

Italy

The food, the dance, the language, the visual location, and more.

SOCIAL + COOKING + GYM CLASS + LA + COOKING MATH (+ - x division)

The dances I chose are part modern and part traditional.

Some of these dances look like dances
from slide shows from last year.

dances from Italy

From traditional to modern

spring may 14 2026 by Jazlin

Traditional

<https://www.youtube.com/watch?v=W5VIKw0Oowk>

Clapping and shaking using
tambourines .



Traditional

<https://www.youtube.com/watch?v=WwUTjslirw>



Again , using tambourines. Feet have to do more dance moves.

Modern

<https://www.youtube.com/watch?v=W5VIKw0Oowk>

Even Italy has hip hop.



Modern

<https://www.youtube.com/watch?v=ipMeHEI5NYE>

Mix of street dance ,
acro and hip hop.



THE LANGUAGE

LEARNING Italian

Hello, Thank you, Goodbye, salami, my name is

English - Detected English Spanish French ↔ Italian English Spanish

Hello ×

Ciao ☆

See dictionary

See dictionary

Send feedback

English - Detected English Spanish French ↔ Italian English Spanish

good bye ×

arrivederci ☆

See dictionary

See dictionary

Send feedback

English - Detected English Spanish French ↔ Italian English Spanish

my name is ×

mi chiamo ☆

See dictionary

See dictionary

Send feedback

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English - Detected English Spanish French ↔ Italian English Spanish

thank you ×

Grazie ☆

THaNGk yōō

Exclamation +1 more See dictionary

See dictionary

Send feedback

English - Detected English Spanish French ↔ Italian English Spanish

salami ×

salame ☆

sə lāmē

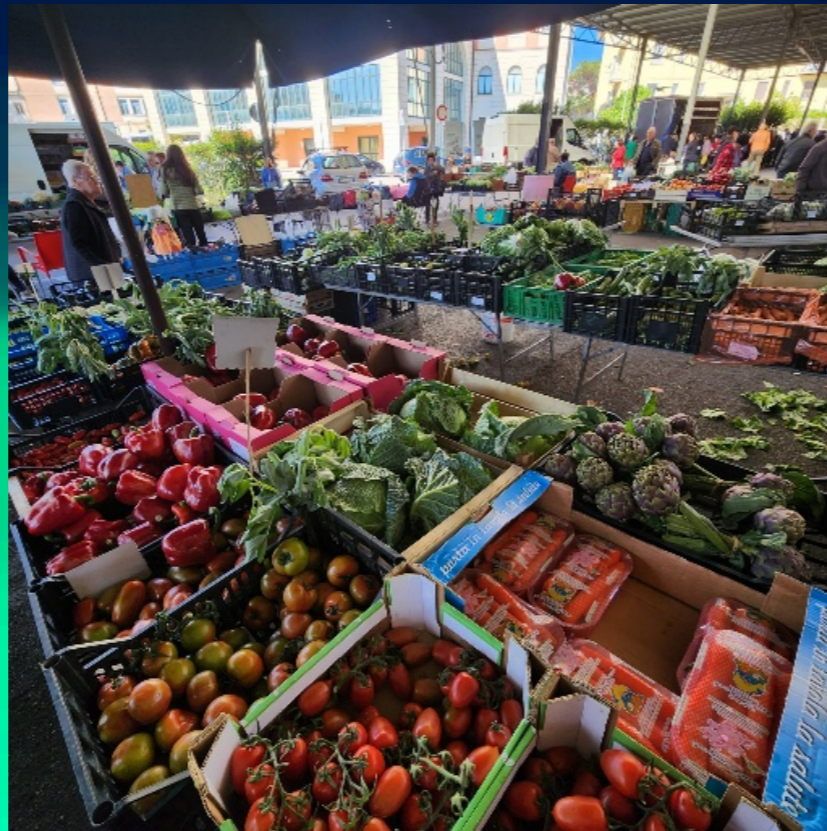
Noun See dictionary

See dictionary

Send feedback

THE COUNTRY - WHAT DOES IT LOOK LIKE - THE CITIES, THE RURAL AREAS.

The family is at the center of Italian society.



SOCIAL + COOKING + GYM CLASS + LA + COOKING MATH (+ - x division)

<https://www.youtube.com/watch?v=CaznRjaIR2I>

In the spring, throughout Italy, millions of birds stop to rest during their annual migration to Africa.



Italy

Young people often live at home until they are in their 30s, even if they have a job. When parents retire, they often go to live with their children.



Italy

GEOGRAPHY

Italy is a boot-shaped peninsula that juts out of southern Europe into the Adriatic Sea, Tyrrhenian Sea, Mediterranean Sea, and other waters.

The capital is Rome

In the south are hot, dry coastlands and fertile plains where olives, almonds, and figs are grown.



COOKING THE FOOD



Ingredients

1X

2X

3X

- 12 ounces [ridged rigatoni](#)
- [Extra virgin olive oil](#)
- 4 large garlic cloves, crushed and peeled
- 3 [large roasted red peppers](#), homemade or 15-ounce jar roasted red peppers
- 1/2 cup whole milk or milk of your choice
- 1/2 teaspoon dried oregano
- 1/2 teaspoon [Spanish paprika](#), sweet or smoked
- Kosher salt
- Black pepper
- 1/4 cup grated parmesan, more to your liking
- Handful fresh basil leaves, torn, for garnish (optional)

SOCIAL + COOKING + GYM CLASS + LA + COOKING MATH (+ - x division)

<https://www.themediterraneandish.com/roasted-red-pepper-pasta/>

How to Make Roasted Red Pepper Pasta

This roasted red pepper pasta recipe is quick and easy—it's done in the amount of time it takes to boil the pasta. To make it:

- **Get your roasted red peppers ready.** Roast 3 large bell peppers (follow our guide: [Roasted Peppers \(Two Ways!\)](#)). Or, thoroughly drain and pat dry one 15-ounce jar of roasted red bell peppers.
 - **Boil the pasta.** Bring a large saucepan of water to a rolling boil and season generously with kosher salt (about 1/2 to 1 tablespoon). Add 12 ounces of rigatoni and bring back to boil. Stir occasionally until the pasta is cooked to al dente according to package instructions, about 9 to 10 minutes. Reserve 1 cup of the pasta cooking water before draining.
 - **Meanwhile, soften the garlic.** Heat about 2 tablespoons of olive oil over medium heat until just shimmering. Add 4 crushed garlic cloves and stir until fragrant, about 30 seconds. Transfer both the garlic and olive oil to a food processor with the blade attachment.
- **Add the roasted peppers.** If you roasted the peppers yourself, remove the skin and seeds and roughly chop. Add the peppers to the food processor, along with 1/2 cup of whole milk and 1/2 teaspoon each of oregano, paprika, salt and pepper.
- Combine the pasta and sauce.** Return the drained pasta to the saucepan and pour the sauce over top. Turn the heat to low and add 1/4 cup of grated parmesan. Use a wooden spoon to mix well so that the pasta is fully coated in the sauce. Mix in the reserved pasta water, a splash at a time, as necessary until the pasta is nicely glossy (you likely won't need all of the water).





India

The food, the dance, the language, the visual location, and more.

SOCIAL + COOKING + GYM CLASS + LA + COOKING MATH (+ - x division)

The dances I chose are part modern and part traditional.

Some of these dances look like dances
from slide shows from last year.

dances from India

From traditional to modern

spring mar 31 2026 by Jazlin

Traditional

Arms, hands and feet create shapes to tell a story



Modern

This is called the
“Duck Walk”



Modern

It looks like hip hop
moves



THE LANGUAGE

LEARNING Hindi

Hello, Thank you, Goodbye, curry, my name is

my name is

[See dictionary](#)

मेरा नाम है

mera naam hai

[See dictionary](#)

हेलो

hello

hello

he'lo

Exclamation +2 more [See dictionary](#)

नमस्ते

namaste

[See dictionary](#)

More translations

हेलो

hello

GOODbye

gō'od'bī

[See dictionary](#)

अलविदा

alavida

[See dictionary](#)

thank you

'THaNGk_yō'o

Exclamation +1 more [See dictionary](#)

धन्यवाद

dhanyavaad

[See dictionary](#)

More translations

धन्यवाद देने या मना...

thar

CURRY

'karē

[See dictionary](#)

करी

karee

curry [See dictionary](#)

More translations

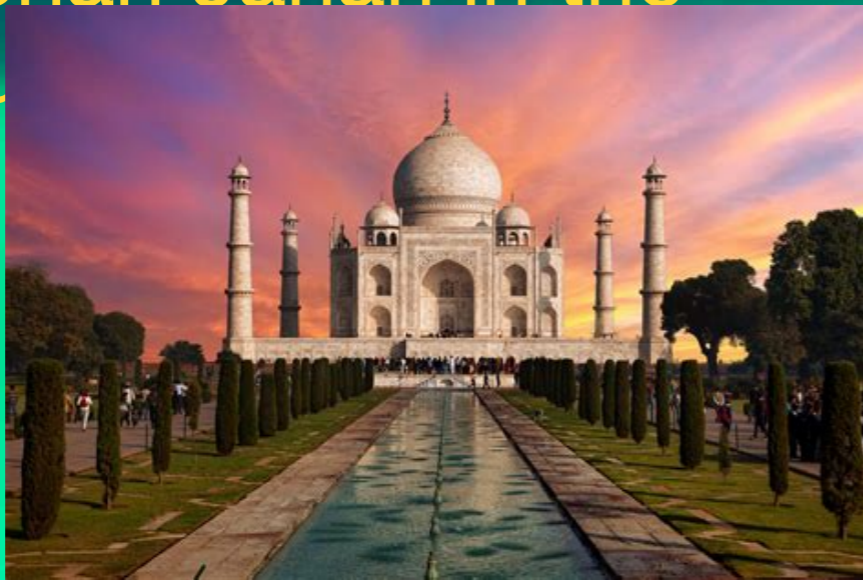
करी पत्ता

Noun

curry

THE COUNTRY - WHAT DOES IT LOOK LIKE - THE CITIES, THE RURAL AREAS.

The Taj Mahal in northern India, built by the Mughal emperor Shah Jahan in the 17th century



KANCHENJUNGA
HIGHEST MOUNTAIN IN INDIA



Third highest mountain in the world is Kanchen junta

SOCIAL + COOKING + GYM CLASS + LA + COOKING MATH (+ - x division)

<https://www.youtube.com/watch?v=CaznRjaIR2M&t=639s>

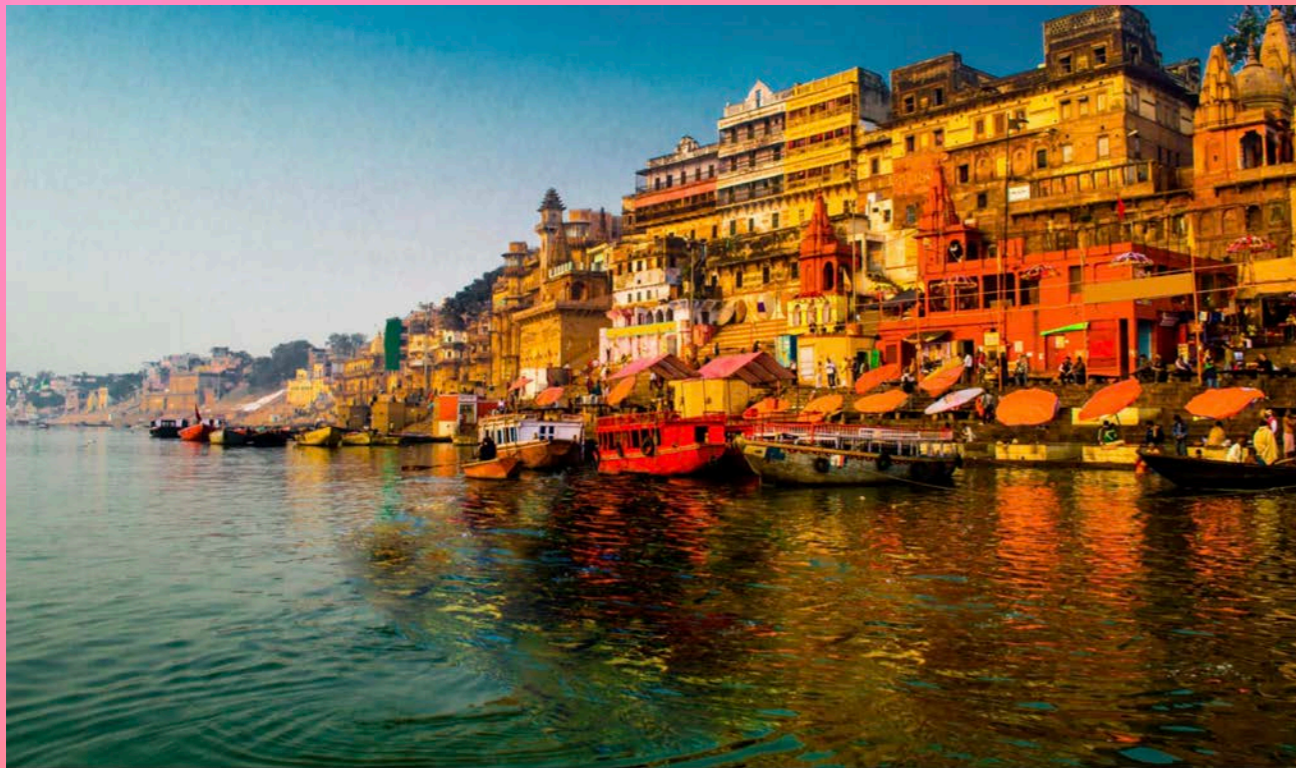
Many varieties of curries and sweets.

India has the most people in the world



INDIA

Ganges River



In 1947, India became an independent country

INDIA

GEOGRAPHY

Vietnam is surrounded by China, Laos and Cambodia

Vietnam is much smaller than Canada

Population is 102 million

Vietnam is surrounded by land and ocean

The capital is Hanoi



COOKING THE FOOD



Authentic Chana Masala (Chickpea Masala)

This restaurant Chana masala is a popular Indian dish of chickpeas cooked in an onion tomato gravy. It goes great as a side with rice, paratha or roti.

SOCIAL + COOKING + GYM CLASS + LA + COOKING MATH (+ - x division)

https://www.indianhealthyrecipes.com/wprm_print/authentic-chana-masala-chickpea-masala

Ingredients

- 1 cup chana (dried raw chickpeas) (or 3 cups soaked or 2 - 15 oz cans)
- 1½ cups water (to pressure cook, + more to make gravy)

3rd

For the Masala

- 2 tablespoon oil or as needed
- 1 small bay leaf (optional)
- 1 inch cinnamon (optional)
- 2 cloves (optional)
- 2 green cardamoms (optional)
- 1½ cups onions (fine chopped, 2 large)
- 1 green chili slit (optional)
- ¾ to 1 tablespoon [ginger garlic paste](#) (or ½ tsp each fine chopped)
- 1½ cups tomatoes (fine chopped, 3 large or 1½ cups tomato puree or whole peeled tomatoes)
- ¾ teaspoon salt (+ more to adjust to taste)
- ¼ teaspoon turmeric
- 1½ teaspoons Kashmiri red chili powder (adjust to taste)
- 1 teaspoon [garam masala](#) (adjust to taste)
- 2 teaspoon coriander powder
- ½ teaspoon [cumin powder](#) (optional)
- 1 teaspoon kasuri methi (dried fenugreek leaves) (optional)
- ¼ teaspoon amchur (dried mango powder) (optional)
- 2 tbsp coriander leaves (cilantro chopped finely)

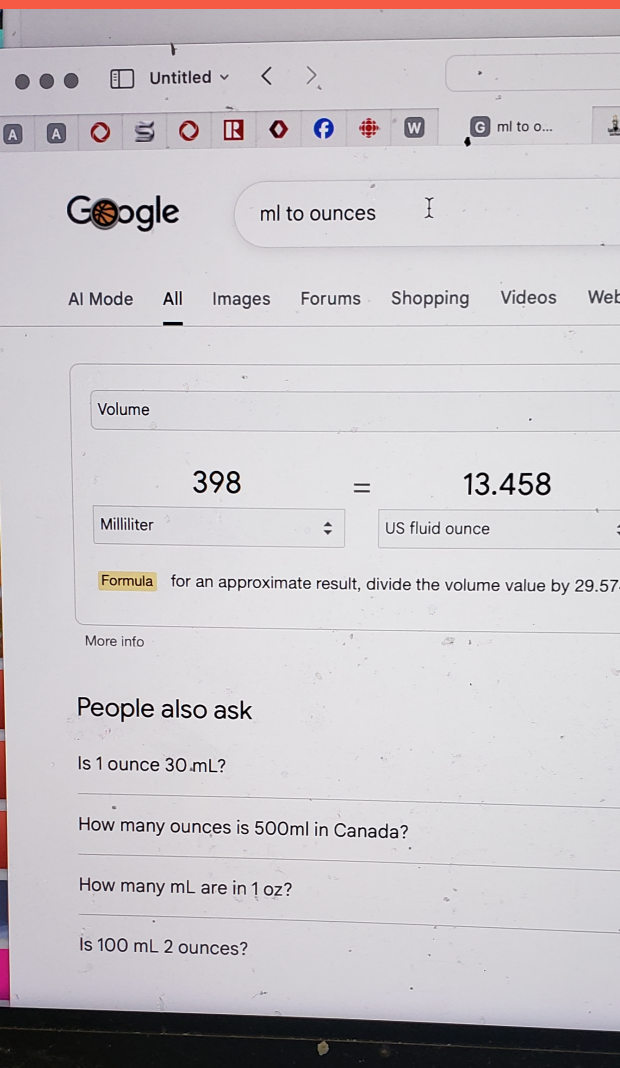
Instructions

Prepare Chickpeas (Skip this section if you are using canned chickpeas)

1. Rinse dried chickpeas at least thrice. Soak them in 3 ½ to 4 cups of water overnight or for at least 8 hours.
2. Drain the water and rinse them well. Pour water and pressure cook for 5 to 6 whistles on a stovetop cooker. You may also cook in an instant pot for 18 minutes on a high pressure. Let the pressure drop naturally.
3. Make sure your chickpeas are soft. If they are not, cook for a few more minutes. If they are soft, test, it should get mashed fully. If r

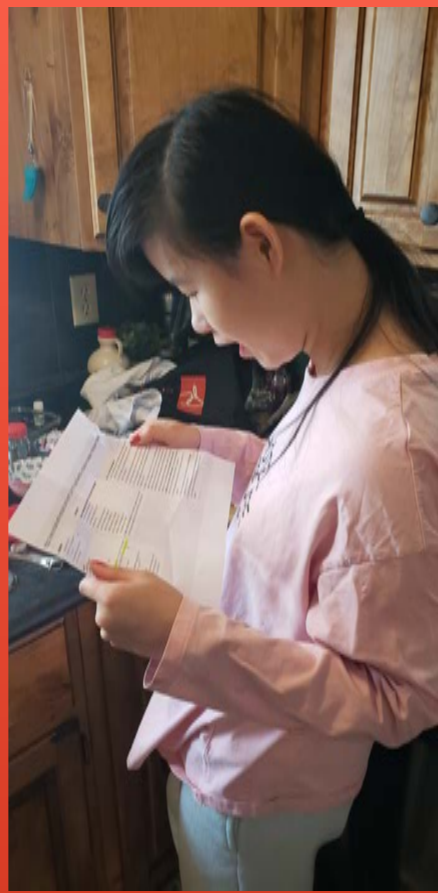
How to make Chickpea Masala

1. Heat a large pot and pour oil. When the oil turns slightly hot, add the whole spices – cinnamon, cloves, cardamoms and bay leaf.
2. When they begin to sizzle add the onions and green chili. Saute until they turn light golden.
3. Add ginger garlic paste and saute for a minute without burning.
4. Add tomatoes and salt. Let cook until mushy, pulpy and thick.
5. Stir in red chilli powder, turmeric, garam masala, coriander powder and cumin powder. Saute until the masala begins to smell good, for about 3 to 4 mins.
6. Optional – If you want a smooth curry, cool this, discard the bay leaf, green chili and cinnamon. Blend in a blender to a smooth or coarse paste to suit your liking. I prefer to blend in 2 tbsps cooked chana along with the onion tomato masala. Add that puree back to the pan.
7. Add the chana along with the chana stock or water (1¼ cups). Pour another ¾ to 1 cup water. **If you don't puree the onion tomato masala, you will require lesser water.** If using canned chickpeas, drain and rinse them before adding with 1¾ cups water.
8. Mix well. Taste test and add more salt. Cover and simmer for 15 minutes.
9. When the consistency is thick (check pics), add amchur powder (optional) and kasuri methi.
10. Garnish Chana masala with coriander leaves. Sprinkle some lemon juice if required. Serve with [Basmati Rice](#), Jeera Rice, Naan or Chapati.

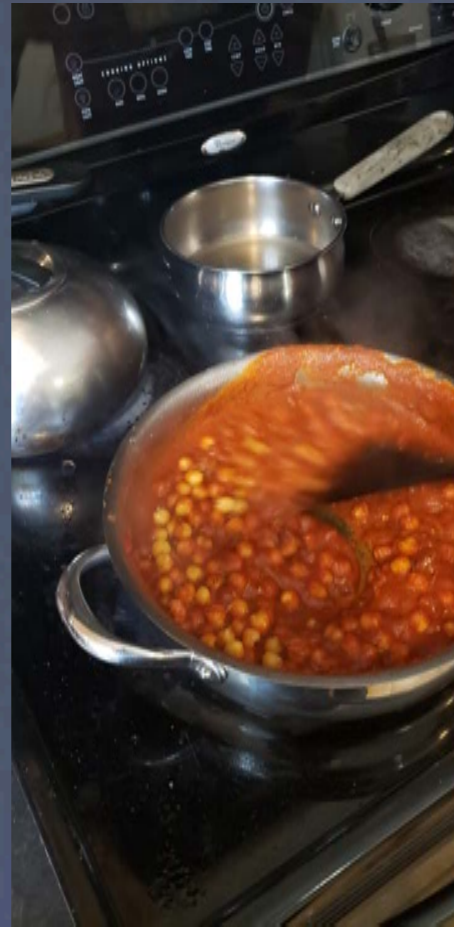


Convert 1 can of chickpeas into ounces.









now let's make rice

Broth made with chicken, onion and ginger
star anise, cinnamon sticks
fish sauce, fennel seeds,



After it has all boiled for over an hour, strain and serve with toppings.



Squeeze lime juice and service with bean sprouts and tamari

