



The Foodie Flamingo

What did Frankie and her friends always ordered from the Pink Flamingo?
Draw a line between the dish and who ordered it.

Frederick

Frankie

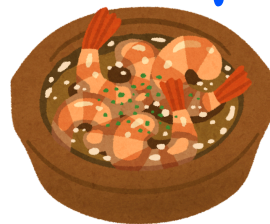
Steve

Felicia

Buttered
Shrimp



Boiled
Shrimp



Braised
Shrimp



Shrimp
Bisque



The Foodie Flamingo



What Do Flamingoes Eat?

Their diet consists mainly of blue-green algae, diatoms, brine shrimp, brine flies, and small, aquatic invertebrates

What Is A Flamingo?

The flamingo is a tall, pink bird. They are social birds, often seen in flocks, and are known for standing on one leg. These birds have webbed feet, enormous wings, and a short tail.



What Makes Flamingos Pink?

Shrimp and blue-green algae are the main sources of beta carotene, which is the main reason why these birds have pink or reddish plumage (feathers).

How Many Types of Flamingos Are There?

There are six species of flamingo ranging from 80 to 160 cm (31.5 to 63 in) in height, with long necks, and down-arched bills for filter feeding

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Read and rewrite the ways Frankie and her friends cooked with different techniques to become foodies.

blanch

steam



chop

stir



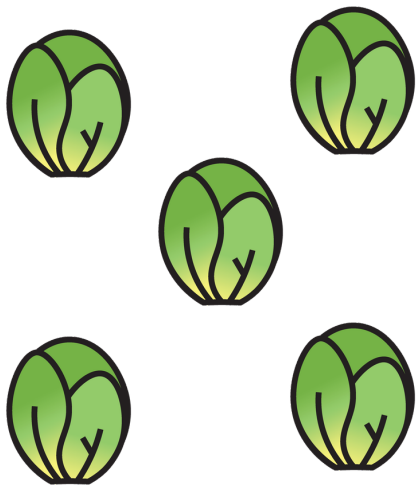
Frankie and her friends make salsa. Have you ever tried salsa? What ingredient would you want to add to make it your own?

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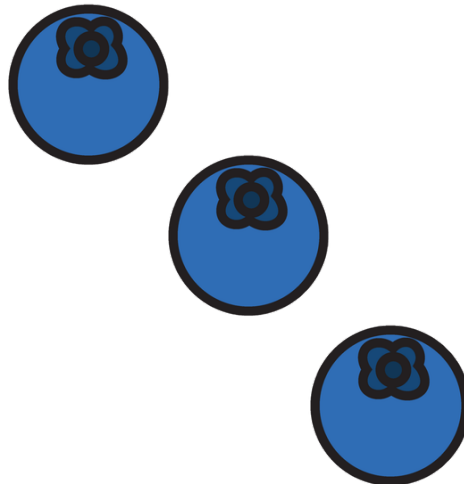


Help count the foods that Frankie ate to become a Foodie!

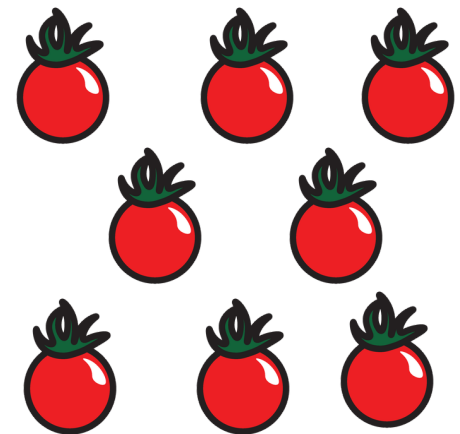
How many
Brussels Sprouts
are there?



How many
blueberries are
there?



How many
tomatoes are
there?



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Frankie learns the word “foodie,” which means someone who thinks of every meal as an adventure. What foods would you like to try to become a “foodie”?



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Sesame Ginger Pasta Salad

Ingredients

- 2 Tbsps Spice World® Garlic & Ginger Fusion*
- ¼ cup seasoned rice wine vinegar
- 2 tsp Sriracha
- 1½ Tbsp soy sauce
- 4 Tbsp honey
- 2 Tbsp toasted sesame oil
- ⅓ cup olive oil
- Black pepper to taste
- 16 oz bowtie pasta, cooked
- 1 red bell pepper, thinly sliced
- ½ cup edamame beans
- ⅓ cup green onions, thinly sliced
- ¼ cup cilantro, chopped
- ¼ cup sliced almonds

*Substitute for Garlic Ginger Fusion:

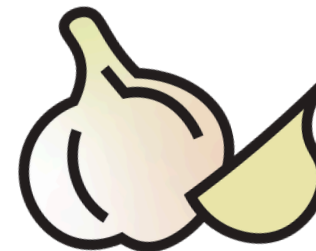
- 1 Tbsp Spice World® Ready-to-Use Garlic
- 1 Tsp Spice World® Squeezable Ginger

Notes:

This salad is packed with protein rich ingredients like edamame and almonds

Directions:

- In a bowl, combine seasoned rice wine vinegar, ginger, garlic, Sriracha, soy sauce, honey, sesame oil, olive oil, and black pepper. Whisk it all together until well blended.
- Combine dressing, pasta, bell pepper, edamame beans, green onion, cilantro, and almonds.



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