# Celebrating Thanksgiving with Family and Food! 🦃

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| Environmental Advocate    Role: A champion for environmentally friendly practices during Thanksgiving. Responsibilities: - Promote eco-friendly decorations and dining ware. - Suggest plant-based meals to reduce carbon footprint. - Share tips on reducing food waste. - Encourage recycling and composting after the meal.  The Environmental Advocate is passionate about preserving the planet and believes Thanksgiving can be both fun and sustainable. | Traditionalist    Role: A defender of classic Thanksgiving traditions. Responsibilities: - Emphasize the importance of traditional dishes like turkey and stuffing. - Advocate for longstanding family customs. - Highlight the historical significance of Thanksgiving. - Encourage the use of heirloom recipes and decorations.  The Traditionalist is someone who values the roots of Thanksgiving and wants to keep customs alive. |
| Health Enthusiast    Role: A proponent for healthy eating during Thanksgiving. Responsibilities: - Suggest healthier versions of classic dishes. - Educate on portion control and balanced meals. - Share ideas for incorporating more fruits and vegetables. - Advocate for the importance of physical activities after the meal.  The Health Enthusiast believes that Thanksgiving can be enjoyed without compromising on health. | Community Organizer    Role: A supporter of community involvement during Thanksgiving. Responsibilities: - Encourage volunteering at local shelters and food banks. - Promote the idea of a neighborhood potluck dinner. - Highlight the importance of sharing with those in need. - Organize community activities and games.  The Community Organizer wants Thanksgiving to be a time of connection and generosity within the community. |

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| How to work with your role card Step 1: Make sure you understand your role and do some research if necessary so you have all the facts you need for the debate. Step 2: Check out the other role cards so you prepare arguments specifically for them. Step 3: Prepare some additional notes that you can take with you into the debate and prepare your opening statement. |

## Help section

Here are some debate starters and arguments to help you get started

### Debate Starters and Arguments for Thanksgiving Roles

Debate Starters:

Should we change our Thanksgiving traditions to be more environmentally friendly?

Is it important to keep Thanksgiving meals healthy?

How can we make Thanksgiving a time for community and helping others?

### Environmental Advocate

Arguments:

Eco-Friendly Decorations:

Using decorations that are good for the environment, like paper or reusable items, helps keep our planet clean. Plastic can take hundreds of years to disappear!

Plant-Based Meals:

Eating more vegetables and fruits instead of meat can help reduce pollution. Animals like cows produce gases that can harm the air we breathe.

Reduce Food Waste:

Making sure we only make as much food as we can eat means we don’t throw away food. This helps save resources like water and energy.

### Traditionalist

Arguments:

Classic Dishes:

Traditional foods like turkey and stuffing are part of what makes Thanksgiving special. These meals remind us of the history and stories of our families.

Family Customs:

Keeping family traditions alive, like certain recipes or ways of decorating, helps us feel connected to our relatives and our past.

Historical Significance:

Celebrating Thanksgiving the way it has been done for years helps us remember the history and why we give thanks.

### Health Enthusiast

Arguments:

Healthier Versions:

Making healthier versions of our favorite foods can be fun and tasty. For example, using less sugar or more vegetables can make a big difference.

Portion Control:

Eating the right amount of food helps us feel good and have energy. It's better to eat just enough rather than too much.

Physical Activities:

Doing something active, like playing a game or going for a walk after the meal, helps our bodies stay strong and healthy.

### Community Organizer

Arguments:

Volunteering:

Helping out at shelters or food banks can make other people’s Thanksgiving special too. It feels good to share and help others.

Neighborhood Potluck:

Having a potluck dinner where everyone brings a dish can be a fun way to share different foods and meet new people in the neighborhood.

Community Games and Activities:

Organizing games or activities for everyone can make Thanksgiving more fun and bring people closer together.

These debate starters and arguments are designed to help 11-12 year olds think about different ways to celebrate Thanksgiving and the impact of their choices.