ACTIVITY: FOOD TRADITIONS

My Favorite Family Dish

A take-home interview. Ask a family member about a dish your family loves, for a special occasion or a regular meal. Bring this back for our next class!

NAME _____ DATE _____

WHO I INTERVIEWED _____

1. **What is the name of this dish?**

2. **Where did the recipe come from?**

3. **What are the main ingredients?**

4. **Who prepares this meal at home? Do you help?**

5. **Is there a story or tradition connected to this food?**

6. **Is this dish part of a particular culture or family heritage?**

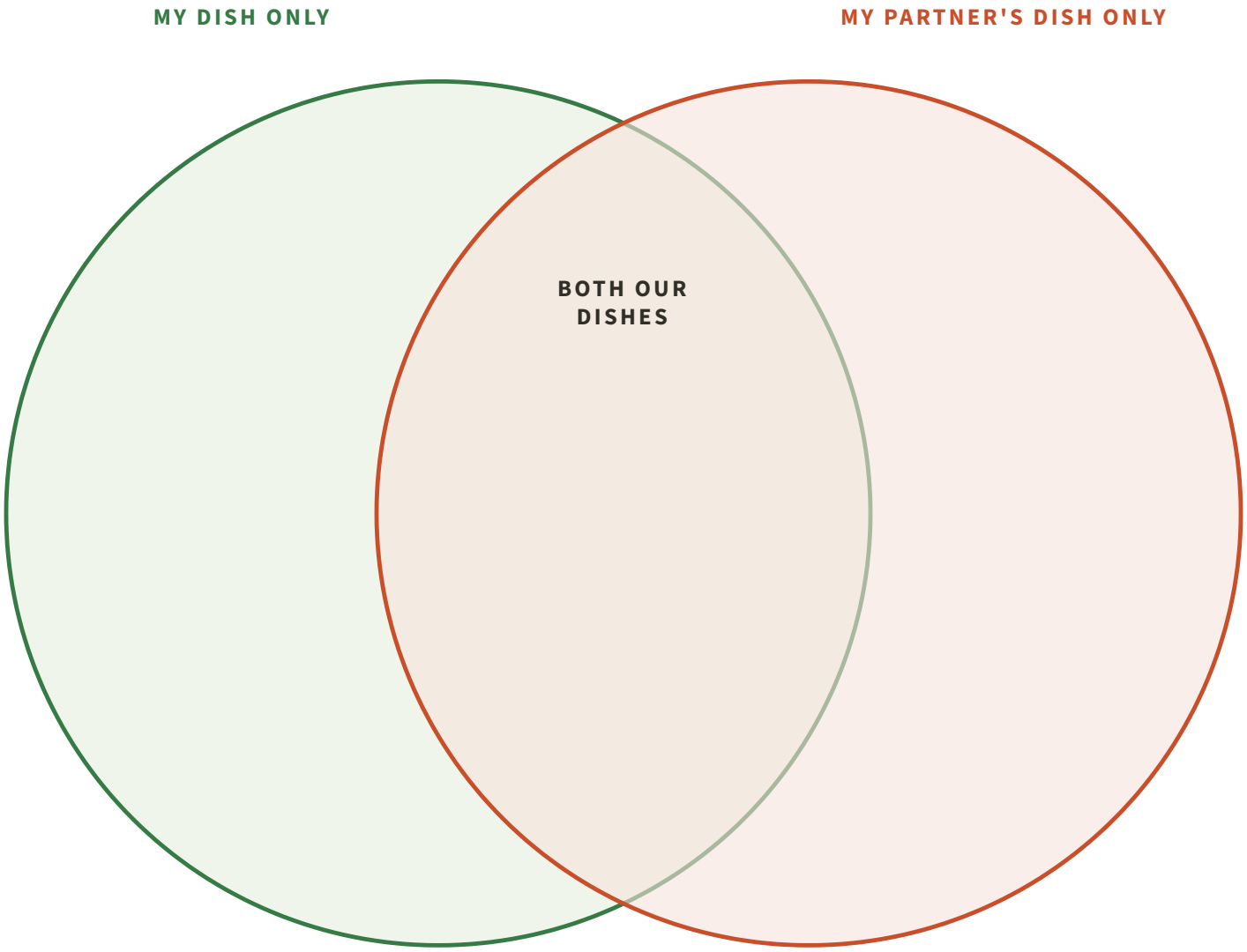
Extra: If you can, attach the recipe or bring a photo, drawing, or small sample to share with the class!

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Family Food Tradition

Share your Favorite Family Dish with a partner. Use the circles to find what is the same and what is different.

MY NAME _____ PARTNER'S NAME _____



Things to compare: the ingredients, when you eat the dish, who makes it, where the recipe came from, and the story behind it.

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Class Cookbook Entry

Share your Favorite Family Dish so it can live on in our Class Cookbook!

NAME _____ DATE _____

1 **Dish name**

2 **Where the recipe comes from**

3 **Ingredients (list the main ones)**

4 **The story of this dish**

Who makes it? When do you eat it? Why is it special?

5 **Draw the dish or attach a photo (optional)**