



# Filling Your Plate

## Greek Festival Food

Greek Community  
Lesson Plan  
4th grade

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# Filling Your Plate: Greek Festival Food

## Utah Core Standards:

Standard 4.5.4

Explain continuity and change over time by comparing experiences of today's immigrants in Utah with those of immigrants in Utah's past.

## Teacher Background:

- I Love History: [Greek Communities](#)

## Guiding Questions:

- What do you think makes cultural festivals like the Greek Festival important for communities?

## I Can Statement:

- I can identify different types of Greek food at a Greek Festival.

## Materials Needed:

- [Filling Your Plate: Greek Festival Food Google Slides](#)
- [Filling Your Plate Activity Pages](#) (1 set per student, single sided copies)
- Scissors
- Glue sticks

## Opening ( 5 minutes):

- Begin with a brief discussion about festivals and their importance in different cultures.
- Introduce the Salt Lake Greek Festival and explain that the class will learn about Greek food through this festival.

## Procedure:

- Introduction (5 minutes)
- Presentation (10-15 minutes)
  - Show the slide show about the Salt Lake Greek Festival.
  - Discuss popular Greek foods that are featured at the festival.
  - Optional: Show [ARC Salt Lake](#) television interview on the Salt Lake Greek Festival (6 minutes, video linked on slide 17)
- Discussion (5 minutes)
  - Ask students if they have ever attended a cultural festival and what they enjoyed about it.
  - Engage students by asking what Greek food they are interested in trying.
- Activity: Fill Your Plate (20 minutes)
  - Distribute scissors, glue sticks, copies of Filling Your Plate activity pages with images of food.

- Instruct students to choose foods they want to try and cut out the images.
- Have students glue the selected food images onto their plates.
- Sharing and Reflection (5 minutes)
  - Invite students to share their plates with the class.
  - Ask them to explain why they chose each food.
  - Discuss what they learned about Greek culture and the festival.

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