

Eating Your Heritage

The food that we eat is often a sign of our heritage, frequently this isn't something that is chosen but instead is a reflection of the produce or livestock that is able to thrive within certain areas, Marylanders love of crab is a great example. Other foods popular within certain groups might be more symbolic, especially food associated with holidays. For example latkes and doughnuts are a key part of Hanukkah and represent the miracle of the limited supply of oil lasting longer than expected. Another example might be the place of turkey as a part of a traditional Thanksgiving dinner.

In the activity below think about your own heritage and the foods that represent your identity. Try creating a meal for your family that represents your family heritage.

What you will need:

- A printed copy of our sample place setting, paper or a paper plate.
- Markers



One food especially popular within our country is ice cream. Is that something you might include in your meal?

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What to do:

- Take a moment to plan your meal, it might be helpful to create a menu first. Things you might want to consider are:
 - What parts of your heritage do you want to represent? Can you combine different aspects into one meal?
 - What type of meal are you creating, a regular dinner, a holiday or perhaps another special occasion.
 - Try to keep your meal balanced, include protein, vegetables, a starch and perhaps something sweet to finish.
- Once you have your meal planned start to draw it onto either the place setting printable or directly onto a paper plate. If you are feeling really creative you could even try making it three dimensional using craft supplies.

Bonus Challenge: Now you have thought about what you might choose to eat for a special meal, try researching food popular in other communities or countries and design a dinner for another family. If your grown ups are able, perhaps you could even try making one of those dishes to get a real taste of another community.

