

Topic: Cultural Adjustment
RSC Latin America (IOM)

Activity: Recipe for Success Activity

Introduction

Planning and keeping appointments is part of every step of the resettlement process. Some cultures do not place the same importance on being on time or keeping appointments like U.S. culture does, and CO attendees may not be aware of negative effects that arriving late may have. Based on feedback from resettlement agencies in the U.S., this activity outlines some negative outcomes for attendees if they do not attend appointments or arrive late. The activity uses two different results from a recipe for a popular Colombian food called an *arepa* (cornmeal pancake). *If tardiness is already covered in CO in another context, you can modify the activity to the different steps that refugees go through after their arrival (signing the lease, applying for government assistance, etc.) using a recipe from their cultural cuisine.*

Lesson Time

30 minutes

Materials

All double-sided laminated sheets of paper:

- ☐ 2 copies of the page with pictures of *arepa* ingredients. (See the linked PDF file [Arepa Ingredients](#).)
- ☐ 1 set of the recipe in 4 steps, with recipe steps on one side and the corresponding processing steps on the other. (See the linked PDF file [Arepa Steps](#) for a photo of each step followed by the processing step for easy double-side printing; extra photos of “melting butter” and “add butter to dough” step are included to show burnt butter for the unsuccessful recipe.)
- ☐ 2 sets of the 4 “Cooking Time” sheets, with the cooking time on one side and time-keeping or time-breaking outcomes on the other. Two sets are needed since one is “good” and the other “bad,” and photos should reflect the difference in outcomes. (See the linked PDF file [Arepa Times](#), which has the cooking time followed by the outcome for easy double-sided printing. Each good recipe time and outcome is followed by its corresponding bad recipe time and outcome in the file.)
- ☐ 2 different “outcome” pictures of the final product; one that looks delicious and another that looks burnt and unappealing. (These are shown in the two final pages, with green lettering, at the end of the [Arepa Times](#) file.)

Procedure

- Divide participants into two groups of approximately 8-10. One group will have a “good recipe” for *arepas*, the other a “bad recipe.”
- Divide the Steps cards and the Time cards evenly among participants with the Recipe Steps and Times visible, leaving the resettlement process side and outcomes hidden.
- Instruct each team that they have to put the steps of the recipe in order. As a hint, you can tell them that the recipe steps follow alternating Portrait and Landscape orientation (see difference in the *Arepa Times* and *Steps* files) Have each team try to put the recipe steps and times in order.
- Once both groups have the steps and times in order and in line, face the participants who have the same step or corresponding time and show the two photos of the final product (two photos with green borders in [Arepas Time](#) PDF file). Ask the following questions:
 - Which picture belongs to which recipe?

This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.

- Why does each photo correspond to one recipe and not the other? (Cooking time will be the answer.)
- What connection could these recipes have to do with successful resettlement?
- After preliminary discussion and tying into participants' answers for the last question have the participants turn over their cards one by one and read aloud the resettlement process step (on the back of the recipe steps) and the timing and outcome (on the back of the cooking time instructions). The recipe/resettlement process steps will be the same and only have to be read out once, but it's a good idea to have counterparts from the other group verify if their process is the same. Begin with the "bad" recipe, making sure that the participants pay special attention to the repercussions, so that participants will hopefully remember the "good" recipe better.
- After all steps and times have been read out, ask participants what they can do to ensure their successful resettlement in the United States (again focus should be on keeping appointments and being punctual) and which "recipe" they are going to follow upon arrival to the United States.

This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.

Good Recipe/Being on Time

Steps in Making Arepas

Events once you arrive in the United States (on backside of Steps)

Step 1: Mix the cornmeal flour and salt.

Situation 1: Going to apply for your Social Security Card.

Time 1: Boil water for 5 minutes.

Time 1: Being ready and waiting for the RST agency when they arrive to pick you up.

Step 2: Add water to dry ingredients and mix.

Situation 2: Going to your first medical exam.

Time 2: Melt butter.

Time 2: You keep your appointment; children get their vaccinations and can go to school. You are able to refill your prescription for your medication.

Step 3: Add melted butter to dough.

Situation 3: Your EAD arrives; you get an interview.

Time 3: Let the dough rest for 15 minutes.

Time 3: You arrive 15 minutes early for your interview and you leave a good first impression.

Step 4: Form the arepas and put them in the pan with oil.

Situation 4: You got your first job!

Time 4: Cook for 5 minutes on each side.

Time 4: You always arrive 15 minutes early for your shift at work, giving yourself extra time in case there is traffic.

This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.

Bad Recipe/Consequences of Tardiness

Steps in Making Arepas

Events once you arrive in the United States (back of second set of Steps)

Step 1: Mix the cornmeal flour and salt.

Situation 1: Going to apply for your Social Security Card.

Time 1: Warm water for 1 minute.

Time 1: You forgot about going and were not home. Your next appointment is in 2 weeks.

Step 2: Add water to dry ingredients and mix.

Situation 2: Going to your first medical exam.

Time 2: You burned the butter.

Time 2: You went to visit a friend in another city and did not tell your RST agency. You missed your medical exam. The next one is in 4 weeks. How are you going to fill your prescription now?

Step 3: Add melted butter to dough.

Situation 3: Your EAD arrives; you get an interview.

Time 3: You forgot to let the dough rest.

Time 3: You arrive 5 minutes late for your interview; you don't get hired.

Step 4: Form the arepas and put them in the pan with oil.

Situation 4: You got your first job!

Time 4: You don't pay attention; they burn.

Time 4: You arrive to work late 3 times because you missed the bus. You lose your job and have to look for another one.

This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.