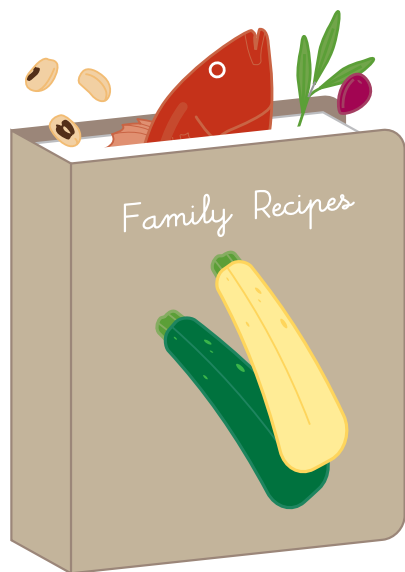


## Make a Family Recipe Book



Discover your family's history through its recipes. Many of our family traditions revolve around food. Does your family have a special dish that has been passed down through generations? Who makes it? Where is the recipe from? Make a family dish and document your family's history through its flavors and stories.

### Materials

- paper
- markers or pencils
- stapler
- Optional: camera, three-ring binder
- Ingredients for special family dish

Think of your recipe book as a scrapbook. Try to include drawings, photographs, interviews with relatives, receipts or labels from shopping, and even a review section for what other relatives think about the dish.

### Instructions

1. Think of one dish that you would like to know more about. Ask your relative to share his or her story about how they learned to make it. Record their story on a sheet of paper.
2. If possible, go with your relative to the market to buy the ingredients. Did you have to go to a special store? Are there special brands or types of ingredients that your relative buys? Take photographs and write down what you learn.
3. When you're ready to cook, have your pencil and paper ready. Record every step of the cooking process, including preparation, the amount of ingredients used, cooking time, and how many people the recipe serves.
4. Before you eat the completed dish, draw or take a picture of it to add to your recipe book. Happy eating!
5. Assemble your recipe book by pasting any photographs onto sheets of paper and compiling your notes and the recipe. Staple the pages together or put them into a three-ring binder.