**(Food)**

**Read:** Today you are invited to read a short article in “Moment” magazine about [Michael Twitty](https://momentmag.com/michael-twittys-kosher-soul-food/)\*, an African American, Jewish Judaic studies teacher with an interest in food culture, food history, Jewish culture, African American history and cultural politics.

**Deepen the Experience:**

***Questions to ponder:***

What are you eating today? Notice something in today’s food that you think is healthful. How did you first become aware of the relationship between eating and health? How do your food choices honor those who taught you about food and health? Notice something in today’s food that is especially pleasurable. Who introduced you to the experience of food and pleasure? How do your food choices honor those who taught you about food and pleasure? What are the sources of what you would call your culture and how does food relate to that?

How did your particular awareness and experience of food and Jewish life evolve? How do your food choices honor those who taught you about food and Jewish life?

How do Kosher laws affect your relationship with food? How have they affected your family’s relationship with food? What meaning does kosher have for you today?

***Play With Your Food: for Singles or Families and Households of All Ages***: a variation on applies and honey. Materials: toothpicks, apples, marshmallows. What can you build with those materials? Take a photo. Discuss. What are your hopes for a sweet New Year? Eat and enjoy.

***Make Origami Fortune Cookies for the New Year*: for Singles or Families and Households:** simple [instructions](https://www.youtube.com/watch?v=wc-kYYD1oWE), no glue required. Write out your intentions, hopes, wishes, blessings, as many as you wish, and create some good fortune.

\*Read more about Michael Twitty:

Michael Twitty’s blog: <https://afroculinaria.com/about/>

On the website of [Keshet](https://www.keshetonline.org/resources/michael-twitty-lgbtq-jewish-hero/) an organization for LGBTQ equality in Jewish life