

THE GARIFUNA FOOD TREE

LESSON PLAN

BSAA Garifuna Group, Fall 2022

OVERVIEW

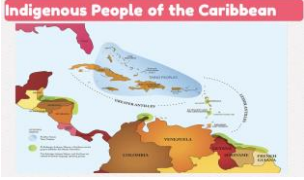


This multimedia lesson plan will provide students with the opportunity to explore the origins of Garifuna foods, popular dishes, and understand the cultural significance of Garifuna food to the Garinagu, the Caribbean, and the Diaspora. From planting to preparation, we hope this Food Tree Story and accompanying activities not only provides an introduction of Garifuna food, but highlights Garifuna history, identity, and resilience. The learning activities presented will also encourage students to learn more about the origins and significance of their own traditional foods, thus strengthening their cultural identity.

AUDIENCE

This lesson plan is for 9-12 grade and undergraduate learners, however, can be adapted for younger students. The activities can also be used for community programs, such as youth development, afterschool, or cultural centers.

LEARNING OUTCOMES / STUDENTS WILL BE ABLE TO...

1. Demonstrate basic understanding about the Garinagu - their history, migration story, and food expression.
2. Examine Garifuna food sovereignty, technology, and tradition through popular Garifuna dishes.
3. Strengthen their own cultural identity through exploring their own food traditions.

Learning Outcome	Student Activity	Educator Activity & Concepts
<p>Demonstrate basic understanding about the Garinagu - their history, migration story, and food expression.</p> <p>Duration: 1- 1.5 hours</p>	<ol style="list-style-type: none"> Who are the Garifuna people? <ol style="list-style-type: none"> What do we already know? What do we want to learn? What is the relationship between the Garinagu, the Caribbean (place), and the United States (place)? How does food connect us to place? Select 1 video/podcast from The Garifuna at Home and Abroad Garifuna History and Migration <ol style="list-style-type: none"> What did you learn from the interviewee? Share any thoughts and questions with your small group. Watch the introductory video: What is Garifuna Food? <ol style="list-style-type: none"> What are the key characteristics of Garifuna food? What does Garifuna food tell us about the relationship and connections between people, place, and culture? 	<p>Introduce the Garinagu using a map of the Caribbean</p>  <p>and The Garifuna Food Tree Story Presentation [Slides 2-4]</p> <p>Summarize and facilitate small group reflections and key points.</p> <p>What historical and political events impact the Garifuna identity and experience?</p>  <p>Review foods native to the Caribbean, Africa, and introduced foods from colonization.</p>
<p>Examine Garifuna food sovereignty, technology and tradition through popular Garifuna dishes.</p> <p>Duration: 30 min</p>	<ol style="list-style-type: none"> What is food sovereignty? <ol style="list-style-type: none"> In what ways is Isha and the Garifuna community here and abroad participating in food sovereignty? What challenges do the Garinagu face? What is Garifuna food technology?  How is Garifuna knowledge and technology tied to the environment? Select a popular Garifuna dishes to explore and research, what knowledge 	<p>Guide students in defining food sovereignty as:</p> <p>“The right of a community to define its own diet and therefore shape its own food system” (Segrest, 2013, 1:09).</p> <p>“Growing yuca in our background was easily accessible and free...yuca is important because of the variety of things we can do with it” (R. Calederon, personal communication, December 14, 2022).</p>

	<p>and tools are needed to process the food and prepare the dish?</p>	<p>Use slide 5 to introduce Miriam Miranda and Garifuna food sovereignty in Honduras.</p> <p>Review Slide #11 and Handout – Garifuna Food Technology for making ereba!</p> <p>Showcase Garifuna dishes from the PPT</p>
<p>Strengthen their own cultural identity through exploring their own food traditions.</p> <p>Duration: 30 min</p> <p>and</p> <p>Midterm or Final Project Assignment</p>	<p>10. Complete the empty templates below - both for the Garifuna dish and your own culture food tradition.</p> <div data-bbox="483 850 1015 1228" data-label="Diagram"> <p style="text-align: center;">Garifuna Food</p> <p>Favorite dish and describe it _____</p> <p>The typical dish of this culture _____</p> <p>insert an image or draw your favorite dish</p> <p>Mention 2 different drinks of this culture _____</p> <p>When do they usually eat this food? _____</p> <p>Mention 3 different dishes of this culture _____</p> </div>	<p>Have students listen to the Isha Summer's 4C's:</p> <ol style="list-style-type: none"> 1. What are the 4C's (the core elements of Garifuna culture)? 2. What are the core elements of your cultural roots? 3. How do you practice this process of cultural continuity? <p>Conduct an oral history interview from a family or community member who has knowledge on preparing the cultural dish and the story behind it.</p>
<p>Conclusion and Extension</p>	<p>Complete Garifuna Forever - A Lesson of Self Determination OR Say 'Hello/Busuaguati' in Garifuna</p>	

Reference

TEDx Talks (November 9, 2013). Food sovereignty: Valerie Segrest at TEDxRainier [Video].YouTube.
[Food sovereignty: Valerie Segrest at TEDxRainier](#)

Culture Name

Favorite dish and describe it

The typical dish of this culture

insert an image or
draw your favorite
dish

Mention 2 different drinks
of this culture

When do you usually eat this
food?

Mention 3 different dishes of this
culture
