

# Culture Care Worksheet

**Discuss these definitions and share some examples:**

Ethnic	Identification of large groups of people by common traits or customs.
Culture	Shared customs, norms, beliefs and practices of a particular group of people
Race	A category of humans that shares certain distinctive physical traits, or belong to the same family, or tribe
Cultural values	An individual's desirable or preferred way of acting or knowing
Ethnocentrism	Thinking that one's own way is the best when viewing the world
Culture care	Help, support, and other caring behaviors toward self and others that are culturally correct

**Draw a line** between the cultures and the beliefs or behaviors that match them. But remember that they vary within each culture. *Do not stereotype people.*

German or Russian	a) Believe prayer time shouldn't be interrupted
Mexican American	b) Expressive and vocal about pain
Arab (Muslim)	c) Believe harm comes from speaking and staring at an infant
African American	d) Stoic and accepting of pain
Jewish or Italian	e) Believe "soul food" helps them get well

Answers: German or Russian (d). Mexican American (c), Arab (a), African American (e), Jewish or Italian (b)