State Museum and visit the Paths of Life and Border Project exhibits



Make a Cube

1. Print this page.
2. Cut along the edges and then decorate.
3. Fold along the inside lines and form a cube. Glue the flaps into place.



Tepary Beans

Ingredients:

1 package tepary beans
Pinch of salt
1/4 tsp red or yellow chile powder
1 1/2 tsp dried green chile flakes or 1/3 cup fresh/canned green chiles
3/4 tsp dried oregano
Water

1. Place tepary beans in a large pot and generously cover with water. Bring to a boil on the stove.
2. Once water has come to a boil, reduce heat to medium-low and add spices (salt, red or yellow chile powder, green chiles, and oregano). If you prefer your tepary beans to be spicier, you can always add more chile powder later.
3. Let the beans simmer with the lid loosely set on top for about 2 to 2 1/2 hours. Allow some of the steam to vent and stir occasionally.
4. Cook the beans uncovered until the water mostly evaporates, anywhere from 5 to 15 minutes (depending on the amount of water still left in the pot). Remove from heat and serve.

Serving suggestions: Top with a dollop of sour cream, spoon on some pico de gallo or other fresh tomato salsa, sprinkle with cheese, and/or serve with warm tortillas.

Tepary beans are a traditional food grown and eaten by native peoples of the Sonoran Desert region. These beans are very good for you because they help keep blood sugar in check, so they are great for people with diabetes and for anyone trying to eat healthy foods. For children who are picky eaters, dress up this traditional food with familiar, kid-friendly toppings such as sour cream, mild salsa, etc. and enjoy!

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