

Video and Activity 3: “Tribal Food Systems and Food Programs”

Watch “Tribal Food Systems and Food Programs”

Activity (for groups of 8 or more): Circles

Ask the group to form two groups, one group will make up the inside circle and the other the outside circle. Ask the people in the inner circle to face those in the outer circle, so that each person is paired up with someone else. Have them discuss each of the following questions for a couple minutes and then rotate 4-5 times, depending on your group size.

Consider adding additional questions

1. Do you have a garden? Do you grow food or medicinal plants?
2. Do you work in a community garden? What are the benefits?
3. What do you want to see in your gardens?
4. Do you cook with your family or participate in community cooking events? What are the benefits of preparing food together?
5. How are Traditional foods important to you or your community?

When everyone returns to their seats, the inside group can share what they discussed.

Optional: Share these answers on the Facilitator’s Google doc under Discussion questions.