

**Sharing Family and History Through Food**

**Leader Lesson**

Date submitted: March, 2021

**Teacher’s Guide**

**Prepared by:** Barbara Brown, Food Specialist

**Time needed to teach lesson:** 15 to 30 minutes

**Lesson Focus & Description:** Family memories are tied to food. Think of birthday cakes, Christmas cookies, ice cold watermelon at the family 4th of July picnic, etc. Those memories go well beyond taste and texture. This lesson will offer suggestions on how to relive those memories and family history with children and grandchildren and create new memories with and for them.

**Objectives:** Use shared memories and experiences to grow closer to children and/or grandchildren.

Use shared food experiences to teach family history.

Increase time spent teaching children basic cooking skills.

**Materials Needed:**

* PowerPoint with Script, either print or electronic version
* Handout for members, one copy per participant
* Evaluation, one copy per participant
* Example or picture of a food that sparks a memory for many people such as peppermint candy, watermelon slices, roast turkey, homemade bread, decorated hard-cooked eggs, etc.

**Materials Included:** Scripted lesson PowerPoint, suggested activities handout, evaluation

**Suggested Activities**

Before the lesson:

* View leader training recording.
* Read through the script and handout materials. Get paper copies as needed for the group.
* Consider discussion suggestions for additional memory making experiences.
* Arrange the room so all can see

After the lesson:

* Collect evaluations.
* Restore the room to pre-lesson arrangement.
* Collect any unused handouts.
* Take extra handouts and completed evaluations to County Educator who will send them to Kimberly Williams in Stillwater.

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