

## **3** November Supplemental Activity: Food Traditions

### **Nutrition Lesson(s) Supported:**

- Thanksgiving Feast

### **Supplies Needed:**

- Paper
- Writing utensils (colored pencils, markers, crayons)
- Celebration brainstorming handout

### **Length of Time to Complete:**

- 5 minutes to introduce activity
- 5 minutes to complete worksheet
- 20 minutes to write paragraph and draw a picture

### **Audience (grades):** 3rd grade

### **Common Core Standards Taught:**

- English Language Arts: Writing: 3.3
  - Write narratives to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.
  - Establish a situation and introduce a narrator and/or characters; organize an event sequence that unfolds naturally.
  - Use dialogue and descriptions of actions, thoughts, and feelings to develop experiences and events or show the response of characters to situations.
  - Use temporal words and phrases to signal event order.
  - Provide a sense of closure.

### **Lesson:**

We need food to give us energy to think clearly, play, and grow strong. However, food is not only used to nourish our bodies, but to celebrate special events and holidays. 'Go' and 'slow' foods can be part of a special celebration. Raise your hand and share a special food you (or your family) enjoy during a holiday or celebration.

Does your family have a special tradition or event that includes food, such as apple picking, going to a special restaurant, making a special food together? Today we're going to write about that.

I will hand out a brainstorming worksheet. Once you've completed the worksheet, use your answers to develop a full paragraph to describe your favorite celebration. Remember to answer all six key questions:

Who, what, where, when, why, and how? When you are done writing, draw a picture of your special tradition.

## Food Traditions

WHO?

-Who was there?

WHAT?

-What did you do?

-What food was involved?

WHERE?

-Where did this happen?

WHEN?

-When did you do this?

WHY?

-Why was it special?

HOW?

-How did you feel?

Is there other important information you would like to share?

## Comidas Tradicionales

¿Quién?

-¿Quien estuvo ahí?

¿Qué?

-¿Qué hiciste?

-¿Qué comida hubo?

¿Dónde?

-¿Dónde fue?

¿Cuándo?

-¿Cuándo fue?

¿Por qué?

-¿Por qué fue especial?

¿Cómo?

-¿Cómo te sentiste?

¿Hay alguna otra información importante que quisieras compartir?