

PBS Lesson Series

ELA, Grade 6, Lesson 18

Teacher Packet

TRAVEL NARRATIVE	INFORMATIONAL TEXT
<ul style="list-style-type: none">• includes characters, or real life people.• has dialogue• describes setting or character actions.• has to deal with travel	<ul style="list-style-type: none">• conveys factual information• may include numbers or data• may provide historical or geographical facts• explains information• uses quotes from experts

Independent Activity - Lesson 17

Write a 1-page journal entry about a time when you traveled to somewhere new. Similar to our article, your journal entry should use characteristics of a travel narrative and also an informational text. That means that you will write a true personal account and also include factual details about the place you traveled to.

You can gather the factual details by using your own background knowledge, by doing some research online, or by asking an adult about the place you are talking about in your journal entry.

Student Response

As we approached Washington D.C. I could see the Washington Monument standing tall in the middle of our nation's capital. I was so excited to explore a place that had so much history. I leaned over to my brother who was playing his Nintendo Switch.

“Aren’t you excited to be in Washington D.C.?”

My brother rolled his eyes and said, “Not really. I’d rather be at the beach.”

Not me, I thought. I am a history buff. The idea of standing in front of the White House or on the steps of the Lincoln Memorial excited me more than lying on a beach.

Washington D.C. is located between Virginia and Maryland. Even though many people live there, the District of Columbia is not considered a state. It was founded in 1770 before the American Revolutionary War and before the U.S. declared independence from Great Britain.

As our car got closer and closer to the center of the city, I grew more and more excited. I couldn’t wait to stand on the streets that Thomas Jefferson and Abraham Lincoln stood on!

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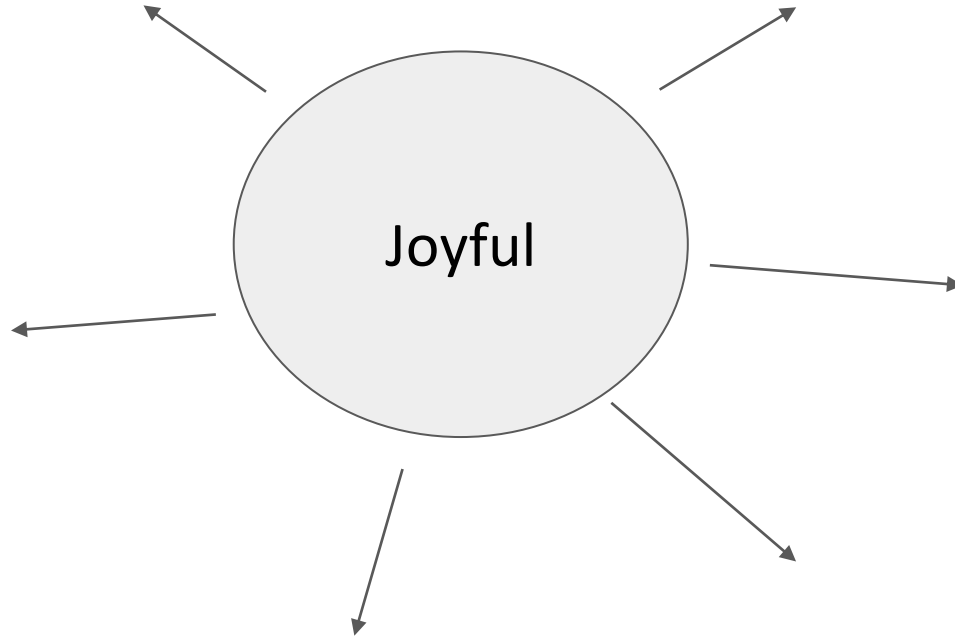
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Word Web for Notes



“A Taste of Sticky Rice, Laos’ National Dish”

One cannot travel to the Southeast Asian country without many meals of sticky rice, the versatile staple of Laotian cuisine.

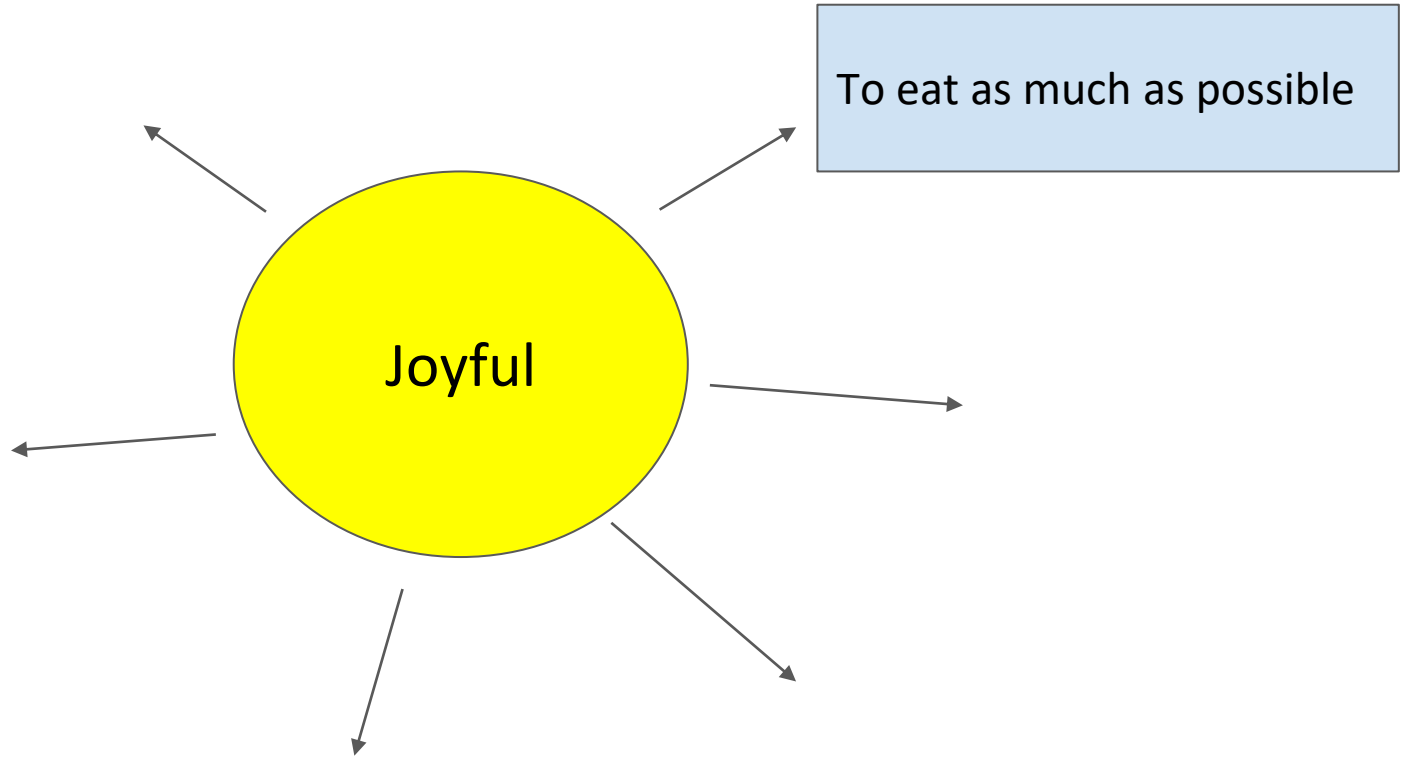
By Mike Ives, Smithsonian.com, February 01, 2011

(1) Luck was losing patience, and his stomach was grumbling like the diesel engine of the bus transporting him to northern Laos. He needed to eat sticky rice, he said, so *badly!*

(2) He checked his cellphone: No service. Slumping into his seat, he looked out the windows — but it was mid-November in the Lao People’s Democratic Republic, and in field after field, Laotian farmers were harvesting sticky rice and burning the discarded husks for fertilizer. Luck sighed. The smoky air carried a sweet, ricey aroma.

“A Taste of Sticky Rice, Laos’ National Dish”

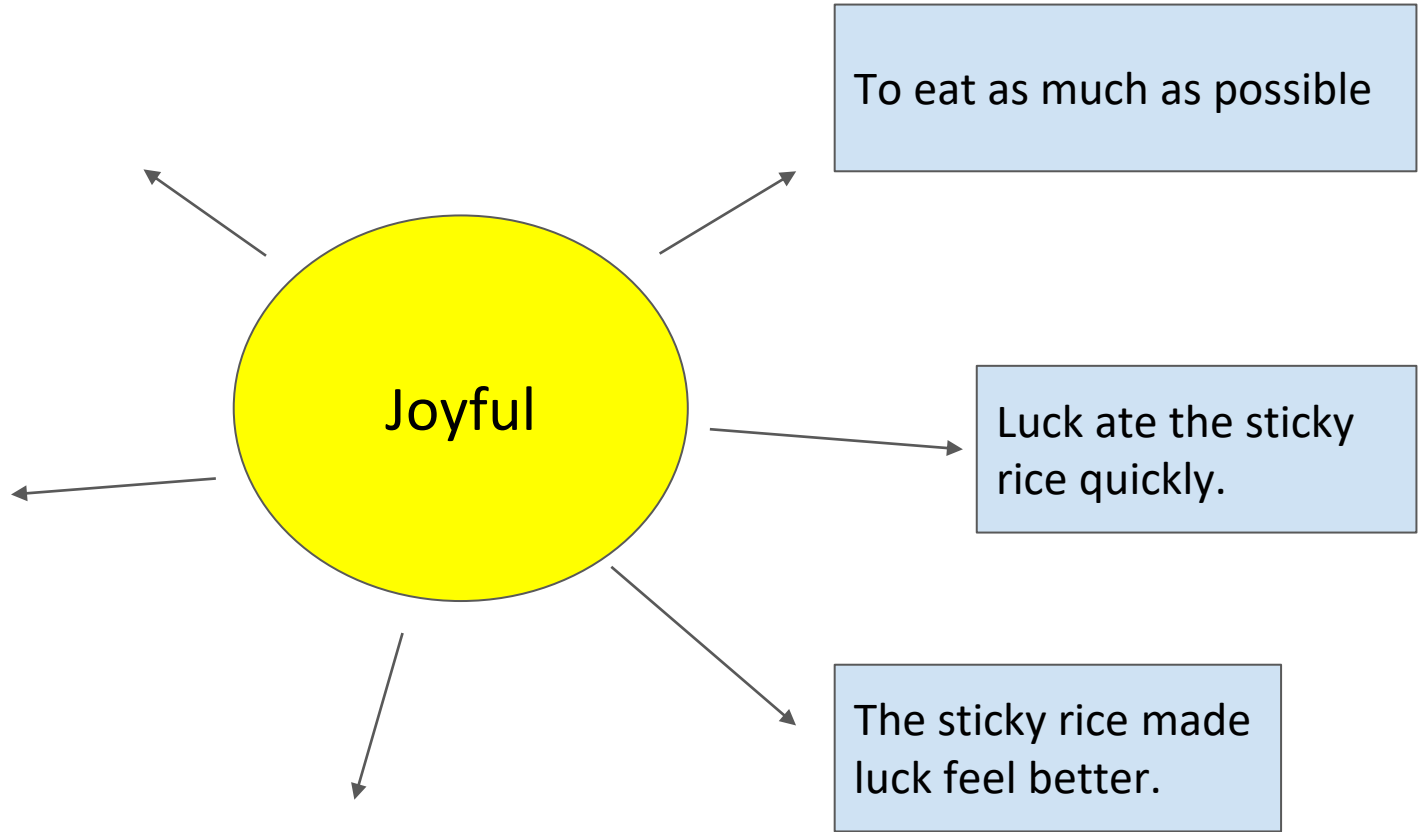
(3) It was the first day of a six-day, northbound journey from Vientiane (vee-en-tee-en), the tranquil capital, to a remote village near the Laos-China border. Luck —short for Vilayluck (vee-lie-luck) Onphanmany (On-phon-my-nye)— is my 23-year-old Laotian friend and translator whom I’d met on my first of three previous trips to the landlocked Southeast Asian country. He was assisting a gastronomic investigation: a friend and I were on a mission to learn the secrets of sticky rice, the mainstay of Laotian cuisine, and in the process, to eat as much of it as possible.



“A Taste of Sticky Rice, Laos’ National Dish”

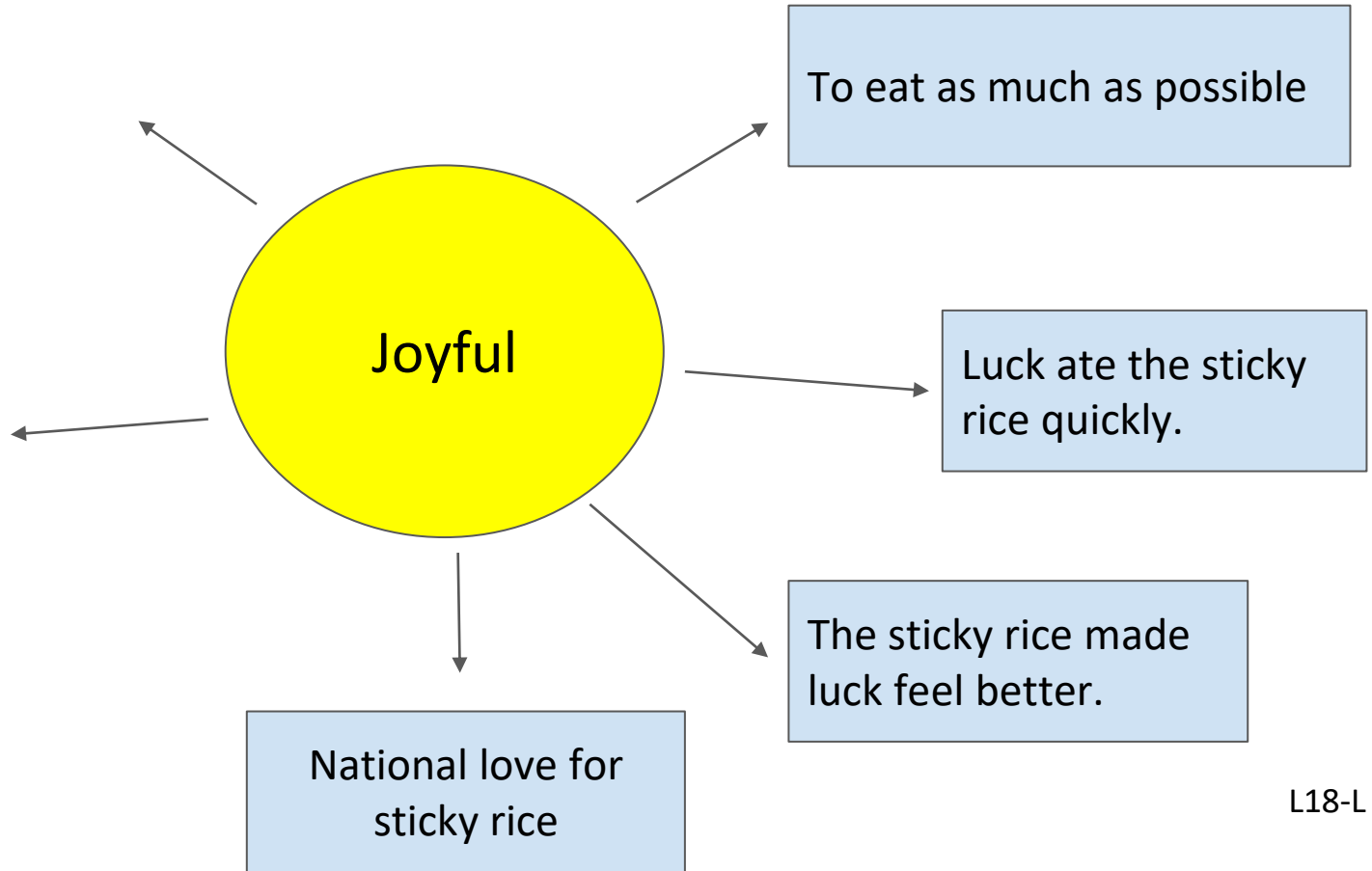
(4) When our bus rattled into a dusty market, a group of women crowded the windows. “Ao khao bor?” they called (“Do you want sticky rice?”). Luck snapped to attention and called for two bags — one for me and my traveling companion, and one for himself. We ate with our hands, Laotian-style. Luck finished his portion before the bus started rolling.

(5) “I feel better!” he said, and promptly dozed off. Other passengers were either eating sticky rice or, like Luck, sleeping it off.



“A Taste of Sticky Rice, Laos’ National Dish”

(6) What explains the national love of sticky rice? Many Laotians laughed when I asked them. Sticky rice is what their grandparents and great-grandparents ate, they said. Perhaps they were caught off guard by my question: like baguettes in France and sushi in Japan, sticky rice is so ingrained in Laos’ culinary heritage that most Laotians don’t think about it in isolation.

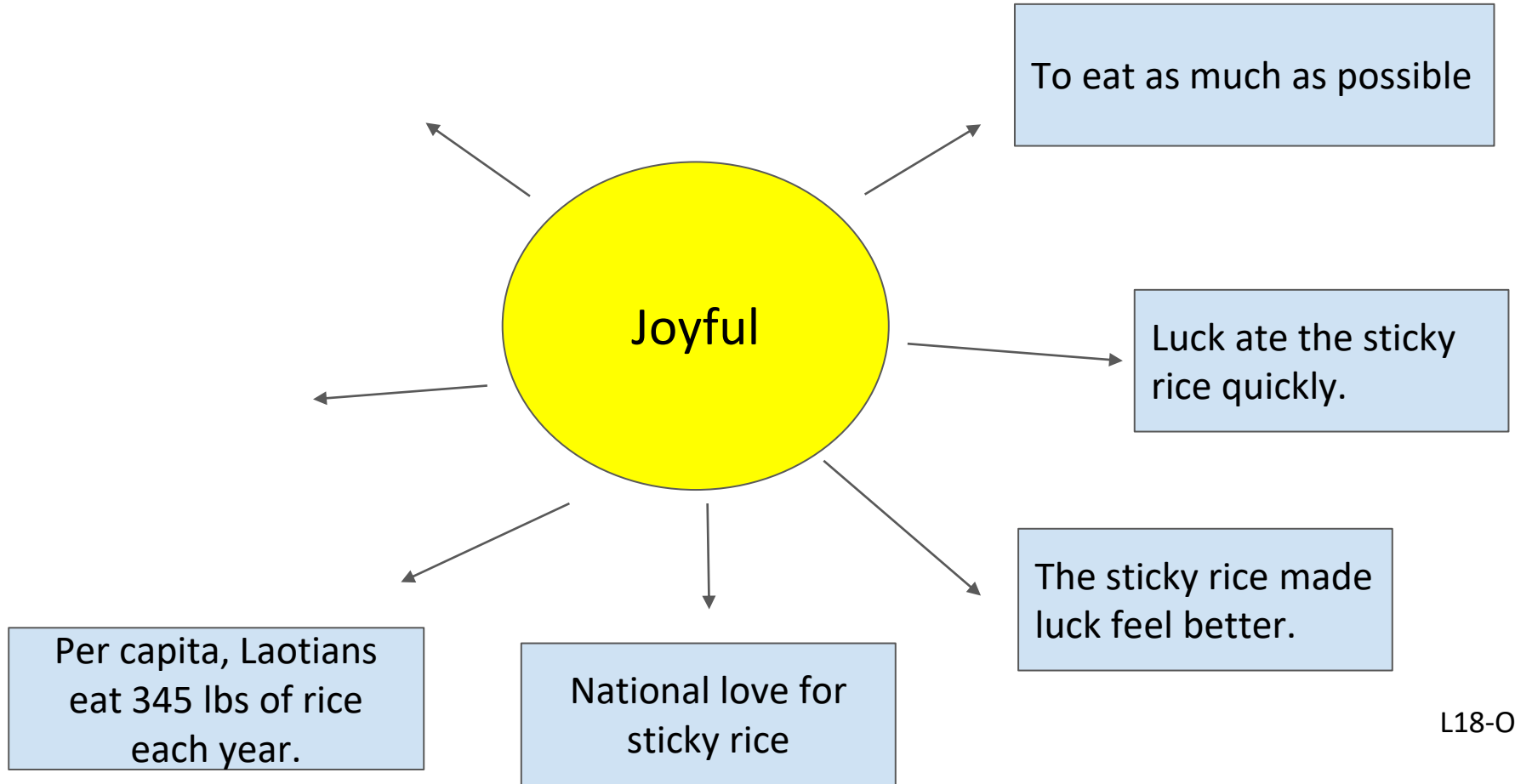


“A Taste of Sticky Rice, Laos’ National Dish”

(7) Sticky, or “glutinous,” rice has been growing in mainland Southeast Asia for at least 4,000 years. Historians debate whether ancient farmers grew sticky rice because it was suited to local growing conditions or because they liked its taste and chewy texture. What’s clear is that, by the 18th century, sticky rice had been largely replaced across the region by varieties of non-glutinous rice, a.k.a. “white rice.”

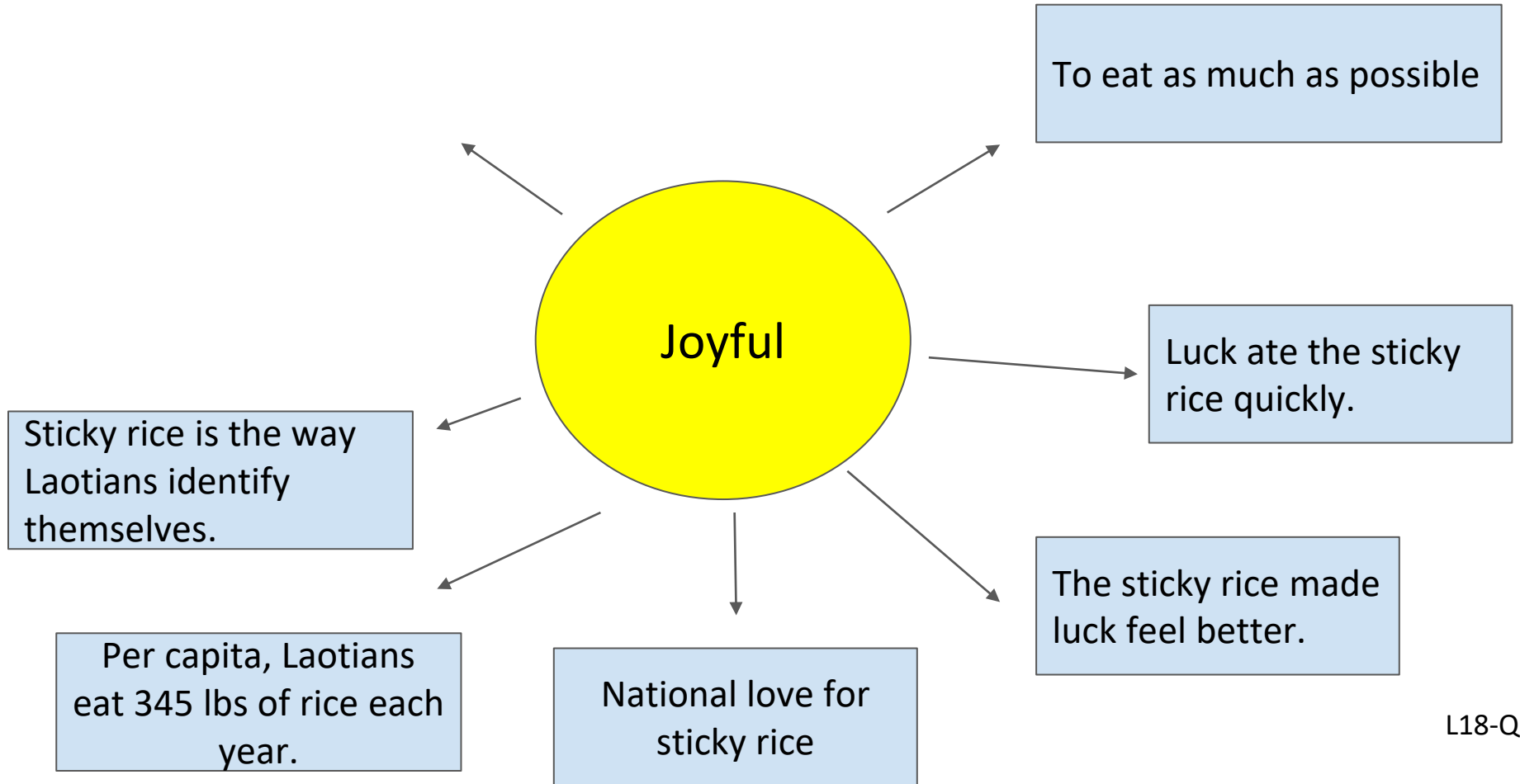
“A Taste of Sticky Rice, Laos’ National Dish”

(8) But sticky rice is still the primary staple in Laos and parts of the five countries bordering it: China, Myanmar, Thailand, Cambodia and Vietnam. In Laos, slightly larger in area than Utah, per-capita sticky rice consumption is the highest on earth at more than 345 pounds per year. The average American, by contrast, eats less than 20 pounds of rice annually, according to the United States Drug Administration.



“A Taste of Sticky Rice, Laos’ National Dish”

(9) Urbanization, migration, and other forces are altering rice-consumption habits across Laos, says historian Grant Evans, to the point where some urban dwellers now associate sticky rice with “country bumpkin ways of eating.” But Evans, the author of several books about Laos, also says he doesn’t know a single Laotian person who never eats sticky rice. From a cultural perspective, he explained, sticky rice is still “the way the Lao identify themselves.” Case in point: as of the mid-1990s, a popular Laotian band in the United States was calling itself Khao niaw— the Laotian words for, sure enough, sticky rice.



“A Taste of Sticky Rice, Laos’ National Dish”

(10) The dish comes in various shapes and sizes — a recent agricultural research project on rice in Laos involved more than 13,000 rice samples, more than 11,000 of them glutinous — but the basic method of consuming khao niaw is the same countrywide. Harvested sticky rice grains, which are typically shorter and fatter than non-glutinous ones, are soaked overnight, steamed in the morning and eaten all day.

Sticky rice still tastes great after two steamings, said Luck, but steaming it thrice makes it “too sticky.” Because sticky rice lacks the starch amylose, it congeals — and breaks off into fist-sized pieces — more easily than white rice under similar cooking conditions.

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graph TD; Joyful((Joyful)) --> Eat[To eat as much as possible]; Joyful --> Luck[Luck ate the sticky rice quickly.]; Joyful --> Better[The sticky rice made luck feel better.]; Joyful --> Love[National love for sticky rice]; Joyful --> Rice[Per capita, Laotians eat 345 lbs of rice each year.]; Joyful --> Identify[Sticky rice is the way Laotians identify themselves.]; Joyful --> Taste[Still tastes great after two steamings];
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Joyful

To eat as much as possible

Still tastes great after two steamings

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Sticky rice is the way Laotians identify themselves.

The sticky rice made luck feel better.

Per capita, Laotians eat 345 lbs of rice each year.

National love for sticky rice

“A Taste of Sticky Rice, Laos’ National Dish”

(11) A hunk of sticky rice is a delicious, bread-like dipping implement. Laotians prefer to eat sticky rice with non-soupy dishes, rather than with just curries and sauces, said Caroline Gaylard, co-founder of Tamarind, a café and cooking school in Luang Prabang, the former Laotian royal capital. According to Gaylard, an Australian who moved to the country, sticky rice complements the popular Laotian dish jeow, a dry paste made from chili peppers and herbs, as well as the royal dish mok pa fork, which features steamed fish, dill, shallots and coconut milk.

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graph TD; Joyful((Joyful)) --> Delicious[delicious]; Joyful --> StillTastes[Still tastes great after two steamings]; Joyful --> StickyIdentify[Sticky rice is the way Laotians identify themselves.]; Joyful --> PerCapita[Per capita, Laotians eat 345 lbs of rice each year.]; Joyful --> NationalLove[National love for sticky rice]; Joyful --> LuckFeelBetter[The sticky rice made luck feel better.]; Joyful --> LuckAte[Luck ate the sticky rice quickly.]; Joyful --> EatAsMuch[To eat as much as possible];
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Joyful

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National love for
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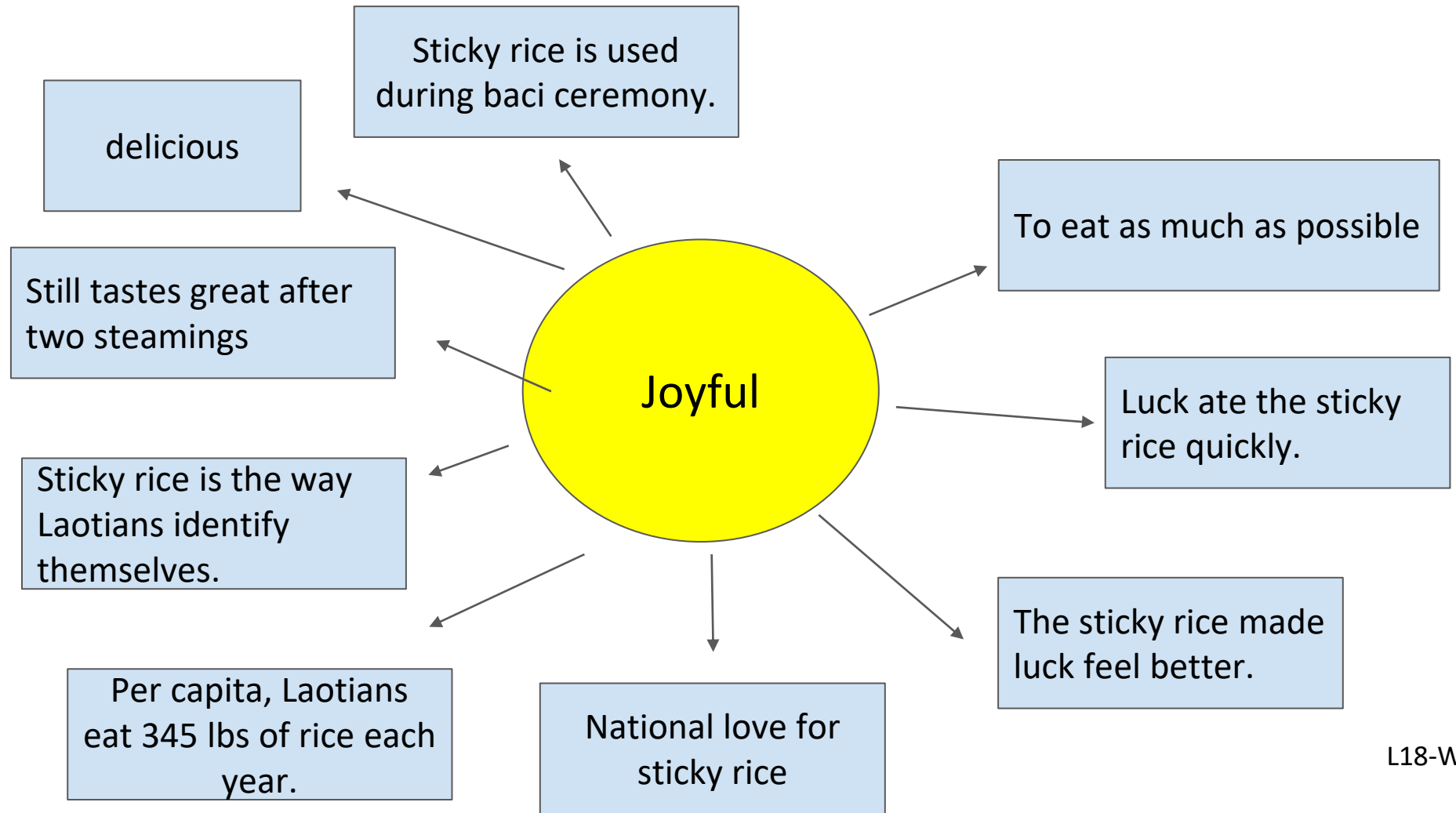
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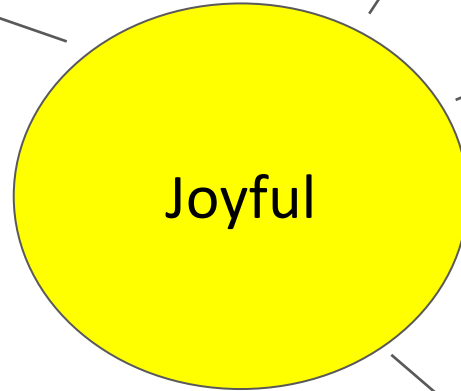
“A Taste of Sticky Rice, Laos’ National Dish”

(12) Sticky rice figures in religious traditions across Laos, where the predominant faith is Theravada (Terra-vaḥ-nuh) Buddhism. Laotians cook sticky rice dishes — notably khao tom (cow-tóm) , a fusion of sticky rice, coconut, banana and mung bean — for ceremonies related to plantings, rainfall, harvests and death. During the popular baci ceremony, uncooked sticky rice grains are tossed into the air after communal prayers. And when a Laotian is dying, a village elder may rub sticky rice on the person and throw the rice away to banish bad spirits.



“A Taste of Sticky Rice, Laos’ National Dish”

(13) But sticky rice isn’t merely spiritual fuel. Because it takes longer to digest than white rice does, it sates hunger for longer periods. That’s good for Laotian monks, who generally don’t eat after midday. “People give us only sticky rice, which is awesome,” said Sary Phonesay, a 19-year-old monk with brown eyes and a gentle smile. He was standing in the sun-dappled courtyard of a Buddhist temple in Luang Prabang (luh-wahng prah-bahng) , where tourists line up each morning like band groupies outside of a stadium box office to place steaming clumps of khao niaw into the monks’ collection pots. When I asked why he prefers sticky rice to white rice, the monk said, “If I eat sticky rice, I’ll be full longer.” Laotian farmers I asked repeated variations of Sary’s explanation. Agriculture, mainly subsistence rice farming, employs three out of four Laotians. Sticky rice packs well in banana leaves and is a common field-side snack.



Sticky rice is used during baci ceremony.

“People give us only sticky rice, which is awesome!”

To eat as much as possible

Luck ate the sticky rice quickly.

The sticky rice made luck feel better.

National love for sticky rice

Per capita, Laotians eat 345 lbs of rice each year.

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delicious

Independent Activity

Identify a type of food that gives you joy when you eat it.

Write a narrative description of that food using a joyful tone.

In your writing you should use specific word choice, descriptions, and figurative language to help express the joy you feel when you eat this particular food.