

CommuniTea Conversation: **A Discussion on Food and Tradition**

2/23/23



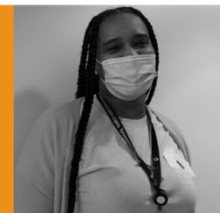
Agenda

1. High on the Hog Discussion
2. The Man Who Relives Slave History through Food Discussion
3. Legacies & Recipes Discussion
4. Post Discussion Resources
5. Moment of Reflection

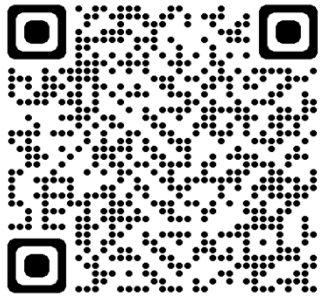


Discussion Rules

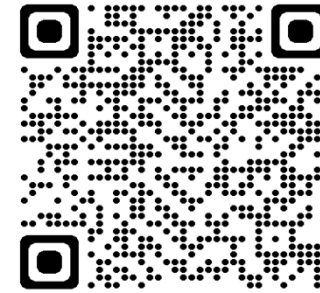
- **This is a safe space - anything shared in this space should stay here. Share as much or as little as you like.**
- **Feel free to speak – open discussion, come off mute when you like, more speaking than typing in the chat, mute during videos.**
- **Loosely timed discussion to stay on track.**
- **Engage and Connect – this is your time to get to know your colleagues.**



What's the Tea?



Adjourn Tea house - Lanham, Maryland



Cuples Tea house - Baltimore, MD



High on the Hog

Trailer to High on the Hog: [High on the Hog: How African American Cuisine Transformed America | Official Trailer | Netflix](#) (2 minutes)



High on the Hog Discussion

1. Have you heard of this series before? Have you watched this series?
2. What stood out to you in the trailer or series?
3. Were there any names, places, or history mentioned that you knew or want to hear more about?



The Man Who Relives Slave History through Food

[The Man Who Relives Slave History Through Food \(HBO\)](#) (6 minutes)



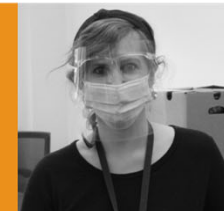
The Man Who Relives Slave History through Food Discussion

1. What did you learn / what stood out?
2. What did you already know?
3. Have you been to colonial Williamsburg before?
4. How do you feel about his approach to educating?
5. What ways did enslaved people find empowerment or resist through food?



Legacies & Recipes

[Soul Food Traditions](#)  [High on the Hog: Legacies & Recipes Ep. 1](#) | Netflix After School (5 minutes)



Legacies & Recipes Discussion

1. What were your Sunday traditions growing up? How do those traditions look now?
2. Do you like cooking as a family/group or by yourself? Why?
3. What is your favorite soul food or black diaspora meal?
4. Have you had sweet potato pie before? Have you had yam pie before?
Which is your favorite?



Sweet Potato or Yam?



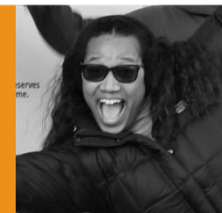
Legacies & Recipes

[The Seeds of Soul Food](#)  [High on the Hog: Legacies & Recipes Ep. 2](#) | Netflix After School (5 minutes)



Legacies & Recipes Discussion

1. Do you grow your own food? Do you want to?
2. How do you show creativity or confidence when cooking?
3. How did your friends or family introduce you to a new culture's food? (at their home, a restaurant, travel, food tour..) Which culture's food?
4. How have these videos inspired you to bring back any traditions or host a dinner party?



Post Discussion Resources



Moment of Reflection

1. Pause for 30 seconds and reflect on this discussion
2. Share one word you feel after this activity



Recipes & Memories from the Soul: A Staff Cookbook

Food is a powerful connection to culture, family and traditions!

For Black History Month, consider sharing a recipe from the Black diaspora that reminds you of growing up, home, or a favorite meal-related memory—whatever that means to you. We're collecting recipes and/or memories in written or photo form for an informal staff cookbook.

Scan and submit by 2/24



Thank you for attending!

