



25min Cranberry Tasting Grade 10 Facilitator Notes

Objective: Students will explore how culture and family tradition influences the food we eat. Students will participate in a cranberry tasting session, led by an Aboriginal chef.



Recipe Category: Cooking & Tasting



Cooking Time: 25 mins



Level of Difficulty: Grade 10



Recipe Ingredients:

- Chart paper
- Markers
- Bannock
- Cranberries
- Canada Food Guide



Curriculum Links:

Grade	Subject Area	Ontario Curriculum Links
10	Health and Physical Education	<i>Living Skills</i> Use appropriate decision-making skills to achieve goals related to personal health. (O) <ul style="list-style-type: none">analyse the impact of media and culture on decision making.identify the relative effectiveness of different types of resources and support services related to healthy eating (food Guide).
	Canadian and World Studies	<ul style="list-style-type: none">identify contributions to Canada's multicultural society by regional, linguistic, ethno cultural, and religious communities to Canada's multicultural society (e.g., Aboriginal nations, Métis, Inuit)
	Social Sciences and the Humanities	<i>Food and Nutrition – Personal and Social Responsibilities</i> <ul style="list-style-type: none">categorize the reasons why people eat the foods they eat (e.g., cultural, emotional, environmental, nutritional, religious, social);explain how families, peers, and the media influence an individual's food choices and habitsuse appropriate food guides or other materials to plan nutritionally adequate meals in a group setting.

Introduction: (5 mins)

- Aboriginal Education Centre (TDSB)
- Cultural influence on food choices (Bannock, cranberries)
- Taught by parents, grandparents, community members- recipes passed down through generations
- Most families have variations of recipe
- Overview of the workshop/ what to expect from the next 20mins
 - Brainstorm influence on food choices- draw attention to family, tradition and culture
 - Tasting, discussion with Aboriginal chef
 - Links to Canada's Food Guide (First Nations, Inuit and Métis)

Activity One: (10 mins)

- Brainstorm with students how they are influenced in making food choices
- Make links to culture, family and traditions –all families influence the way we eat, certain foods specific to specific cultures.
- Draw attention to the value in First Nations, Inuit and Métis families of traditional foods (In Ontario, Anishinabe and Haudenosaunee harvest berries, specifically cranberries in fall; and make bannock)

Activity Two: (15 mins)

- Food testing, discussion by Aboriginal Chef about links to Aboriginal culture
- Discuss these traditional foods and how they link to Canada's Food Guide recommendations: 6-7 grains, 7-8 fruits teen females, 7-8 grains, 7-10 fruits teen males
- Food guide available in many languages- including Woods Cree, Plains Cree, Ojibwe, Inuktitut
- Food guide reflects our traditional foods