

An Ideal Family Holiday & Food

In this exercise, pick your favorite holiday of the year. Think about celebrating it over a 3 day period. What foods, which people, where, and how does it get celebrated? Also think about the overall function of such a holiday.

1. List the holiday here: _____

2. Plan out the 3 day main meal menu below:

Day	Who's invited?	Who prepares which part of the meal
Day #1 Menu	Names:	Menu item: Name of Preparer:
Day #2 Menu	Names:	Menu item: Name of Preparer:
Day #3 Menu	Names:	Menu item: Name of Preparer:
<p>If the menu listed above is often repeated in family celebrations, what function does it play in your family? Ultimately, what is it you want to have happen in this holiday celebration?</p> <p>How does food contribute to that purpose?</p>		