



MY FAVORITE HOLIDAY FOOD

Sample

Thanksgiving, Christmas and Easter

- **These three holidays are the biggest in my house.**
- **The meals we eat are pretty much the same.**
- **It includes turkey, ham, stuffing, mashed potatoes, brussel sprouts, carrots and fresh buns.**

Thanksgiving, Christmas and Easter

- **We also do pretty much the same thing for all of these. There is not much difference.**
- **We hang out, play board games and card games and watch football**

We love playing games!!

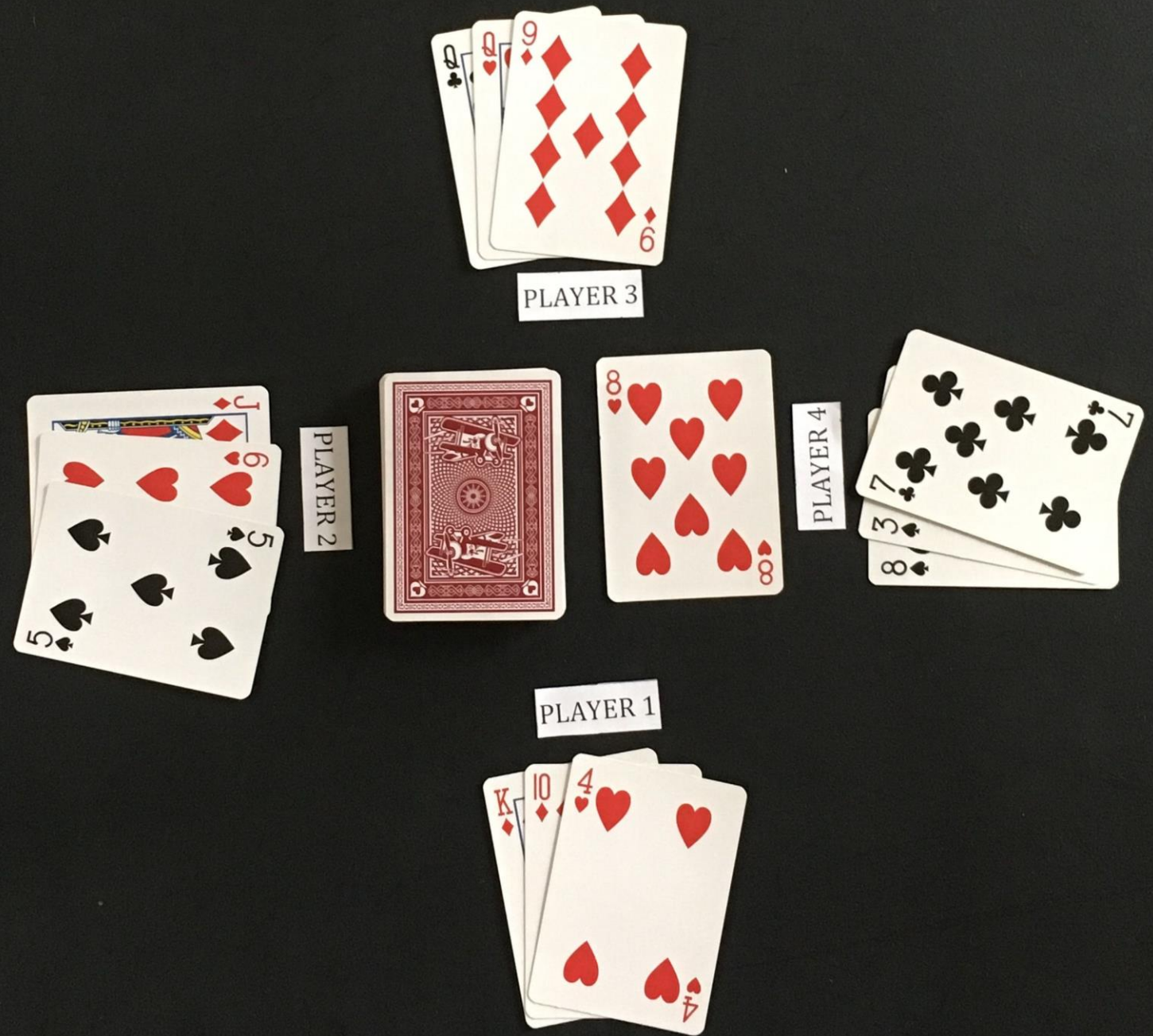
SOME OF THE GAMES WE PLAY

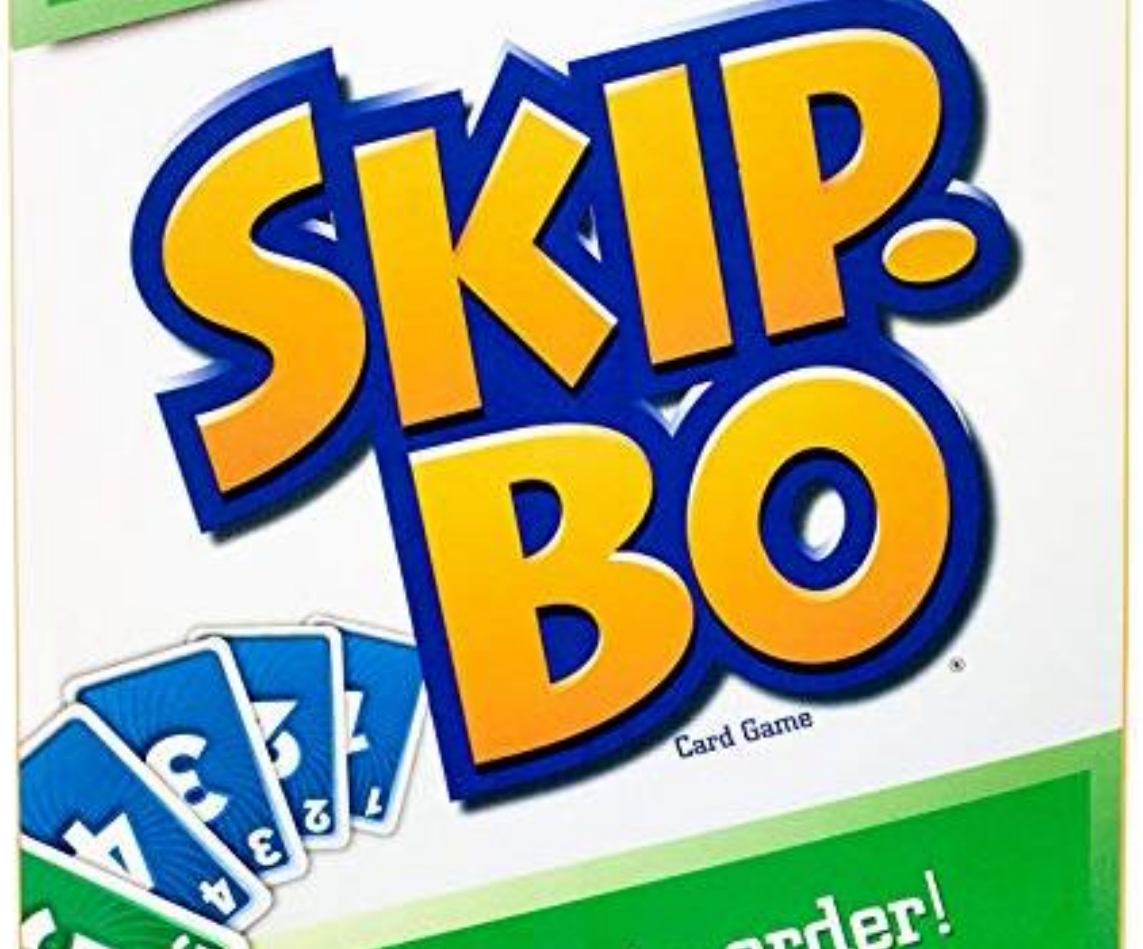
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SOME OF THE GAMES WE PLAY

31





SOME OF THE GAMES WE PLAY



My favorite holiday food

Stuffing!

- **During big Judeo-Christian holidays (Thanksgivings, Christmas, Easter), my family has a big meal with all the usual fixings – turkey, ham, stuffing, mashed potatoes, etc.**
- **I am a vegetarian and do not eat the main courses.**
- **Since I was little, my favorite part of the meal has been the stuffing**

Stuffing!

- **We make the stuffing from scratch, slicing the bread and celery, seasoning it and frying it in an electric frying pan with a lot of butter**

Stuffing!

- **Then we put the stuffing in a casserole dish and bake it in the oven.
MMMMmmmmmm!**

Stuffing!

- **We used to stuff the turkey with it, but when I became vegetarian (I am the only one in my family who is vegetarian), my family started making me a small side dish of it.**
- **Now we always cook all the stuffing separately from the turkey**



Doesn't it look amazing?

Sample Script



My favorite holiday meal:

My family and I celebrate these holidays:

Pick one holiday:

Things we do:

My favorite thing we do:

Foods we eat:

My favorite food we eat during this holiday:

“Hi! My name is _____. My favorite holiday is _____.
My favorite thing we do during this holiday is _____. My
favorite food to eat during this holiday is _____.
Yum!! I like this food because _____. Here is a picture
of this food:”

Celebrating Food!

The food:

Stuffing

My chosen holiday:

Christmas/

Thanksgiving/Easter

Why it is important to me:

It is one of the few times we are all together. It was also one of the first things my parents changed the way they cooked so I could eat it when I became a vegetarian.

Draw or glue a picture:



Who is with me:
My mom, dad,
brother and sister

Fun stuff we do that day:

We play games and watch football. Some of the games we play are crokinole, Skip-Bo and 31.

Celebrating Food!

The food:

My chosen holiday:

Draw or glue a picture:

Why it is important to me:

Who is with me:

Fun stuff we do that day:

Parent Communication Letter



Dear Parent/Guardian,

We are learning about the social aspects of food in class! Part of what we are learning is the different ways people celebrate holidays with food. Next week we are having a show and tell in which your child will share about their favorite holiday meal. To help your child prepare, you can have a discussion, asking the following questions:

- Choose a holiday meal (thanksgiving, xmas, bday, etc.)
- What is the dish?
- Why is this important to you?
- What else happens on that special day?
- Who are you with?
- How does it make you feel?
- Why this dish, and not another?
- Is food just about eating? Why or why not?

Please send a visual as well for them to show the class. This can be a personal photograph (either print or digital) or a picture from the internet. You can send me the picture at myemail@ddress.

Thank you for being part of the class!