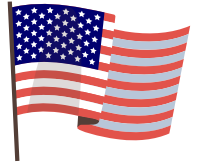


American Sports, Food, and Holidays

By: Grace Ma



American flag



Sports Intro

- Sports are a big part of American culture
- Popular in school, college, and professional levels
- Football, basketball, baseball, soccer

American football

- Most popular sport in the U.S.
- Played in the NFL (National Football League)
- Super bowl = biggest sporting event in the U.S., played on second Sunday of February every year
- Famous players: Tom Brady, Patrick Mahomes
- Cheerleaders and marching bands
- Played mostly on Sundays
- School tradition, Friday games popular in high schools
- Popular teams: Kansas City Chiefs, Dallas Cowboys



American basketball

- Invented in 1891 by James Naismith
- 5 players from each team on the court
- Played at the highest level in the NBA
- NBA Draft - new players picked to join the league
- Famous players: Michael Jordan, LeBron James, Stephen Curry
- Score by shooting ball through a basket
- Influence on fashion - Jordans
- Popular teams: LA Lakers, Golden State Warriors
- USA Team won 2024 Olympics (Men and Women)



American baseball

- 9 players on each team
- 1st game played in 1846
- Played in the MLB
- World Series - American League vs National League
- 9 innings, ~20 minutes each
- Score by hitting ball and running bases
- Famous players: Babe Ruth, Jackie Robinson
- Popular teams: LA Dodgers, New York Yankees
- Yankee Stadium, Dodger Stadium



American soccer

- Played professionally in MLS
- Common school sport
- FIFA World Cup
- Famous players: Alex Morgan, Lionel Messi
- Popular teams: LA Galaxy, Inter Miami, Atlanta United
- USA Women's Team won multiple world cups
- 2026 World Cup hosted in the U.S.





Similarities in American Sports

- Played in leagues (NFL, NBA, MLB, MLS)
- Championship events (Super Bowl, NBA Finals, World Series, World Cup)
- Fan culture (jerseys, rivalries, game days)
- Pathway = HS, NCAA, pro leagues
- Games are watched with friends and family
- Famous athletes are celebrities and role models
- Sponsorships and endorsements



Activity 1 - Plan your sports day!

- What sport would you watch?
- Who would you watch it with?
- What food would you eat?

Write down 1 sentence for each!

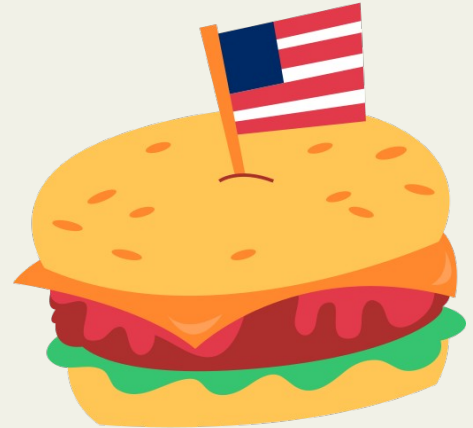
Activity 2 - Create your own Sports Team

- Pick a sport (Football, basketball, baseball, soccer) and why?
- Pick a team name and colors
- Design your own logo for your team!



American foods Intro

- Influenced by many cultures
- Fast food and large portions
- Big part of culture



Cultural blend

- Introduced to America by immigrants from other countries
- Foods adapted to American tastes
- Pizza, tacos, burgers



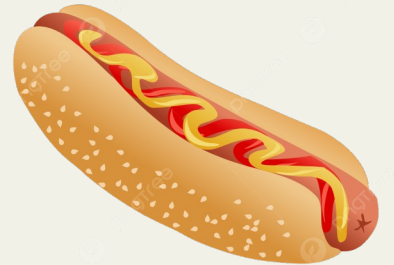
Fast food

- Very common in the U.S.
- Cheap and convenient
- McDonald's, Chick-fil-A, Taco Bell
- Burgers, fries, nuggets
- Modern american lifestyle



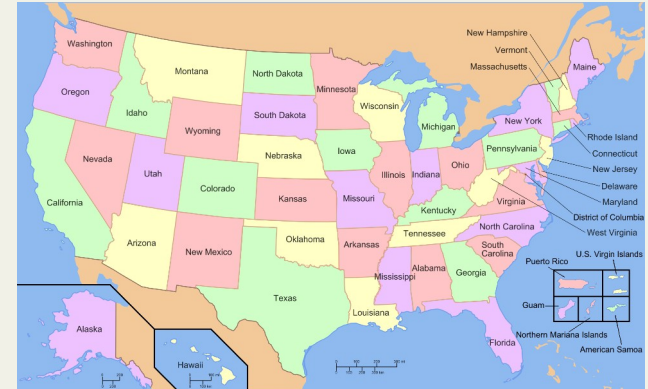
Classic/Traditional American foods

- Burgers and hot dogs
- Fried chicken (South), Mac & Cheese
- BBQ is a tradition
- Eaten at sports games and parties
- Sides: fries, coleslaw, cornbread



Foods by region

- Each region has unique food styles
- South: BBQ, fried chicken
- Midwest: casseroles, potatoes
- West Coast: seafood, organic foods



Eating culture

- Eating out is very common
- Lots of restaurants and places to eat
- Meals eaten with family and friends
- Large portion sizes!
- Food is important to holidays and events



Desserts

- Apple pie is traditional dessert
- Donuts (America Runs on Dunkin!)
- Cookies, brownies
- Ice cream
- Cakes
- Desserts typically very sweet



Snacks

- Chips
- Popcorn (movies)
- Crackers
- Candy (chocolate, gummies)
- Pretzels



Drinks

- Drinks like Coca-Cola/Pepsi are popular
- Coffee is very common
- Iced drinks > hot drinks
- Milkshakes and smoothies
- Energy drinks (monster, celsius) - teens
- Drink cups are really big!





Activity 1 - Create your own Restaurant!

On your paper, write down:

- Restaurant name
- A menu with 5 foods, 2 drink, 1 dessert
- A slogan
- Include prices!



Activity 2 - What would you eat in a day?

On your paper, write down...

- Breakfast
- Lunch
- Dinner
- Snack
- Drink

Breakfast: waffles

Lunch: burger with fries

Dinner: Pizza

Snack: Chips

Drink: Milkshake

American Holidays Intro

- Important part of culture and traditions
- Family gatherings and social events
- Time off from school and work
- Cultural identity, religion, history



Thanksgiving

- Originated in 1621 in celebration between pilgrims and Native Americans
- Celebrated in November
- Gratitude
- Turkey, stuffing, pie eaten
- Dinner eaten with family



Christmas

- Christian holiday celebrating the birth of Jesus
- Santa Claus
- Celebrated on December 25
- Exchange gifts
- Tree decorating
- Spend time with family



4th of July

- Aka Independence Day
- Celebrates U.S. independence from Britain
- National holiday
- Fireworks and parades
- Barbeques - tradition, food



Halloween

- Ancient Celtic festival
- Celebrated on October 31
- People wear costumes
- Trick-or-treating
- Spooky decorations and parties





Activity

Pick one American holiday and compare it to one in Argentina!

Write down 3 sentences of similarities, differences on your paper.



Activity

Write down 5 things you are grateful for. This is what people do for Thanksgiving!

You don't need to use complete sentences.



Trivia Time!

Number your paper 1-10 and write down your answers to these questions. We will check answers after!



Questions

1. Which sport is played mostly on Sundays?
2. What is the championship game called in American baseball?
3. What is the highest level of American basketball?
4. How many players from each team are on the court in a basketball team?
5. Name a popular American fast food chain
6. Name a popular American dessert
7. Are American food portions big or small?
8. What holiday involves eating Turkey?
9. What holiday involves costumes and candy?
10. What day is Independence day celebrated on?



Answers

1. Football
2. World Series
3. NBA
4. 5
5. McDonalds/Taco Bell/Chick Fil A (etc)
6. Cookies, brownies, apple pie, donuts
7. Big
8. Thanksgiving
9. Halloween
10. July 4th

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Thank you!