

Rotation.org Writing Team

Jacob and Esau

Cooking Workshop

(extensively revised 2015)

Summary of Lesson Activities

In this Cooking Workshop, students will split into 3* cooking teams to prepare their food and work on a presentation of their assigned scripture, then gather together at the Peace Table with other students to eat, share, and reflect. They will close with a silent communion-like activity that connects their table with Esau and Jacob's reconciliation and Communion as a "table of peace."

* It is suggested that this cooking workshop not be the first workshop in the lesson set (see objectives for details).

The three teams of students are:

(1) Team Cheater (Lentil bean soup) Genesis 25:19-35, the story of Jacob and Esau's birth and Esau trading his birthright for a pot of lentil stew.

(2) Team Hairy (a hairy chocolate treat) Genesis 27:1-40, the story of how Jacob cheated Esau out of his father's blessing.

(3) Team Pita Peace (Peace table and Peace Pita prep) Genesis 28:1-11, the story of Jacob and Esau's reunion.

*Smaller classes can split into two teams, and then reconvene to do the third team's activity together.

Scripture

Genesis 25:19-35, the story of Jacob and Esau's birth and Esau trading his birthright for a pot of lentil stew.

Genesis 27:1-40, the story of how Jacob cheated Esau out of his father's blessing.

Genesis 28:1-11, the story of Jacob and Esau's reunion.

Objectives for this Workshop

* This cooking workshop focuses on two "bookend" parts of Jacob's story: the breaking and healing of his relationship with his brother. Not coincidentally, in between the breaking and reconciliation, Jacob encounters God through the stairway to heaven and wrestling match. These stories are NOT covered in this workshop, but are focused on in other workshops within this set. Thus, it is suggested that this cooking workshop not be the first workshop in the lesson set.

Students will learn that encountering God changes you. It makes you a peacemaker, and that reconciliation often begins with a gesture — an offering of peace. Time and maturity also help reconciliation. Esau was ready to forgive as well.

The "peace table" created in this lesson echoes the Communion Table. This idea will be picked up in the Reflection.

Preparation

- gather supplies for each recipe.
- enlist a least 2 extra helpers one per team (you'll work with one team).
- set-up 3 team areas (by stove, by microwave, at Peace table) with their specific supplies.
- prepare the three scripture cards on index cards for independent team work.
- prepare the three Peace table question cards by writing or printing onto cardstock and folding them like a tent so that they will stand up on the table.

Supplies List

- Recipes ingredients - see the three recipes at end of lesson to print
- Table cloths for Peace Table (one plastic, one paper)
- Paper plates for both the food and the scripture illustrations they will make
- Markers
- Grape juice and clear drinking cups
- Bowls
- Baskets
- Clean-up wipes
- Index cards
- cardstock
- Teacher question cards written on index cards
- Extra helpers to assist the teams at their table and Bible study preparations.
- Communion Cup

Lesson Plan

Open

Prior to dividing the class into 3 teams tell them how today's lesson will unfold.

Say: *I will be dividing you into three teams. Each team will first prepare their food, then, while their food is cooking/cooling they will prepare their team's scripture. Once your food and scripture illustrations are ready, all teams will gather back at the Peace table to share their food and present their scripture to everyone.*

The three teams of students are:

(1) Team Cheater (Lentil bean soup) Genesis 25:19-35, the story of Jacob and Esau's birth and Esau trading his birthright for a pot of lentil stew.

(2) Team Hairy (a hairy chocolate treat) Genesis 27:1-40, the story of how Jacob cheated Esau out of his father's blessing.

(3) Team Pita Peace (Peace table and Peace Pita prep) Genesis 28:1-11, the story of Jacob and Esau's reunion.

*Depending on class size, you might have everyone help with Team Peace.

Send each team (with team leader) off to their own work table or area.

Prepare Food for the Feast - teams working independently

Here is what the teachers and students do at their work stations to prepare their assigned food and scripture presentation.

(1) Team Cheater

Children will make "Lentil Bean Soup". (See recipe below.)

Assign children to chop, saute, measure/add ingredients, and someone to stir as ingredients are added.

During cooking time your team will work on their scripture.

** Have them read their assigned scripture index card and then decide how to illustrate the story on a series of paper plates (like a cartoon strip).

Team Cheater's Passage: Genesis 25:19-35 - The story of Jacob and Esau's birth and Esau trading his birthright for a pot of lentil stew.

Once your scripture paper plates are done and your team's soup is cooled enough, pour small tasting portions into bowls for everyone and place on the center of the Peace table. Wait at the Peace Table for the other teams to join you***.

(2) Team Hairy

Children will make "Hairy Chocolate Treats". (See recipe below.)

Assign children to dump choc. (etc) chips into bowl, microwave, add noodles, stir gently, lay out sheet(s) of wax paper, spoon out 10 to 15 balls onto wax paper.

Everyone quickly forms balls into a "hairy arm" using fingers. (For example: if you have 5 children and 10 balls, each child would form two hairy arms each.)

While the Hairy Arms are cooling (for about 10 minutes in freezer or 30 in the fridge) your team will work on their scripture.

** Have them read their assigned scripture card and then decide how to illustrate the story on a series of paper plates (like a cartoon strip).

Team Hairy's Scripture Passage: Genesis 27:1-40, the story of how Jacob cheated Esau out of his father's blessing.

Once your scripture paper plates are done, go and place the "hairy arm treats" onto a large serving plate and place in the center of the Peace table. Wait at the Peace Table for the other teams to join you***.

(3) Team Pita Peace

Children will cut Pita's with triangle cookie cutters to create "Peace Pitas". (See recipe with directions below.) [Teacher Note: Leave one Pita uncut for the peace table.]

Show them the picture of the peace pita (or a sample one you've done).

It will take several cuts to create the two larger openings. Triangle cut-outs are set aside into baskets that will be spread along the Peace Table later.

Have them cut enough Peace Pita's, and place into bags, so that each child will have one to take home.

Once Peace Pita's are cut and placed in baggies **it's time to set the Peace Table**. Clear your table and first lay the vinyl table cloth, then cover with a paper table cloth. Lay out markers for the three teams.

**Now it time to work on your scripture. Have them read their assigned scripture card and then decide how to illustrate the story on a series of paper plates (like a cartoon strip).

Team Peace's Scripture Passage: Genesis 28:1-11, the story of Jacob and Esau's reunion.

Once your scripture illustrations are done pour juice for everyone and set in the center of the Peace Table along with the bagged peace pita's and the baskets(s) of triangle pita pieces. Wait at the Peace Table for the other students to join you***.

**** Prepare the Word for the Feast** *-teams still working independently*

1. After their food is completed or while it's cooking/cooling, each team reads their assigned scripture cards that you have prepared on index cards. *See the "Teacher Question Cards" listed below for what to put on each index card.*
2. After reading the scripture, have team members summarize the story in series of cartoon panels they are to **draw and caption on paper plates**. 3 or 4 panels should suffice. This process of outlining the story will require them to think about it's most essential parts and words. *You will bring these paper plate illustrations back to the Peace Table to present to the rest of the class.*
3. They don't have time to draw every part of their story, so work with them to decide which parts of the passage go in which frame/panel, discuss possible captions to go in those panels, then assign team members to complete each panel with words and illustration.

***** Peace Table - Feasting on Food & Word Together**

Have all students gather around the Peace Table with their food, scripture, and paper plate illustrations.

Call on each team to serve their food to the other teams at the Peace table.

Team Cheater - passes out a small tasting sample of soup.
Team Pita - passes out triangle pita's for dipping into soup.
Team Hairy - passes out hairy treats.

Call on each team to present their paper plate story illustrations and retell their story — while the other kids are eating.

NOTE: You won't have time for each team to read their scripture out loud. Instead, the students will tell their story with their illustrations and you will fill in any missing parts, as needed, such as:

After viewing Team Cheater's illustration, their team leader needs to explain what a "birthright" is.

In Bible times, most of the family's land and wealth was passed down from father to firstborn son. This was their "birth right" because they were first. Other sons would receive less. The firstborn/oldest son would also be blessed by the father as the one who would become the new leader of the family when the father passed away. Esau was giving up a lot, and it is no wonder that Jacob wanted his father's wealth and blessing.

Peace Table Questions

After tasting and seeing each team's illustrations...

Pull out the three Peace Table question cards at the appropriate moment, and stand each card-tent near it's matching team's drawings: reading the "say" comment aloud and then the question.

Instruct each member of each team to then write their own independent answers to their team's Peace question card. **Have them write their answers directly onto the tablecloth with their markers.** Circulate to help them understand the question and improve their answers.

Card for Team Cheater Members, Genesis 25

Say: *What advice would GOD have given Jacob and Esau when Esau was about to sell his birthright for a pot of stew?*

Write: *God would tell Jacob this:*

Write: *God would tell Esau this:*

Card for Team Hairy Members, Genesis 27

Say: We know that Esau lost his father's blessing. But when you cheat someone, you are also taking away something from yourself.

Write: What did Jacob lose that day when he cheated his father and brother?

Card for Team Pita Peace Members, Genesis 28

Say: It obviously took a lot of courage for Jacob to return home to Esau, who had soldiers at his command.

Write: How do you learn right from wrong? Where does the courage come from to do the right thing? What can begin to happen when you say, "I'm sorry"?

Once everyone is done, go around the table having students read their questions and answers. Offer some comments. If your group is large, not every student's answer has to be read, but make sure each student gets one of their answers acknowledged.

Closing Reflection at the Table of Peace

Finish the lesson by celebrating a simple form of Communion, so that the kids get the connection between table, food, and peace. Place your church's Communion Cup on the table (or some reasonable facsimile).

Say: I want you to stay very quiet and see if you can guess who I am imitating...

Quietly pick up uncut Pita bread, break it, and pass it around to the students. Then raise your cup, point it in the direction of heaven, then point it to each of the students. Invite them to raise their cups, and silently sip some juice.

Most will quickly realize you are imitating Jesus at the Last Supper. When you are done, quietly tell the following:

Say: In our church, we gather around a table asking for a blessing from our father too. But unlike Isaac, God is not blind. He sees that we are sometimes dumb like Esau, and sometimes cheaters like Jacob. But God blesses us anyway because we are his beloved children. It's too bad Jacob didn't realize that at the beginning of his life! --that he already had already been blessed and didn't need to be a cheater, that he didn't need to trick his father and brother.

Say: So God struggled to help Jacob learn that lesson. And when he did, Jacob was ready to seek his brother's forgiveness. That's what this table does, it reminds us that we are blessed by God, and that we need right wrongs, to seek peace and be a blessing to others. Can I get an Amen?

I want you to close your eyes, and see the face of someone you need to forgive, and be at peace with. Same their name to yourself, and then say out loud, "amen." When everyone has said "amen" then our lesson today will be done.

Amen!!

Recipes

Team Cheater's Quick Lentil Soup Recipe:

The following will make approximately 6 or 7 small cups of soup for tasting.

"Lentils" are legumes, which is to say, *beans*. This is a quick and easy recipe that uses pre-cooked lentils so that you can enjoy the soup during class.

Supplies:

- stove, measuring spoons, sharp knife or slicer, cutting boards, saucepan, large spoon, wipes, and a timer.
- Ladle and small bowls

Ingredients

- 2 teaspoon extra-virgin olive oil
- 1 small onion, finely chopped
- 2 carrots, finely chopped
- 2 celery stalks, finely chopped
- 1 1/2 garlic clove, minced
- Coarse salt and ground pepper (to taste, approximately 1/2 tsp each)
- Approx 28 ounces low-sodium chicken broth
- Approx two 15-ounce cans of **pre-cooked** Lentils, rinsed and drained
- 4 teaspoons red-wine vinegar

Directions

1. In a medium saucepan, carefully heat the oil over medium heat.
2. Saute onion, carrot, celery, and garlic; season with salt and pepper, stirring occasionally, until onion softens, 3 to 5 minutes.
3. Slowly add broth to pan and bring to a slow boil. Cook 5 minutes.
4. Slowly add pre-cooked lentils and cook until soup thickens slightly, 3 to 5 minutes.
5. Stir in vinegar and season with extra salt and pepper, if needed.

They will be ladling into small bowls and serving at the Peace Table. And eating with pita bread (triangles - provided by Team Pita) as they did in Bible times.

Team Hairy's "Hairy Arm" Recipe

This recipe is intentionally easy and uses a microwave instead of the stove so that the cooking team can stay out of the way of the Lentil stew team. It will take less time than the stew team, but the Bible verse is longer.

Supplies:

- microwave, microwave bowl, wax paper, and a wooden spoon (or large stirring spoon), and wipes.
- freezer or fridge
- large serving plate (or tray)

Ingredients

- chocolate chips, 1 bag
- butterscotch chips, 1 bag (or peanut butter chips - food allergy alert!)
- chow mein noodles, crunchy, 14 ounces

Directions

1. Gently melt together one bag of chocolate chips and one bag of butterscotch or peanut butter chips in the microwave. About a minute on medium. **Do not** over heat as the oil in the chips will start to separate.
2. Gently fold in about 14 ounces of crunchy chow mein noodles into the chocolate mixture, taking care not to break them.
3. Drop spoonfuls of the coated noodles onto wax paper and quickly form into a "hairy arm" using fingers. (For example: if you have 5 children and 10 balls, each child would form two hairy arms each.)
4. Cool for about 10 minutes in freezer or 30 in the fridge.

Once cooled place "hairy arms" onto a serving tray. These will be passed out later at the Peace Table.

Team Pita Peace

The Pita Peace Table team will prepare a "Peace Table" for Jacob and Esau. In addition to setting the table, they will also prepare round pita bread with cut-outs to make the round pita look like a Peace symbol.

The parts of the pita they cut-out are for spooning in the lentil soup. The remaining pita in the shape of a peace symbol is for each student to take home.

Supplies:

- several triangle cookie cutters (2" sides)
- wood blocks to press cutters into pita bread.
- baggies, large (needs to be big enough to hold Peace Pita flat)
- paper plates
- wipes
- grape juice and clear plastic cups.

Ingredients

- pita bread (1 per child, plus one extra)

Directions

1. **To cut the pita in the shape of a peace symbol**, you will need a small-medium sized triangle cookie cutter, approximately 2" on each side. These are very inexpensive and readily available online. (You could simply use knives, but cutting the shape of a peace symbol into pita is not that easy and knives might be too dangerous for your kids.)
2. Place the triangle cookie cutter on the pita bread and press hard with a small piece of wood so that the cutter goes all the way through the bread.
3. In the two larger cut-out areas you will need to move the triangle around several times and keep cutting to get the right amount of bread removed.
4. Remove the triangle pieces to a basket(s), and place each completed "peace symbol pita" in a large baggie.
5. **After completing their scripture study and illustrations on their paper plates, they can set up the Peace Table** to include grape juice in clear cups to make a visual connection with the Communion Table — which is also a table of peace. If permitted, bring one of your church's Communion Cups to your table.

Additional Suggestions

Adaptations - Younger Students

For non-readers, use a storybook Bible and have them draw the scenes on their plates. Simplify the questions and ask them for verbal rather than written responses.

For the Lentil recipe, pre-sautee the veggies and have the students add them to the broth with the pre-cooked lentils.

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