



**LESSON:**

CONNECTING FOOD AND  
CULTURE OF THE  
WAMPANOAG TRIBE

## How does Food and Culture Connect?



1. Write down what you think some of the cultural foods of the Wampanoag are?

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2. What would or do you grow in a garden that are important to your family?

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3. Why is it important to have foods that represent you?

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4. What foods do you think you should eat more of to be more healthy?

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5. Does it make you proud to have these foods? Why or why not?

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