Title: Succotash
Recommended for: elders and children 2-5 years
Length of activity: 30 minutes
Suggested group size: 3-4 IG pairs

**Objectives:**
**Children**
- Fine motor
- Follows directions
- Problem solving
- Engagement

**Adults**
- Fine motor
- Initiation
- Alertness
- Positive mood

**Materials Needed:**
- Frozen lima beans
- Canned corn or fresh corn
- Fresh tomatoes
- Sautéed scallions
- Salt and pepper
- Dixie cups
- Bowls
- Stirring spoon

**Methods**

**Facilitator Preparation**
1. Purchase or collect all ingredients.
2. Precook and warm all ingredients (e.g. microwave lima beans and corn).
3. Set up cooking stations. In Dixie cups place lima beans, corn, tomatoes, and scallions in front of each pair.

**Intergenerational Participants**
1. Introduction—pair each older adult with a child and sing the hello song.
2. Have adults and children wash their hands before handling food.
3. Discuss what succotash is, where it comes from, and how it combines different ingredients.
4. Show Sylvester and Tweedy youtube video – “suffering succotash.”
5. Instruct the pairs to mix the Dixie cup ingredients into the larger bowls and stir. Add salt and pepper to taste.
6. Portion the mixed succotash into the smaller Dixie cups for an afternoon snack with crackers.
7. Hold hands and sing the goodbye song.

**Helpful Websites:**

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**Best Practices**

- **Best Practice 1:** Staff members of adult and child programs collaborate to plan activities.
- **Best Practice 2:** Participants are involved in decision making about the activity.
- **Best Practice 3:** Participation is voluntary.
- **Best Practice 4:** Participants are prepared ahead of time and reflect on activities afterwards.
- **Best Practice 5:** Activities reflect participants’ interests, backgrounds, and social histories.
- **Best Practice 6:** Activities are age and role appropriate.
- **Best Practice 7:** Activities support interaction among intergenerational partners.
- **Best Practice 8:** Facilitators skillfully stage the environment to promote interaction.
- **Best Practice 9:** Facilitators consider the social environment and the role of staff members.
- **Best Practice 10:** Adaptive equipment is used as appropriate.
- **Best Practice 11:** Experiences are documented and communicated to varied resources to build upon in future activities.
Special Considerations
• Consider diets and healthier food choices (e.g. organic vegetables).

Getting To Know You
• “Talk to your partner about a cultural food dish your family makes.”
• “Ask your partner what healthy food choices they make.”
• “Have any older adults made succotash before? What ingredients did you include?”

Encouraging Interaction
• “Help your partner mix together the succotash.”

Enrichment Opportunities
• Horizontal extension: drawing a cartoon as a group. Creating a story with a beginning, middle, and end.
• Horizontal extension: discuss health benefits of natural/organic food.

Technology Opportunities
• Show Sylvester the cat and tweedy video on youtube – “suffering succotash.”