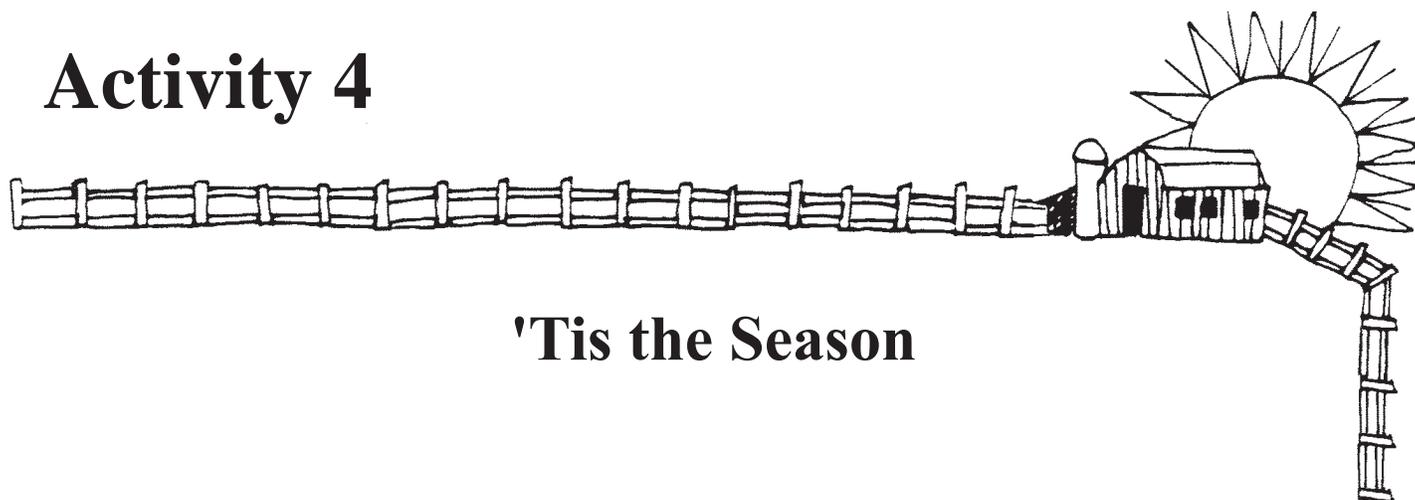


Activity 4



'Tis the Season

- Study Question:** What does food do for people besides keep them healthy?
- Activity:** Students describe traditional family celebrations and any special foods associated with them.
- Curriculum Fit:**
- Division Two - Language Arts**
 - Describe events orally
 - Division Two - Social Studies**
 - Multiculturalism
- Agriculture Concepts:** Diversity
- Purpose:** To illustrate the symbolic aspects of food use.
- Materials Required:** included in this activity
- Time Required:** One or two class periods.

Background — For the Teacher

The tendency to add symbolic meaning to basic activities is an important aspect of human behaviour. Eating, food choice and sharing are important to people of all cultures.

This activity is an opportunity to consider examples of holiday rituals based on food and, therefore, agriculture. It can be scheduled to coincide with a particular holiday if you wish, but you will need to ensure that celebration meals from minority cultures be included as part of the discussion.

Procedure

Preparation

1. Choose a food that your own family serves on special occasions, and prepare to describe it to your students.
2. Make a copy of Student Resource Sheet One for each student.

Introduction

3. Ask your students what occasions their families celebrate with special meals.
4. Record the answers on the blackboard.

Activity

5. Distribute copies of Student Resource Sheet One to your class. Tell the story of your own family's celebration food.
6. Have students choose a particular food and complete the information on Student Resource Sheet One.

NOTE:

Your results will be most useful if no two students use the same food.

Conclusion

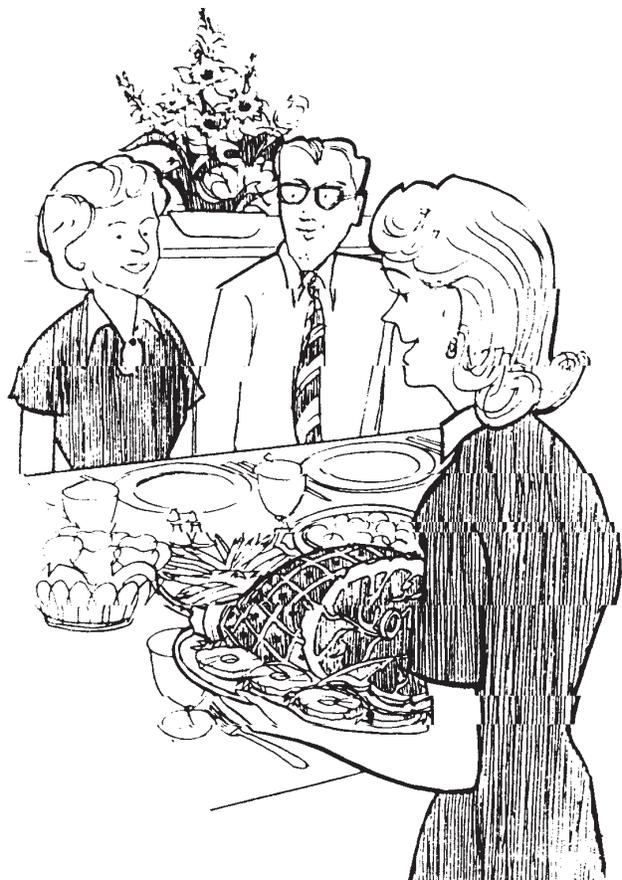
7. Have students explain the nature the holiday they are describing.
8. Have students calculate the total number of holidays celebrated by all the people in the class.

Discussion Questions

1. How does having several holiday traditions make this a more interesting place to be?
2. How do the foods and condiments we use in our celebrations tie Alberta to the rest of the world?
3. How do some foods tie us to our ancestors?
4. Are there any holiday food traditions that are unique to Canada or to Alberta?

Related Activities

1. Arrange with parents to have a holiday food sharing day in your school.
2. Investigate the history of a particular food.
3. Study how trade in particular foods began.



SHEET ONE —

My Family's Holiday Food



The Special Food is called _____ .

My family has it for _____ .

Our special food is made from:

The ingredients for this food are grown in:

PLACE

INGREDIENT