

FROM FIELD
TO TABLE

ACTIVITY

6

Food Legends

Students become storytellers by creating legends about the origins of foods.

<p style="text-align: center;">What You Need to Know</p> <p>Most cultures have in their oral traditions stories about the origins of seeds and plants. This Bolivian legend about Fox and Condor is an example: Fox convinces Condor to let him go along to the birds' heavenly feast. At the feast, Fox is rude and overeats. As punishment, Condor ties Fox to a vine and lowers him toward the ground. While hanging there, Fox taunts parrots who pass by and threaten to cut Fox's vine. At last they do. Fox falls to the ground and bursts. All the food he ate at the feast is scattered, bringing seeds from heaven to Earth.</p>	<p style="text-align: center;">What You Do</p> <p>Have each student select a favorite food (fresh or processed) and invent a legend with people or animal characters describing the food's creation. In keeping with oral traditions, students should not write the stories down. Instead, have them share the stories in small groups or with the entire class. Consider having students tell their legends to younger children in the school.</p>
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