Lesson 3 – Health: Food and Family | 40 minutes

Activity 1: ***hanisiich*** Village Worksheet
All About My Culture Worksheet
Activity 2: Food For Fun and Health Worksheet

Summary:

The Confederated Tribes of Coos, Lower Umpqua and Siuslaw have many traditions and cultures that they still practice today. These activities are handed down from generation to generation and help support the Tribe today. These traditions include celebrating the seasons, ceremony around food gathering, and celebrations of birth and death. Food is always incorporated into ceremonies, celebrations, and community gatherings. Sharing food is always a way to engage and care for others in your school, community, and home.

Key Discovery

Students discover that, just like the People of the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw, all people have traditions that help bring their community together, and we can respond to these differences with curiosity and respect.

Standards	• Primary: K.WHP.1, K.FNP.4, K.FNP.5, K.SEM.1, K.HRVP.3, 2.WHP.1, 2.SEM.2 (TSE1.1C)
Materials	• Narrative – The Hollerin' Place on the North Spit: ***elk'elch*** • Painting – The Hollerin' Place on the North Spit: ***elk'elch*** • ***hanisiich*** Village Worksheet • All About My Culture Worksheet • Food For Fun and Health Worksheet
Vocabulary	• **Generation:** Groups of people who are born or living at about the same time. • **Tradition:** Customs or beliefs that are passed from generation to generation. • **Culture:** Beliefs that particular groups share. • **Celebration:** An activity or event that brings people together.



Setup & Logistics:

- Display The Hollerin' Place on the North Spit: ***elk'elch*** painting where all students can see it during the activity.

Class Flow:

Activity 1 – ***hanisiich*** Village Worksheet and All About My Culture Worksheet

Step 1: Observe the Painting.

- Invite students to look closely at The Hollerin' Place on the North Spit: ***elk'elch***
- Teacher Prompts:
  - What do you notice about the people, place, clothing, food, and cooking?

Step 2: Hand out the ***hanisiich*** Village Worksheet.

- Invite students to complete the worksheet based on what they see in the painting and what they remember from the narrative. Students may work individually, in pairs, or in groups.

Step 3: Hand out All About My Culture Worksheet.

- Invite students to complete this worksheet with words, numbers, or drawings.
- Teacher Prompts:
  - What traditions and/or practices do you and the people in your home have?
  - What events and celebrations do you participate in?

Step 4: Share and discuss similarities and differences.

- Invite students to share some of their responses.
- Teacher Prompts:
  - How might you be similar to someone from the Coos, Lower Umpqua and Siuslaw Tribes?
  - How are your activities different?
  - Do we all have things in common, even when our traditions differ?



Activity 2 – Food For Fun and Health (and community/family building)

Step 1: Discuss the Many Uses for Food

- Introduce the idea that food supports health and nutrition, community, celebrations, and energy.
- Teacher Prompts:
  - What kinds of foods do *you or the people you live with* prepare at home?
  - Who do you share meals with—this could be people you live with or people who are important to you?
  - Do you celebrate special days with certain foods? These could be with family, friends, or other important people.

Step 2: Hand out the Food For Fun and Health Worksheet.

- Invite students to complete the worksheet with words, numbers, and/or pictures.

Step 3: Share Responses

- Invite students to share their responses in pairs, small groups, or a whole group.

Step 4: Identify Similarities and Differences

- Discuss different food traditions and meal styles. Encourage students to respect all responses and understand that there are many ways of preparing and sharing food.

