Aging through the ages

Hunter-Gatherer and agrarian age

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

In this session we will explore the characteristics of the Hunter-Gatherer and Agrarian ages, including how they ate, moved and worked together. We’ll discuss the vital role older adults held during these

ages.

*“The best classroom in the world is at the foot of an elderly person.” – Andy Rooney, American radio and television writer.*

# NOTES:

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Activity for Hunter-Gatherer and agrarian age

Menu Activity (Adapted from Kahn Academy’s Hunter-Gatherer [Menu Activity](https://www.khanacademy.org/humanities/big-history-project/early-humans/how-did-first-humans-live/a/activity-hunter-gatherer-menu))

Consider the way humans ate for most of human life as you tackle the following challenge.

1. Create a menu item or meal for a restaurant that only serves food a hunter-gatherer could have put together.

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2. What tools or strategies were used to collect the food selected?

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3. How long may it have taken the Hunter-Gatherer to collect enough of the food to serve 25 people?

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4. Identify where the food was found (type of land, climate, or area of world).

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5. Identify what the role(s) of older adults may have been at the time the food was collected and prepared.

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6. If doing this activity with others, share your selected menu information.

Added Challenges: 1) Identify 10 more menu items. 2) Complete activity as if from the Agrarian Age.

Aging through the ages

kaizen step

1) Goal I want to accomplish: (Example: Share life knowledge with grandchild/other youth.)

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2) One step I could take toward that goal: (Example: Share one life lesson I learned from my grandparent/older adult that had meaning for me.)

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3) Ways I can break the step above into smaller actions: (List all actions you can think of even though you may not choose to complete all of them. Example: List lessons learned and select one. Jot down my story setting, the lesson, and how it helped. Decide how to tell the story – letters, video clips, causal conversation. Decide when to tell the story – holiday gathering, next time I talk with them, in a gift of My Book of Life stories.)

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