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Foodways A 4-H Folkpatterns Project – Food by Any Other Name

Michigan State University Cooperative Extension Service

4-H Club Bulletin

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A Food by Any Other Name . . .



Food in Folklore

- PURPOSE:** To become aware of folk names for foods
- YOU'LL NEED:** Pen or pencil
- TIME:** 10-15 minutes
- HOW TO DO IT:** Read the list of folk names for food in the left column. Then read the list of foods in the other column. Connect each folk name with its food name. See if you can add more names to the list.

Folk Names

1. Snow on the mountain
2. Tube steak
3. Flapjacks
4. Musical fruit
5. Gut busters
6. Nervous pudding
7. Southern ice cream
8. Cow juice
9. Bee juice
10. Brain food
11. Battery acid (navy term)
12. Rabbit food
13. Surf and turf
14. Cow paste
15. Skunk eggs
16. Johnny cake

Food Names

- a. Corn bread
- b. Onions
- c. Pasty, heavy food
- d. Grits
- e. Beans
- f. Hot dog
- g. Grapefruit juice
- h. Butter
- i. Lobster and steak
- j. Grits
- k. Fish
- l. Vegetables
- m. Pancakes
- n. Milk
- o. Honey
- p. Gelatin

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- NOW WHAT?** Collect more folk names for foods from your friends and relatives. Be sure to include your sources' names, addresses, and ages with their folk food names. Make a display for the county fair.