

BAGUS!

EXPLORING SOME OF THE FESTIVE FOODS
SERVED DURING HARI RAYA PUASA

HERITAGE RESOURCE FOR
TEACHERS, PARENTS & CAREGIVERS

About Youth Invasion by River Valley High School (RVHS)



- Ever wondered what it would be like when youths take over the museum? Youth is an initiative by the Malay Heritage Centre where students get to put on the hat of a programmer/educator by working with the museum staffs and their school teachers to conceptualise and facilitate their own programmes.
- This programme inculcates a deeper appreciation and understanding of Singapore's multi-cultural society and enable students to be more informed and sensitive individuals. At the same time, students will gain a variety of soft skills including leadership, research, public speaking and project management skills.
- In our 2020 collaboration, the programme objective was for the RVHS students to design experiences in MHC for lower primary and pre-school students to learn about Hari Raya Puasa. Due to COVID-19, the activities were adapted into this deck of resource instead.
- We hope this resource will be helpful for you to facilitate your Home-Based/Classroom-Based Learning.

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Learning Objectives



By the end of the programme, the student/child should be able to:

1. Understand the importance of eating together during Hari Raya Puasa as an opportunity for family and friends to bond.
2. Name some traditional Malay dishes that are also commonly served during Hari Raya Puasa.
3. Describe the physical appearance and ingredients used in these dishes.

ACTIVITY 1: Piece the Puzzle!



This group activity will allow the students/child to identify the different foods served during Hari Raya Puasa.

This activity requires the students/child to apply their knowledge of how traditional Malay food looks like by piecing together the food templates.

ACTIVITY 1: Piece the Puzzle!



Time needed to facilitate the activity:	Activity time - 15 minutes Activity debrief - 10 minutes
Resources required:	<ol style="list-style-type: none">1. A Printer2. White A4 paper3. Scissor4. Puzzle templates (see page 8)
Preparation required:	<ol style="list-style-type: none">1. Print the puzzle template onto A4 paper.2. Cut out the puzzle pieces with a pair of scissors. <p>*For younger student/child, you can omit the smaller pieces of the puzzle. Or print out an uncut template for them to lay the puzzle over.</p> <p>Optional: If you want to reuse the puzzle for future activity, you may print the puzzles on thicker cards or laminate them. For younger student/children, you can also print the puzzle on A3 paper.</p>

Instructions



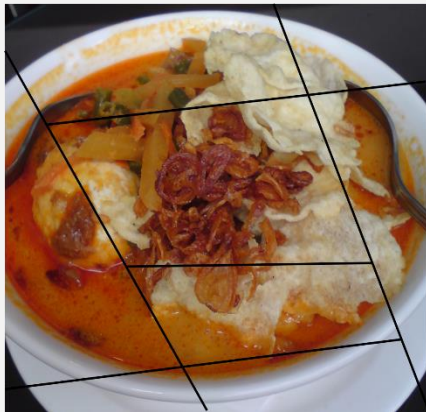
1. Introduce the topic of the lesson with the video '[Let's learn about Ramadan and Hari Raya!](#)'
2. Have a short discussion on Hari Raya Puasa and why it is important to eat with your family and friends.
3. Either in groups or individually, distribute the puzzle starting with the easiest one. Recap the name of the dishes before scrambling the puzzle.
4. Give the students/child some time to piece the puzzle before moving on to a more challenging one.
5. Teacher/parent/caregiver can debrief the puzzle activity by sharing the food's names, appearance, and taste.

*Additional resources & videos for debrief are at the back of the slides.

Puzzle Templates

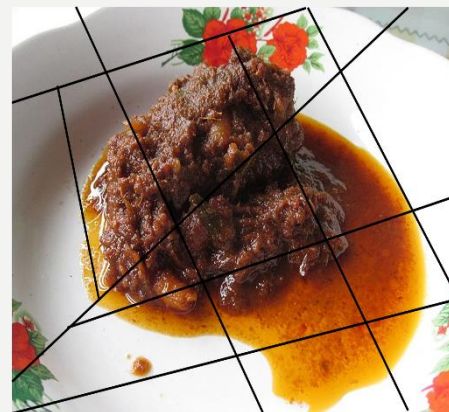


Please refer to the attachment “*Festive Foods_Puzzles*” for the template file.
Please print double sided so the cutting line appears on the back of your image.



Lontong Sayur Lodeh

Level: Easy



Rendang

Level: Intermediate



Dodol

Level: Hard



Ketupat

Level: Hard

Suggested Prompting Questions before the Activity



1. Is eating with your family important to you ?
 - If it is, why is it important?
2. Do you like eating alone or with other people, such as your parents or friend
 - What do you like about eating with other people?
3. What types of traditional foods do you know are served during Hari Raya Puasa?
 - Can you name of them?
 - Can you describe the describe the dishes?

ACTIVITY 2: Quiz Time!



This activity allow students/child to learn some of the ingredients that goes into each dish.

This activity allows the student/child to get to know the food that they eat better.

This activity gives students/child an opportunity to discuss about the food.

ACTIVITY 2: Quiz Time!



Time needed to facilitate the activity	Sharing by teacher/parent/caregiver - 15 minutes Activity time - 10 minutes
Resources required	<ul style="list-style-type: none">- A printer- Quiz sheets- Pencil- Laptop Optional but highly recommended: Dishes for food tasting
Preparation required	<ul style="list-style-type: none">- Print out quiz sheets- Prepare laptop and load cooking videos to watch together- Organise a pot luck in class, or plan a meal with dishes covered in this resource guide for a food tasting session and complete the activities together

Instructions



1. Before handing out the quiz sheets, watch a video on how the dish is being prepared and go through the ingredients together.
2. If you are able to, try the dishes together to learn the taste, texture and ingredients of the food.
3. Hand out the quiz sheets for the children to complete by selecting the correct ingredients
4. Allow them around 10 minutes or so to complete.
5. Let the students/child discuss among themselves why they think each ingredient is correct or wrong.
6. Share the correct answers with them.
7. Teacher and parent are encouraged to extend the activity by referring to the suggestions on slide 20.

Suggested Questions



1. Looking at this picture, can you describe how the dish looks?
2. What shapes or colours can you see?
3. Can you guess how the food taste like?
4. Have you tried any of these foods?
 - If you have tried them before, when did you eat it and how did it taste?
4. Do you know what these dishes are called?
5. What is main ingredient used to make _____(fill in the name of the dish)?
6. If you can choose one dish here to eat now, which one would you choose? Why?
Which Malay dish do you like the most? Why?



Templates




Please refer to the attachment “*Festive Foods_Ingredients Quiz*” for the Quiz Sheet.

INGREDIENTS QUIZ!

Food Item One: Rendang

Instructions: Below are 10 ingredients that may or may not be used in Nasi Lemak. Of the below, 7 are used and 3 are not. Guess which are used and which are not! Put a tick (✓) for the correct ones and a cross (X) for the wrong ones. Have fun!!

Ingredients	Picture	✓/X
Beef		
Green Pepper		
Coconut milk		

INGREDIENTS QUIZ!

Food Item Two: Ketupat

Instructions: Below are 10 ingredients that may or may not be used in Nasi Lemak. Of the below, 3 are used and 2 are not. Guess which are used and which are not! Put a tick (✓) for the correct ones and a cross (X) for the wrong ones. Have fun!!

Ingredients	Picture	✓/X
Cooked rice		
Coconut milk		✓

Information about Rendang



Image credit:

https://zh.wikipedia.org/wiki/File:Rendang_daging_sapi_asli_Padang.JPG

- *Rendang* is a type of slow-cooked meat with coconut milk and spices.
- Along with the main meat ingredient, *rendang* uses coconut milk and a paste of mixed ground spices called *rempah*, which include ginger, galangal, turmeric leaves, lemongrass, garlic, shallots, chillies and other spices.
- The meat in *rendang* is tender and soft, and has complex flavours from the spices in the *Rendang* is usually eaten over a period of time. In fact the longer you keep cooking process.
- it, the tastier it is.
- Did you know that dry *rendang* can last for a few weeks at room temperature?

Information about Lontong Sayur Lodeh



Source:

https://commons.wikimedia.org/wiki/File:Lontong_sayur_with_spoon.JPG

- *Lontong* is an Indonesian dish made of compressed rice cake in the form of a cylinder wrapped inside a banana leaf, commonly found in the region. Rice is rolled inside a banana leaf and boiled, then cut into bite-size.
- It is also served as an alternative to steam rice or vermicelli noodles.
- The texture is similar to ketupat, with the difference in the choice of plant material used to make the container.
- The dish is usually served hot or at room temperature with peanut sauce-based dishes such as *gado-gado*, and satay. It can be eaten as an accompaniment to coconut milk-based soups, such as *sayur lodeh*, *soto*, *gulai* and curries.
- In Singapore, *lontong in sayur lodeh* gravy is simply known as *lontong*. The ingredients include: Grated coconut, coconut milk, dried chilies, dried shrimp, cabbage, lemon grass, beancurd cake, compressed rice cakes, hard-boiled eggs.

Information about Ketupat



- *Ketupat* is a common dish in the Malay culture.
- It is a type of rice packed inside a diamond-shaped container of woven palm leaf pouch.
- The authentic *ketupat* are less common these days because of the tedious preparation process and ready-made ones are readily available in the markets.

Source:

https://commons.wikimedia.org/wiki/File:Ketupat_bantal_berangkai.JPG

Information about Dodol



Source:https://commons.wikimedia.org/wiki/File:Dodol_Garut_Cihampelas_Bandung.JPG

- *Dodol* is a sticky, thick sweet treat and is made from coconut milk, palm sugar and rice flour.
- It is prepared by stirring the ingredients in a big wok. Depending on the portion, it can take a long time to cook. People would have to take shifts to watch and cook the *dodol* during the entire process.
- *Dodol* is one of the many sweet treats served during Hari Raya Pausa.
- There are many variants of *dodol* across different cultures, as well as different flavours such as strawberries, durian and chocolate.

Other Suggested Activities



1. Read books that are related to cooking or Hari Raya Puasa. Suggested titles include:
 - Hafiz and the Raya Recipes (Written by Debra Ann Francisco)
 - My Mother's Kitchen (Written by Emilia Yusof)
2. Watch a storytelling video or attend a storytelling session about food.
3. Adopt the activities to introduce traditional food from other communities in Singapore.
4. Plan a special cookout to make some of the dishes here together. You can also go ingredient shopping together to learn these ingredients, or prepare the ingredients together.
5. Make a family recipe book together by gathering recipes from your immediate and extended family.
6. Learn the names of the dishes and ingredients in your Mother Tongue.
7. Use dough or clay and make some pretend play dishes.
8. For younger children, you can also learn about shapes and colours of the ingredients.

Videos and Recipe Links



1. *Lontong Sayur Lodeh*

- https://www.youtube.com/watch?v=bKk_gu_ys-o

2. *Ketupat:*

- <https://www.youtube.com/watch?v=cGxSvVmWGal>
- <https://singaporelocalfavourites.com/make-your-own-ketupat-ketupat-weaving.html>

3. Beef *Rendang* by theMEATMENchannel

- <https://www.youtube.com/watch?v=iS8YyFUyP90>
- <http://themeatmen.sg/beef-rendang/>

4. *Dodol*

- https://www.youtube.com/watch?v=Sv_IC9Yn3iw
- <https://mykitchen101en.com/homemade-palm-sugar-glutinous-rice-cake-dodol-sweet-and-chewy/>

Credits



- <https://singaporelocalfavourites.com/how-to-cook-lontong-recipe.html>
- <http://singapurastories.com/2015/07/slow-food-before-it-became-slow-food-the-story-of-rendang-by-khir-johari/>
- <https://en.wikipedia.org/wiki/Rendang>
- Lontong Sayur Lodeh:
[https://commons.wikimedia.org/w/index.php?search=lontong&title=Special%3ASearch&go=Go&ns0=1&ns6=1&ns12=1&ns14=1&ns100=1&ns106=1#/media/File:Lontong Sayur emping.jpg](https://commons.wikimedia.org/w/index.php?search=lontong&title=Special%3ASearch&go=Go&ns0=1&ns6=1&ns12=1&ns14=1&ns100=1&ns106=1#/media/File:Lontong_Sayur_emping.jpg)
- Rendang: https://commons.wikimedia.org/wiki/File:Sepotong_rendang2.jpg
- Doldol: [https://commons.wikimedia.org/wiki/File:Dodol susu.JPG](https://commons.wikimedia.org/wiki/File:Dodol_susu.JPG)
- Ketupat image: <https://rojakdaily.com/lifestyle/article/5216/here-s-how-many-calories-each-hari-raya-dish-has-and-how-you-can-burn-it-off>



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