



## Eat Local for Thanksgiving Discussion and Activity Cards for Elementary School Students

Harvest festivals and thanksgiving celebrations have occurred for centuries around the world. Each is imbued with cultural traditions and customs that reflect their place of origin and the bounty of their local agricultural production. As people have migrated, a wonderful mixing of these traditions has occurred to create a rich tapestry of celebrations around the globe.

These discussion and activity cards have been created to spark conversation with youth and children to think about our food traditions, where our food comes from, and what foods are native or seasonally available here in Washington.

### Three ways to inspire and spark conversation using the Eat Local for Thanksgiving Discussion Cards:

1. In-class discussion and activities
2. Give as a 'take home' for family discussion
3. Use as a newsletter or cafeteria display topic

For more information on Eat Local for Thanksgiving, go to [www.pugetsoundfresh.org/eatlocal](http://www.pugetsoundfresh.org/eatlocal).

These cards were developed by WSU King County Extension Farm-to-School Connections and FoodSense. More info at [www.king.wsu.edu](http://www.king.wsu.edu)

*Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.*



## What's Fresh at Thanksgiving?

Puget Sound and Washington grown varieties of all these foods are available in November in our area:

### Vegetables

- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Chard
- Collard Greens
- Celery
- Garlic
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Onions
- Parsnips
- Peppers
- Potatoes
- Shallots
- Spinach
- Winter Squash

### Fruit

- Apples
- Asian Pears
- Cranberries
- Pears
- Quince

### Herbs

- Rosemary
- Sage
- Thyme
- Parsley

### Grocery Items

- Eggs
- Flour
- Grains
- Hazelnuts

### Meats

- Beef
- Pork
- Poultry

### Seafood

- Salmon
- Clams
- Oysters
- Geoducks
- Mussels

### Beverages

- Wine
- Cider



1.

Look at the list of foods grown in Washington State and in season during Thanksgiving. These foods are grown in our part of the country and are ready to eat in November. Have you ever seen any of these foods growing on farms or in the wild? Have you ever grown or gathered these foods yourself? How many foods on the list have been served at lunch this week in the school cafeteria? These foods might have been grown on local farms or gathered locally!



2.

There are some foods that most people think of when they think of Thanksgiving dinner. What foods does your family eat for Thanksgiving dinner? Are any of them on the list of foods grown in Washington State and in season during Thanksgiving?



3.

Native foods are foods that grow naturally in an area. Salmon, huckleberries, nettles, and mushrooms are examples of native foods in the Pacific Northwest. If the first Thanksgiving had happened in our area, the foods chosen for dinner would be very different. What do you think would be on the menu?



4.

Imagine if you could have anything you wanted for Thanksgiving dinner. Draw your ideal meal on a paper plate or on a piece of paper. Describe your meal in three sentences. Does your ideal meal include any foods from the local, seasonal food list? Do you know where the foods you chose are grown or made?



5.

All foods we eat come from plants and animals. Think of one food item served in the lunchroom and make a drawing or a chart that tracks that food item from its origins on the farm to its final form on your plate!

*Learn More! Check out the book "From Cow to Ice Cream" by Bertram Knight, and discuss*



6.

Choose a local, seasonal food from the list and develop an advertisement that you could hang in the cafeteria to convince someone to eat that food. Think about what is good about the food and why people would choose to eat it.

*For discussion: Have you ever seen an advertisement for the food you chose? What sorts of foods are usually advertised?*