

Family Food Favorites

READ:

Some family history is centered around the food we eat and traditions that go along with it. What are your family traditions? Some might be new, maybe you have the same meal every week or bake together. Some might be old. Do you have a family recipe that has been passed down for many years? One you make on special occasions that everyone looks forward to eating? Are some of your favorite foods associated with your heritage?

DO:

What can favorite foods tell us about ourselves?

- **Talk** to about your favorite foods. Look at recipes together and talk about your memories of these dishes.
- Draw and write a menu of your favorite foods for a special meal.
- Create a cookbook of recipes with your favorite foods.
- Make a plate of imaginary food or clay and have a pretend dinner party.
- **Cook** together making one of the family recipes or one that you found online.

Approx. Time: 30-45 minutes

Materials:

- ⇒ Recipe Cards, cookbooks, digital recipes, etc
- \Rightarrow Index cards, construction paper
- \Rightarrow Pencil or pen
- \Rightarrow Drawing materials
- \Rightarrow Clay/Play Dough (Optional)
- ⇒ Actual Ingredients (Optional)

SHARE:

- Hang your menu on the fridge for all to see.
- Post your pictures of your recipes, menus, or photos of your imaginary or real food on Twitter or Instagram with the hashtag #CHMatHomeFamilies.

Here's what's cookin' Chiken Cachatona,	Serves	
is the Desine from the hitches of mon		
Recipe from the kitchen of mom	Fauri	Jello & Ice Cream
Cut chicken in small pieces	- I ng ta	. Juico
13 1 p (oluce oil "I salt, pepper, rosema	ry, oragens	4 1 - 1 11
1832 20 1 der until known - then add 1/2 glass	of white	4. 6020 strawburry pello
to a for a power al some water cover cook	· simmers	2 joints vanilla les cream
2 2 2 antil tender . 2f your having comp	ang put	1 can crushed punapple (803) everything
De chuiken in casserole "I much	and man	I can fruit cochtail
1 2 4 6 Es fried pippers blad a bit of	The second of the Part	Get geld in back - back I cups water
	Here's what's cookin <u>Poptorn</u> Dalls	Child Mitter theo - Codd - 2 purted
or apagette parme and lat	Recipe from the kitchen of Mother.	(bailing) - Mit Together) - add 2 pents we
you want usled of wind of	Popi C. popcom (Somehow,	, cream (softened) - What tell discolord lad
	Place: 12c. White Cl	perappled (perces all) - Lib set abauto
	2 c. Sugar	11/2 los ledel brained hairt Carlotert
	a The Viney	ar
	Hac boiling	
	" large heavy pan.	
	Doiling & add #2	tsp cream
		Soft and
	Soft ball or 2750.	
	from fire. add 2 the melter	1 butter,
	240 Granilla & 1/8 top balking	