Celebrate Together

Youth Ages 11–12 (45 to 60 minutes)

By the end of this session, participants will:

- Explore how their families celebrate cultural traditions,
- Compare similarities and differences between cultural celebrations,
- Select healthy choices for a family cultural celebration.

MATERIALS

☐ Chalkboard or flip chart
☐ Markers

HANDOUTS

☐ My Cultural Celebration worksheet
☐ Make Your Own Party Mix recipe

OVERVIEW

We often learn about our family cultural traditions through celebrations. Food plays an important part in how we celebrate. Healthy choices can be part of family celebrations. In this lesson, older youth explore how families celebrate their cultural traditions.

INTRODUCTION

Tell youth, "One way we learn our family traditions and culture is through celebrations. Culture is the behavior and beliefs that are common in a particular social group. Culture is expressed through language, food, music, and art. Culture also includes beliefs and values that can't be easily seen. We learn our cultural heritage from our families and the people around us. Celebrations are one way families and communities share their cultural heritage. Today we are going to talk about food and culture as it relates to celebrations you may share with your families."

Do:

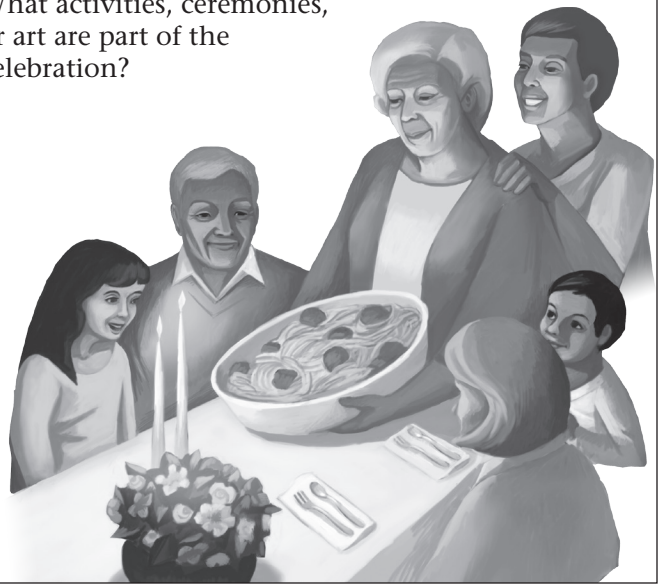
Ask participants to gather in groups of two or three. Using My Cultural Celebration, ask each youth to tell a story about a favorite family celebration that includes a cultural tradition.

- What is your cultural heritage?
- How does your culture or family like to celebrate holidays?
- What are some of your culture's traditional foods?
- Are there any foods your culture does not eat?
- What beliefs or values are important in these celebrations?
- What questions do you have about your cultural heritage or celebrations?

Reflect:

Let's create a list or timeline of celebrations that relate to our cultures. Let's discuss and compare the different cultures. Leader writes notes about the celebrations on a board.

- When does this celebration occur?
- How is it celebrated?
- Who is involved?
- How are the celebrations similar? How are the celebrations different?
- What foods are similar? What foods are different?
- What specific food groups are included? What foods or food groups are excluded?
- How else is the culture expressed?
- What activities, ceremonies, or art are part of the celebration?



Apply:

Celebrations help us learn and share our family and community traditions and culture. Our families and communities help make us healthy.

Let's identify the healthy parts of our culture(s):

- What healthy foods are included at celebrations?
- What healthy food options could be included at celebrations?
- What non-food activities could be included at celebrations?

Record these ideas on the board or paper.

ACTIVITY

Let's make a healthy party snack.

Set out a selection of whole grain cereals, popcorn, nuts, and dried fruits in bowls.

Participants make their own snack mix. As the youth sample the party mix, ask them to share what they learned and what healthy choice they would plan for their next family celebration.

If lesson is offered in conjunction with parent lesson, have youth gather and measure ingredients for Three Minute Pie or Apple Wedge Dessert.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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WASHINGTON STATE UNIVERSITY
EXTENSION

My Cultural Tradition

My cultural background is _____

_____

We celebrate this by _____

_____

The people who come are _____

_____

Some of the special things we do are _____

_____

We usually eat _____

_____

My favorite part of this celebration is _____

_____

HEALTHY OPTIONS FOR MY CULTURAL TRADITION

Healthy Party Mix

Mix and match your favorites for your own snack mix.

2 or 3 whole grain cereals

Try toasted o's, corn or rice square cereal, low fat granola, popcorn, or pretzels

2 or 3 nuts and seeds (beware of any allergies)

Try almonds, soy nuts, pumpkin seeds, sunflower seeds

2 or 3 dried fruits

Try dried cranberries, raisins, dried pineapples, dried apricots, dates, coconut

DIRECTIONS:

1. Pour each ingredient onto a separate plate.
2. Make your own party mix by spooning your favorite combination of ingredients into a snack bag or bowl.

Healthy Party Mix

Mix and match your favorites for your own snack mix.

2 or 3 whole grain cereals

Try toasted o's, corn or rice square cereal, low fat granola, popcorn, or pretzels

2 or 3 nuts and seeds (beware of any allergies)

Try almonds, soy nuts, pumpkin seeds, sunflower seeds

2 or 3 dried fruits

Try dried cranberries, raisins, dried pineapples, dried apricots, dates, coconut

DIRECTIONS:

1. Pour each ingredient onto a separate plate.
2. Make your own party mix by spooning your favorite combination of ingredients into a snack bag or bowl.

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