

# Celebrating Community Foods: Holiday Edition



## Lesson Overview:

This lesson will look at the foods we eat at celebrations such as Thanksgivings, Christmas, Rosh Hashanah, Diwali, etc. Beginning by sharing a favorite holiday meal of your own, you will invite your class to share their favorite holiday and meal. Students can either put together a presentation of their own (a sample script for students is included), bring in a picture and talk about it, or create an infographic using the template provided.

## Learning Outcomes:

Students will:

- gain an appreciation of different foods students typically like to eat on special holidays
- work on communication skills by presenting their favorite holiday food

## Materials:

- Prepared PowerPoint or other presentation of your favorite holiday and meal
- Sample of worksheet filled out with your favorite holiday details
- Copies of worksheet for student
- Samples, if possible
- Parent communication letter to send home with worksheet

## Instructions

### Set-Up

Decorate your class in a festive atmosphere, or have a video or music playing showcasing your favorite holiday. Greet students with the traditional greeting of the holiday, if there is one (for example, “Happy Thanksgiving”, and get your students excited about the holiday (or wondering what is going on).

### Activating Discussion:

Launch into a discussion about your holiday – what it is, what you typically do, who you spend it with, how you celebrate it. Then put the spotlight on a favorite dish or two you usually eat that day and cannot wait for. Describe it, how it is made, and why it makes you happy. If possible, have samples to share with the students.

### Learning Plan:

Ask students what are their favorite holidays? What do they eat during those celebrations, and what is their absolute favorite dish. Tell them they are going to tell you the story of their favorite holiday. Hand out the worksheet for students to guide them through their presentation, and have them present in front of the class. (There is also a parent communication included to inform parents of the project so they can best help their child.) Younger grades can have a show and tell, in which they bring in a picture of their favorite holiday and/meal and tell the class about it.

Encourage students to have fun with their presentations!

**Appendices:**

- Sample PowerPoint Presentation
- Student Worksheet
- Sample student worksheet
- Sample script (for presentations)
- Parent communication