

Family Food Choices

Objectives of Activity

To have students think of favourite family foods and discuss how having those favourites makes their family unique.

Teacher Background Information

- None

Material Required

- Blank paper for colouring or modeling clay and paper plates

Instructions

1. Sometimes the foods we eat have been part of family tradition for many years. Some foods are associated with a certain country or culture, and sometimes these become family favourites. Sharing about family favourites can be interesting and fun. It can also be a good way to learn about new foods and think about food variety.
2. Ask students to name some of their favourite family meals.
3. Ask students to name favourite foods of other family members (grandparents, mom, dad, siblings, aunts, and uncles).
4. Ask students if there are family foods or meals that they associate with certain holidays or celebrations? Often certain special meals are a part of family or cultural tradition. Think of special occasions that students may celebrate and ask them to name foods they associate with that special occasion (for example, birthdays, family picnics, Christmas, Hanukkah, Diwali, Canada Day, Easter, New Years, Ramadan, Halloween, Kwanzaa etc.).
5. Ask students to draw a picture on paper, or use modeling clay to make a model of their family favourite food.