

How Okra Got to America

6th Grade Social Studies



Overview

This lesson will challenge students to research how slavery impacts the current Southern American diet.

Time needed: 2-3 class periods with option to do additional work outside of class.

Standards:

- SS6H1 Explain conflict and change in Latin America.
 - Describe the influence of African slavery on the development of the Americas.

Objectives:

- Students will understand the influence of the American history of the enslavement of Africans on the Americas, including the crops we have here as a result.
- Students will evaluate why okra, rice, and beans were successful in the South.
- Students will research traditional southern recipes and learn to cook an okra recipe.
- Students will share their completed recipes with the class and share their knowledge.

Materials:

- <https://learningenglish.voanews.com/a/how-enslaved-africans-influenced-american-diet/4816356.html>

Outline:

- Engage: Students will watch the video in the [TransAtlantic slave trade](#).
- Explore: Students will explore how kidnapped and enslaved Africans brought with them foods, cooking techniques, and culture with them to America using [this article](#).
- Explain: The teacher will explain the key concepts of slavery, emancipation, and cultural transference.
- Extend: Students can research traditional okra recipes and their importance to the American diet and share their own okra recipes with the class. They will compile all the recipes into a cookbook.

Lesson Plan:

- Engage: Students will watch the video in the [TransAtlantic slave trade](#). The teacher will lead them in a discussion about the economic reasons behind the slave trade, how materials and people were transported, and the cultural and political changes that occurred as a result of slavery.
- Explore: Let the students explore how slaves brought with them foods, cooking techniques, and culture with them to America using [this article](#).
- Explain: Teacher will explain that students will create their own okra recipes using either store bought or locally grown okra. They will work together to create a cookbook of recipes that were influenced by the transatlantic slave trade.
- Extend: Students will design their own recipe card using historical information to share how African slaves have influenced our diets. They will also cook the recipes and bring samples in to share with the class.
- Evaluate: Students will evaluate the success of their project based on the success of their historic cookbook creation.



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Middle School

Social Studies

🕒 multiple class periods

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