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# An Old Family Recipe

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- PURPOSE:** To learn something about your family's food heritage
- YOU'LL NEED:** Pen or pencil
- TIME:** Varies according to age level
- HOW TO DO IT:** Talk to your parents, grandparents, and/or other relatives to see if they have any traditional family recipes that have been handed down from one generation to the next. Choose one to record on the "Old Family Recipe" form. Find out as much as you can about the recipe, such as where it originated, whether it was prepared for certain holidays, what other foods were served with it, etc.

**Food Preparation**

## Old Family Recipe

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(Your name)

(Age)

(County)

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(Name of recipe and its cultural origin)

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(Person who shared this recipe with you)

(Age)

## INGREDIENTS:

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**DIRECTIONS:**

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Who makes it or made it the best?

Where did the recipe come from?

When is this food served?

How is it served?

Can you tell anything else about this dish or the cook who made it?

**NOW WHAT?**

1. Share your collected recipes with your friends. Try making some of the recipes. Make a cookbook with your group's favorite recipes.
2. Have a "bake-off" or bake sale using the collected recipes. Be sure to have copies of the recipe with each dish, along with the background information on the recipe.
3. Prepare one recipe for the county fair.
4. Have a potluck meal using collected recipes.