



Lesson 2

My Favorite Food & Food Culture

Recipe: Tres Hermanas Tacos

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Review Lesson 1

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- How often should we eat fruits or veggies? [with EVERY meal and snack]
- Why did we use fresh fruit instead of jelly in our sandwich? [It's a way to eat a fruit or veggie with every meal.]

Lesson Overview

Students will explore their food culture and learn about others'. Students will reflect on their own eating habits/culture.

Talking Points

- Do you know what culture means? "Culture" is when a group of people all share the same ways of eating, talking, dressing, and even partying!
- At your school, there's a "culture." Do all the students wear a certain type of clothing? Do you eat different foods at school than you do at home? Do you have special ways of talking and acting at school that's different than anywhere else, like the hand signals you use?
- Every country has its own culture. Can you think of the names of some countries? What foods come to mind?
- Today, we're going to talk about your favorite foods! Let's discover the food culture we share at home!
- We are going to make a recipe called "Tres Hermanas." That is Spanish and means "Three Sisters." Tres Hermanas are three important foods that Native Americans first planted and ate in North America. They originated in Mexico. The Three Sisters are: corn, beans, and squash.

Activity

Teachers/Adults: Download and print the [Favorite Food and Food Culture worksheet](#). Students read and answer the questions. Younger students will need help with reading and writing.

Recipe Overview

- Print recipe. Ask the kids to find or identify the ingredients gathered for the lesson as they read the recipe, or follow along as you read.
- Read and understand the recipe with your student.
- Quick tip: Drain and rinse canned vegetables to reduce the sodium content.

Discussion & Wrap Up Questions

- What did you learn today?
- How were you a food adventurer?
- What did you think about the recipe? Thumbs up or down? What are some words you could use to describe how it tastes, smells, sounds, or feels?

Vocabulary Words

Tres Hermanas

Spanish for the Three Sisters: corn, beans, and squash.

Culture

Culture is when a group of people all share the same ways of eating, talking, dressing, and even partying!

Your Sandwich Can Save the World!

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