

# Grey Roots @ home

## Explore traditions with Grey Roots!

Welcome to our special traditions @ home (or school) activities. These activities complement the new *Dressed for Christmas* videos on our website where you can visit the 1853 log cabin, 1886 log house and 1925 farm house. Through the series we hope you learn a bit about Christmas and wintertime traditions. Traditions fuel our experiences and we hope you and your family enjoy celebrating your traditions, whatever they are.

This programming is linked to grade two curriculum but also touches on other grades. These activities are great for all learners, just adjust and have fun!

### Books for Children

Jackson, Ellen. *The winter solstice*. Millbrook Press, 1994.

Kelley, Emily. *Christmas around the world*. Carolhoda Books, 1986.

Shirtliffe, Leanne. *No More Beige Food*. Simon and Schuster, 2016.

Romulo, Liana. *Filipino Celebrations: A Treasury of Feasts and Festivals*. Tuttle Publishing, 2012.

### Web Sites

the conscious kid. <https://www.theconsciouskid.org/>

## Activity: Eating by the Calendar

### Background Information for Teachers & Parents

Before the activity, students should know what 'tradition' and 'celebration' mean.

Food has been a part of celebrations for centuries. In fact, it is hard to think of many traditions that do not include food. Making connections with the present makes it easier to connect to the past examples.

### What you need:

- ★ Letter to parents re: activity
- ★ Example recipe, with story – or use our presentation
- ★ Worksheet - Eating by the Calendar – digital or hardcopy, see our example or design your own



## Activity

Prior to the lesson, send home a letter to parents/guardians asking them to select a recipe with the student to bring to school. The recipe should be related to a celebration or tradition that they celebrate in their home. Students and their adult(s) should discuss how the recipe is important to them. What makes it important to their family?

Recipes can be emailed to the teacher to more easily compile them in a classroom book.

Students will share their recipe title, discuss the ingredients (if special) and their connection to the recipe. Model this with an example of your own or show our short video presentation. Discuss, how do we use food to celebrate?

To accompany the class recipe book, students can write out their connection to the recipe and include drawings or pictures.

## Activity Centre

Math centres with measurement tools OR have students go home and photograph or sketch the measurement tools needed for their recipe. These could be scales, dry measures, and liquid measures.

Explore time through the recipes students bring in. How many minutes or hours are mentioned? Who has the shortest recipe start to finish? What about the longest? Students could make a recipe at home and focus on the time it takes in blocks from prepping the space, ingredients, preparation, and baking.

## Assessment Suggestions

Assess student writing and drawing.

Assess drawings.

## Curriculum

Grade 2, Social Studies A1.1: compare ways in which some traditions have been celebrated over multiple generations in their family, and identify some of the main reasons for changes in these traditions (e.g., immigration to Canada, family members marrying someone from a different culture, changes in technology)

Grade 2, Language 3.7: use some appropriate elements of effective presentation in the finished product, including print, different fonts, graphics, and layout (e.g., use legible printing, spacing, margins, varied print size, and colour for emphasis; include a simple labelled diagram in a report; supply a caption for a photograph or illustration)

Grade 2, Math E2.4: use units of time, including seconds, minutes, hours, and non-standard units, to describe the duration of various events





# Eating by the Calendar

---

Name of Recipe

---

Materials/Tools

Steps to Complete Recipe

1.

---

---

---

---

---

---

---

2.

---

---

---

---

---

---

---



# Eating by the Calendar

---

Name of Recipe

---

Steps to Complete Recipe

3.

---

---

---

---

---

---

---

4.

---

---

---

---

---

---

---

5.

---

---

---

---

---

---

---



# Eating by the Calendar

---

Name of Recipe

---

Steps to Complete Recipe

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

