

## Food Skills - Catch and Celebrate Activity Guide

| Name of Activity         | Catch and Celebrate                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                      |                                                |         |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|------------------------------------------------|---------|
| <b>Aim</b>               | Icebreaker                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Activity <input checked="" type="checkbox"/>         | Discussion <input checked="" type="checkbox"/> | Review  |
| <b>Activity Type</b>     | Seated                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Active/Energizer <input checked="" type="checkbox"/> | Interactive                                    | Passive |
| <b>Delivery Platform</b> | Virtual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | In-person <input checked="" type="checkbox"/>        | Virtual & in-person                            | Other:  |
| <b>Total Time</b>        | 2 - 5 minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 5 - 10 minutes <input checked="" type="checkbox"/>   | 10 - 15 minutes                                | Other:  |
| <b>Suggested Session</b> | Session 6 during Family Celebrations discussion.                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                      |                                                |         |
| <b>Objective</b>         | Learning about different celebrations and foods common in celebrations.                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                      |                                                |         |
| <b>Materials</b>         | <ul style="list-style-type: none"> <li>• One inflated balloon</li> <li>• Enough party hats for the group</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                        |                                                      |                                                |         |
| <b>Time</b>              | <b>Activity</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                      |                                                |         |
| <b>10 min</b>            | <u>Activity Instructions</u> <ul style="list-style-type: none"> <li>○ Pass out a party hat to everyone in the group and have them stand in a circle.</li> <li>○ Toss the balloon, participants try catching the balloon using their party hat.</li> <li>○ Whoever catches the balloon answers a question that the Facilitator asks (use the question prompts in the Facilitator Guide under Family Celebrations in Session 6).</li> <li>○ Go until everyone in the group has had at least one chance to answer.</li> </ul> |                                                      |                                                |         |
| <b>Summary</b>           | <p>We celebrate many moments throughout the year and in our lives, and food plays a central role in those occasions. More than just nourishment, food connects us to our heritage, culture, and traditions, enriching (and celebrating) both body and mind.</p>                                                                                                                                                                                                                                                            |                                                      |                                                |         |