

Family Recipes

Food is often at the heart of family experiences and history. Favorite everyday meals and special occasion dishes are important parts of a family's culture and heritage, and they carry with them memories of time spent with family members.

Collecting family recipes and interviewing family members about them is a great way for students to learn more about their families' histories.

To start, discuss good interview techniques (found in the "Interview Your Family" .pdf) with your students. Have each student pick a favorite family dish (this may take a bit of brainstorming) and a family member to interview. You might also want to work with your students to develop a couple of interview questions to get them started.



Family Recipe Interview

Interviewer: _____

Interviewee: _____

Name of the Recipe: _____

Date of the Interview: _____

Question: _____

Answer: _____

Question: _____

Answer: _____

Family Recipe

Ingredients: _____

Directions: _____
