

# Foodway Activity Instructions

This activity aims to integrate Gullah Geechee history and culture into the museum. Students will view a video on Gullah Geechee foodways and respond to related questions. After they have watched the video, students can answer the questions below.

## **Question 1: Who are the Gullah Geechee people?**

The Gullah Geechee people are descendants of Africans who were enslaved on the rice, indigo, and Sea Island cotton plantations of the lower Atlantic coast. Many came from the rice-growing region of West Africa. The isolation of the Gullah Geechee communities created a unique culture with deep African retentions, clearly visible in the Gullah Geechee people's distinctive arts, crafts, foodways, music, and language.

## **Question 2: What is a foodway?**

Foodways are the eating habits and culinary practices of a people, region, or historical period. Food traditions passed down through your family are more than just recipes—they're windows into the culture and history of those who came before you.

## **Question 3: What grain is central in most Gullah Geechee dishes?**

Grains and vegetables are central to most Gullah Geechee Dishes, but rice takes center stage.

## **Question 4: What are some Southern dishes that reflect Gullah Geechee cuisine?**

Dishes like Shrimp and grits, low country boil (Frogmore stew), and Hoppin John are Gullah Geechee dishes that are popular southern dishes today.