



# 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
- ⇒ Index cards, construction paper
- ⇒ Pencil or pen
- ⇒ Drawing materials
- ⇒ 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.

