

Food Traditions Lesson Plan

Contributed by the Preservation Society of Newport County

RI – SS – GSEs:

- HP5 – 1 (9-12)

Description:

Students will learn and discuss immigration on Aquidneck Island and the incorporation of Portuguese culture into everyday life. They will discuss the ways in which traditions carry over migration patterns and how that relates to the growth of a garden and food culture.

Objective:

To have students learn about traditional culture and immigration through local recipes by asking essential questions about what we can learn by foods we eat and traditions we carry.

Green Animals Connector:

Students will harvest kale grown in the garden to make *caldo verde* and discuss traditional food from their own families.

Materials:

Handouts about Portuguese Immigration

Information from “Portuguese Americans”. *Countries and Their Cultures*.

<http://www.everyculture.com/multi/Pa-Sp/Portuguese-Americans.html>

Copies of “Caldo Verde” recipe - <http://www.foodnetwork.com/recipes/emiril-lagasse/portuguese-green-soup-caldo-verde-recipe.html> (Emeril Lagasse, “Caldo Verde”. The Food Network. 1/11/2016)

Procedures:

1. Have the Portuguese Immigration handout and recipe on each students desk.
2. Welcome students and introduce the idea of immigration and explain that you will use the Portuguese immigration to Southern New England as a case study for a wider discussion of immigration.
3. Remind students of Portugal’s history as a trading nation and its importance in the Age of Discovery and that movement has been a constant part of their tradition.
4. Introduce the idea of food being a way to start exploring different cultures. Ask students how they might be able to learn about a group of people from what they ate.
5. Discuss the importance of the Immigration Act of 1924.
6. Ask students to split in groups to work on the handout and discuss answers.
7. Meet with each group individually to go over the handout and answer questions.

Take Home:

Students will take their recipes home. For homework, students will discuss their family's cultural heritage and will give a paragraph write-up on any recipes and cultural traditions that their family participates in to celebrate their heritage.