

## ③ November Lesson: Thanksgiving Feast

### Goals:

- Students will learn that food is used to celebrate holidays, culture, and traditions.
- Students will identify foods they eat to celebrate special events.

**Audience:** 3rd

### Optional Craft, Activity or Snack:

- Food Traditions

### Materials:

- Blank Plate
- Writing Utensils

### Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 3.1
  - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 3 topics and texts*, building on others' ideas and expressing their own clearly.
  - Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).
  - Ask questions to check understanding of information presented, stay on topic, and link their comments to the remarks of others.
- English Language Arts: Speaking and Listening: 3.3
  - Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.

### Lesson:

Raise your hand if you can tell me why we need food.

We need food for energy, to think clearly, play, and grow strong.

However, food has another role in our lives. Don't we use food to celebrate? For example, during holidays or special events, isn't food often a big part of the celebration?

What food is often consumed at a birthday celebration? Cake and ice cream.

What about at Thanksgiving? Turkey, pie, potatoes, green beans etc.

Thanksgiving is a holiday that is celebrated in the United States. Raise your hand if you know why people celebrate Thanksgiving.

Thanksgiving is a holiday that started hundreds of years ago (in the 1600's). The pilgrims and Native Americans experienced a bountiful harvest. To celebrate their success, they sat down together and feasted for 3 days!

At the first Thanksgiving, what do you think the pilgrims and Native Americans ate? Remember, there were no grocery stores, so whatever they ate, they had to grow or hunt.

(Show slide 1) They ate fish, turkey, chicken, hen, deer, and other wild animals. They also ate a lot of vegetables such as squash and pumpkins. The Native Americans taught the pilgrims how to grow corn. The Native Americans didn't eat the corn straight from the cob, but instead turned it into cornmeal and made either porridge or corn bread.

Do you think the pilgrims and Native Americans ate dessert? Most historians report that sugar was not available in America at this time, so there were no cakes or pies. However, they probably enjoyed corn porridge with molasses and wild berries.

What kinds of foods do people eat now to celebrate Thanksgiving? What is eaten at your house? Turkey, potatoes, gravy, pies, cookies, casseroles (Show slide 2)

Although the primary purpose of food is to fuel our bodies with energy, food is also used to celebrate culture, honor traditions, and unite people.

Not all the foods we eat at celebration times are 'go' foods, but it is okay to eat them every once in awhile, especially to celebrate a special event! If we eat these foods all the time, they wouldn't be as special.

I am going to pass out a blank plate. Think about last year. What foods were served on Thanksgiving? Which of these were Go foods? Which of these are your favorites? Put these on your plate. Keep MyPlate in mind – fill half your plate with fruits and vegetables and half should be protein and grains – show MyPlate Poster.

There are so many special foods on Thanksgiving it's important to pay attention to how your body feels. When you feel full you should stop eating.

**Tips:**

**Go foods** provide long-lasting energy, tend to be minimally processed, and include things like whole grains, lean proteins, fruits and vegetables, and low-fat dairy.

**Slow foods** may provide a quick burst of energy, but then slow you down. They are usually high in unhealthy fats, salt, or sugar and tend to be heavily processed. Cookies, cake, fried food, high salt foods.

**When the kids bring up slow foods**, it's ok. They are part of the celebration. Suggest they choose one or two of their favorites and enjoy those.