nourish

ACTIVITY

Food Traditions

ESSENTIAL QUESTION

What can we learn about ourselves and each other through the foods we eat?

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There is a lot of cultural wisdom in food. And indeed, that’s how we knew what to eat for all this time. We didn’t have scientists. We didn’t have industry hawking products at us. We had food culture.

MICHAEL POLLAN

in the film *Nourish*

food culture

How a group of people prepare and share food, shaped by their history, place, and values.



food traditions

Foods, recipes, and eating practices that families or communities pass down over time.



identity

How a person understands who they are, shaped by experiences, culture, family, and community.



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Food is not just fuel. Food is about family, food is about community, food is about identity. And we nourish all those things when we eat well.

MICHAEL POLLAN

in the film *Nourish*