



# "Food Fight!"

#ImagineEquity  
Activity Page

## Hello, and welcome to *The Imagine Neighborhood*™ podcast!

Our award-winning podcast helps kids learn social-emotional skills like building friendships, practicing patience, and finding calm. Our show takes place in a special, magical neighborhood where it sometimes rains rubber chickens or you have to hop on rocks to cross Lava Avenue. The Imagine Neighborhood lives inside everyone's imagination, and every week, we tell stories about the fun things that happen here.

### Talking About Race and Identity with Your Kids

In *The Imagine Neighborhood* podcast, we strive to create a world where everyone is treated fairly. But it's important to remember that a fair and equitable world is one that requires effort, focus, and conversation. Kids begin to notice racial differences and internalize biases before they're even five years old.<sup>1</sup> You can help equip your kids for these kinds of conversations by encouraging questions and by finding shows, books, and podcasts with diverse representation.

### About "Food Fight!"

The team at *The Imagine Neighborhood* podcast partnered with multiple esteemed researchers in the field of positive racial identity development to create a six-part series titled *Imagine Equity: Six New Stories About Race, Identity, and Making Things Right*. In this first episode of the series, "Food Fight!," a character with Korean heritage is teased for bringing "stinky ethnic food" to the pirate ship cafeteria. By choosing a real-life scenario, we hope to spark conversations about race, culture, and identity between kids and grown-ups.

## Help Your Kids #ImagineEquity

Ethnicity is something you share with other people who identify with the same parts of the world. It can include languages, foods, and traditions that make you special. As you listen to “Food Fight!,” ask the kids to think about their own ethnicity: *What kinds of foods does your family eat? How does the food you eat together reflect your family’s ethnicity?* Invite them to draw a dinner plate of all the foods that represent their culture. Post online with the hashtag #YourLunchboxIdentity to join with listeners from across the country and celebrate our delicious diversity!

### More Discussion Questions

**Question 1** What’s something awesome about your ethnicity? What about your friends’ and family members’ ethnicities?

**Question 2** What can you do if you see someone making someone else feel bad about who they are?

**Answer** If you feel safe doing it, tell that person that what they did was not okay. You can also tell a grown-up. Go talk to the person who was picked on and make sure they’re okay.

**Question 3** Is it okay to eat foods that are special to someone with a different ethnicity from yours?

**Answer** Sharing and enjoying different kinds of food is better than okay—it’s great! And some foods you enjoy may be special to someone else’s ethnicity, so it’s important to respect that.

### Additional Resources

[Cultural Relevancy in the Cafeteria](#): Learning for Justice

[P.R.I.D.E.](#): Positive Racial Identity Development in Early Education (University of Pittsburgh)

[The Imagine Equity series](#): *The Imagine Neighborhood*™ podcast

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1 Sullivan, J., Wilton, L., & Apfelbaum, E. P. (2021). Adults delay conversations about race because they underestimate children’s processing of race. *Journal of Experimental Psychology: General*, 150(2), 395–400. <https://doi.org/10.1037/xge0000851>