

Foods from Far Away

Parent Guide

Read the “Directions” sheet for step-by-step instructions.

SUMMARY

In this activity children will explore a grocery store in search of food traditions brought to America by immigrants.

WHY

Learning on field trips can spark curiosity and inspire children to ask better questions about the world around them. The people children meet on field trips can encourage children to think broadly about their own futures and help them to consider other possible jobs.

TIME

- 15-30 minutes, plus travel

RECOMMENDED AGE GROUP

This activity will work best for children in kindergarten through 4th grade.

GET READY

- Read *Feivel’s Flying Horses* together. *Feivel’s Flying Horses* is a fictional story that describes an immigrant’s first years in America. For tips on reading this book together, check out the Guided Reading Activity (http://americanhistory.si.edu/ourstory/pdf/immigration/immigration_reading.pdf).
- Read the *Step Back in Time* sheet.

YOU NEED

- Directions sheet (*attached*)
- ThinkAbout sheet (*attached*)
- Step Back in Time sheet (*attached*)
- Transportation (*possibly*)

More information at <http://americanhistory.si.edu/ourstory/activities/immigration/>.

Foods from Far Away

Step Back in Time

For more information, visit the National Museum of American History Web site <http://americanhistory.si.edu/ourstory/activities/immigration/>.

With its long history of immigration, almost everyone in America today has an immigration story somewhere in his or her family. From the colonists of the 1700s to immigrants who arrived just yesterday, people have been coming to live in America for longer than America has been its own country!



The journey to America can be hard. Many immigrants also have difficult choices to make as they prepare to leave their old worlds for America—who in your family can make the trip? What will you bring from your old world? Even just traveling to America can be expensive, dangerous, and emotional.

Once they arrive, immigrants face challenges like getting a job, learning English, finding a house, or starting at a new school. It can take a long time for immigrants to feel comfortable in America. On one hand, many immigrants may want to fit in with what they think is ordinary for Americans. On the other hand, many immigrants want to pass on something from their old world, like words in another language or holiday celebrations. The traditions, skills, and ideas that are passed down through these families enrich American culture.

Today, the United States is one of the most diverse countries on earth, with people whose families have come from nearly all world cultures.

Foods from Far Away

Directions

For adults and kids to follow together.

1. Print out the attached **ThinkAbout** sheet.
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2. Travel to the grocery store.

Tip

On your way to the grocery store, sing songs about recipes or cooking, such as “If I Knew You Were Coming, I’d Have Baked a Cake” or “I Like to Eat Apples and Bananas.”

3. Explore the grocery store and complete the questions on the **ThinkAbout** sheet.
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4. (*optional*) To make even more connection to this story and immigration in your family history, work together to create the recipe you wrote at the bottom of the **ThinkAbout** sheet. Buy supplies at the grocery store, prepare the recipe at home, and then tell family stories while eating your creation!
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For more activities and information about *Feivel’s Flying Horses* and immigration in American history, visit <http://americanhistory.si.edu/ourstory/activities/immigration/>.



Foods from Far Away

ThinkAbout for Exploring a Grocery Store

Country or Region	Asia	Middle East & Mediterranean	Mexico	Canada
Food Examples	jasmine rice, ramen noodles, soy sauce, sushi	couscous, olives, hummus, bagels	tacos, burritos, Mexican rice	Canadian bacon, maple candies
I have tried...				
I like...				
At the grocery store, I see...				

For one or two of these foods,

- Do you know someone who can cook that food?
- If you have tried the food, where did you try it? At home? At a friend's home? At a restaurant?
- If you have tried the food, describe how it tasted and smelled. If you have not tried the food, look at the pictures on the package and guess what you think it might taste or smell like.
- Do you see any words in another language on the package?

Do you have a family recipe that is connected to your family's immigration story?

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For Teachers

Read the “Parent Guide” and “Directions” sheets for step-by-step instructions.

OBJECTIVES

Students will be better able to:

- Describe one or more food tradition originating from outside America.

STUDENT PERFORMANCE CRITERIA

- Description is accurate or builds logically from the food packaging.

STANDARDS

NCHS History Standards

K-4 Historical Content Standards

- 5A: Demonstrate understanding of the movements of large groups of people into his or her own and other states in the United States now and long ago.

K-4 Historical Thinking Standards

- 4B: Obtain historical data.

21st-Century Skills

Information, Media, and Technology Skills

- Media Literacy