



Family Food Favorites

Family history is often centered around the foods we eat and the traditions that go along with them. Can you think of some of your family traditions? Do you eat the same meal on certain days or holidays, like pizza every Friday night or grilled hamburgers on the 4th of July? Or maybe your family likes to bake cookies together or make tamales. Some traditions are new and some may be very old. Does your family have certain recipes that have been passed down from generation to generation? Is there some dish that everyone looks forward to? Are some of your favorite foods connected to your heritage? What can our favorite foods tell us about ourselves and our families?

DO:

- Talk to your family about favorite foods and food traditions. Interview grandparents or aunts and uncles about food traditions. Look at recipes together and talk about the times you have eaten those favorite foods.
- Turn to the next page and write a menu of the foods you would like to eat for your special birthday or holiday meal.
- Draw your favorite meal on a paper plate or model it from clay or Play-doh.
- Ask an adult to help you create a cookbook of your family's favorite recipes.
- Cook together (with an adult) making one of the family recipes you have researched.

Approximate Time: varies by activity

Materials:

- Recipe cards, cookbooks, etc.
- Paper and pencil or crayons
- A plain white paper plate
- Modeling clay or Play-doh (optional)
- Ingredients for cooking/baking
- Camera (optional)

SHARE:

- Post your menu or paper plate drawing on the refrigerator door or bulletin board.
- Share the food you prepare with your family.
- Post pictures of you and your family enjoying the foods you prepared on social media, using the hashtag **#MCMuseumFromHome**.



My Favorite Special Meal

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Draw pictures of your favorite foods. Try to include a variety of fruits, veggies, meat (or other proteins), carbohydrates (like breads or desserts), dairy and other things you like to eat.