

Name: _____

Date: _____

Traditional Foods

For your home learning activity, you will interview two people over age 20.

What special foods play a role in the history or tradition of your family or community?

Think about:

- Foods you need to be healthy
- “Staple” foods
- Cultural or religious foods
- Foods you grow
- Foods you eat a lot of
- Foods and crops that provide shelter, clothing, and beauty
- Holiday foods

1. The two people I interviewed were:

2. What are some special/ traditional foods in your family or community? (Write notes below.)

3. Many people have lost their traditional foods. Have you lost access to any traditional foods? What would happen if your traditional foods disappeared? (Write notes below.)