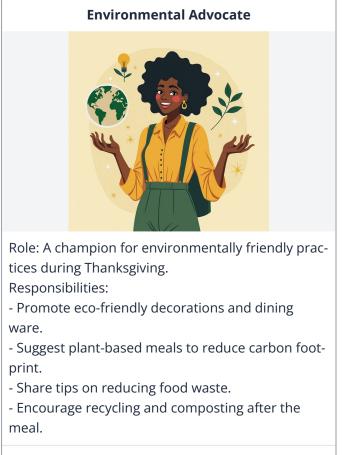
# **Role cards (all levels)**

Name:



Date:

## Celebrating Thanksgiving with Family and Food! 🐲



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.



### 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:**

- 1. Should we change our Thanksgiving traditions to be more environmentally friendly?
- 2. Is it important to keep Thanksgiving meals healthy?
- 3. How can we make Thanksgiving a time for community and helping others?

### **Environmental Advocate**

### **Arguments:**

- 1. **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!
- 2. **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.
- 3. **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:**

- 1. **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.
- 2. **Family Customs:** Keeping family traditions alive, like certain recipes or ways of decorating, helps us feel connected to our relatives and our past.
- 3. **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:**

- 1. **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.
- 2. **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.
- 3. **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:**

- 1. **Volunteering:** Helping out at shelters or food banks can make other people's Thanksgiving special too. It feels good to share and help others.
- 2. **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.
- 3. **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.