Filé and the Sassafras Leaf | Research, Culture and Sources

Louisiana Foodways Visual Studio • Lesson 017 • Grades K–2 • observational print • 3–5 sessions

Source context

filé powder and regional food traditions. This is a teaching inquiry, not an authoritative single account of a culture or artist.

Primary reference

https://www.nps.gov/jela/learn/historyculture/louisiana-foodways.htm

Additional reference

https://www.louisianafolklife.org/LT/CSE/creole_food_trad.html

Teaching with care

Louisiana foodways are living traditions with diverse Black, Indigenous, Creole, Cajun, Acadian, Vietnamese, Isleño and other contributors. Teach with credited sources and avoid treating one recipe as universal.

Research checklist

01. Identify who created the reference and its date.

02. Distinguish primary accounts, museum or community documentation, and interpretation.

03. Avoid claims of one authentic recipe, music pattern, artist style or community voice.

04. Use images, recordings and lyrics only with appropriate permission or educational use justification.

05. Record source title, author or tradition bearer, URL and access date.

Connection and attribution

Provide students the credited sources. Invite community knowledge with consent; do not require personal disclosure or family participation.

Standards statement

Conceptually aligned to arts Creating, Presenting/Performing, Responding and Connecting. Confirm the current local grade-level standards; no exact Louisiana code is claimed.

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