PREPARATION
- Read the My Indonesia stories about Larasati and Aji
- Activity time: 30 minutes
- Ingredients:
  - 2 cups cooked white rice (leftover is fine)
  - 3 eggs, beaten
  - 1 tbsp vegetable oil
  - 1 onion, chopped
  - 1 leek, chopped (optional)
  - 1 clove garlic, minced
  - 2 green chili peppers, chopped
  - ½ lb (250g) chick, boneless, skinless, cut into thin strips
  - ½ lb (250g) prawns, peeled and deveined (optional)
  - 1 cup other vegetables (carrots, peas, beans, etc. – optional)
  - 1 tsp ground coriander
  - 1 tsp ground cumin
  - 3 tbsp sweet soy sauce (Indonesian kecap manis)
  - pears, one for each student

STORY CONNECTION
Nasi Goreng is a favorite Indonesian food made with rice, that grows in a rice paddy. Aji and his friends like to play in the rice paddy! They also like to eat pears, try it their way, you might like it!

LEARN
Tasting and preparing new foods at a young age might spark more adventurous eating.

INSTRUCTIONS NASI GORENG
1. Pour beaten eggs into non-stick skillet and cook over medium heat. Flip omelet in one piece and cook until fully set. Slice into thin strips.
2. Heat oil in large pan over high heat. Stir in onion, leek, garlic, peppers, and other vegetables. Cook, stirring until onion is soft.
3. Add the chicken, prawns, coriander, and cumin, mixing well. Cook, stirring, for about 5 minutes.
4. Add the rice, sweet soy sauce, and omelet. Cook until shrimp are bright pink and chicken is no longer pink in the middle, 3 – 5 minutes.
5. Enjoy – enak!

INSTRUCTIONS ‘PIR’
1. Invite students to try eating a pear or other piece of fruit with skin like Aji does!
2. Take a bite and while chewing, try to separate the skin from the flesh of the fruit in your mouth.
3. If you can, spit the skin out and swallow only the flesh of the fruit.
4. Ask: Is this hard or easy to do? Can you imagine what Aji would suggest you do to make it easier?