



Name:

Date:

Modern Traditions: Native Foods for Today's World

Film Notetaker

Native people around California are working hard to revitalize (bring energy and new life to) traditional foods. Some organizations have created short films to teach us the importance of cooking Native foods for modern taste buds. Answer the following questions as you watch each film.

Title of Film: _____

1. How are traditional foods connected to culture? What are some cultural practices related to food? (ie. art, music, stories, spiritual practices, environmental practices, celebrations, etc.)

2. What physical health challenges come from eating processed and/or non-traditional foods?

3. How can traditional foods be included in the 21st century diet?