ACTIVITY: FOOD TRADITIONS

Family Food Tradition Interview

Interview a classmate about meaningful foods and eating practices in their family. Take notes; you'll use them in the small-group Venn diagram.

NAME _____ DATE _____

PERSON I'M INTERVIEWING _____

How to be a good interviewer

- Ask one question at a time, then listen.
- Follow up with curiosity: "Tell me more about that."
- Take notes; don't try to remember everything.
- Be respectful: every food tradition has value.

How to be a good speaker

- Share what feels right to share.
- Use specific details: names, places, foods.
- If you don't know an answer, that's okay; say so.
- Help your interviewer understand what matters to you.

Interview questions

1. **What is a food your family eats regularly, or for special occasions?**

_____

_____

_____

2. **Who makes this food? Have you helped make it?**

_____

_____

_____

3 **Where does this food come from in your family's history?**

Country, region, culture, or a person who passed it down.

4 **When do you eat this food?**

Daily? Holidays? Birthdays? Sad days? Happy days?

5 **What makes this food meaningful to your family?**

6 **Is there a story or memory connected to this food?**

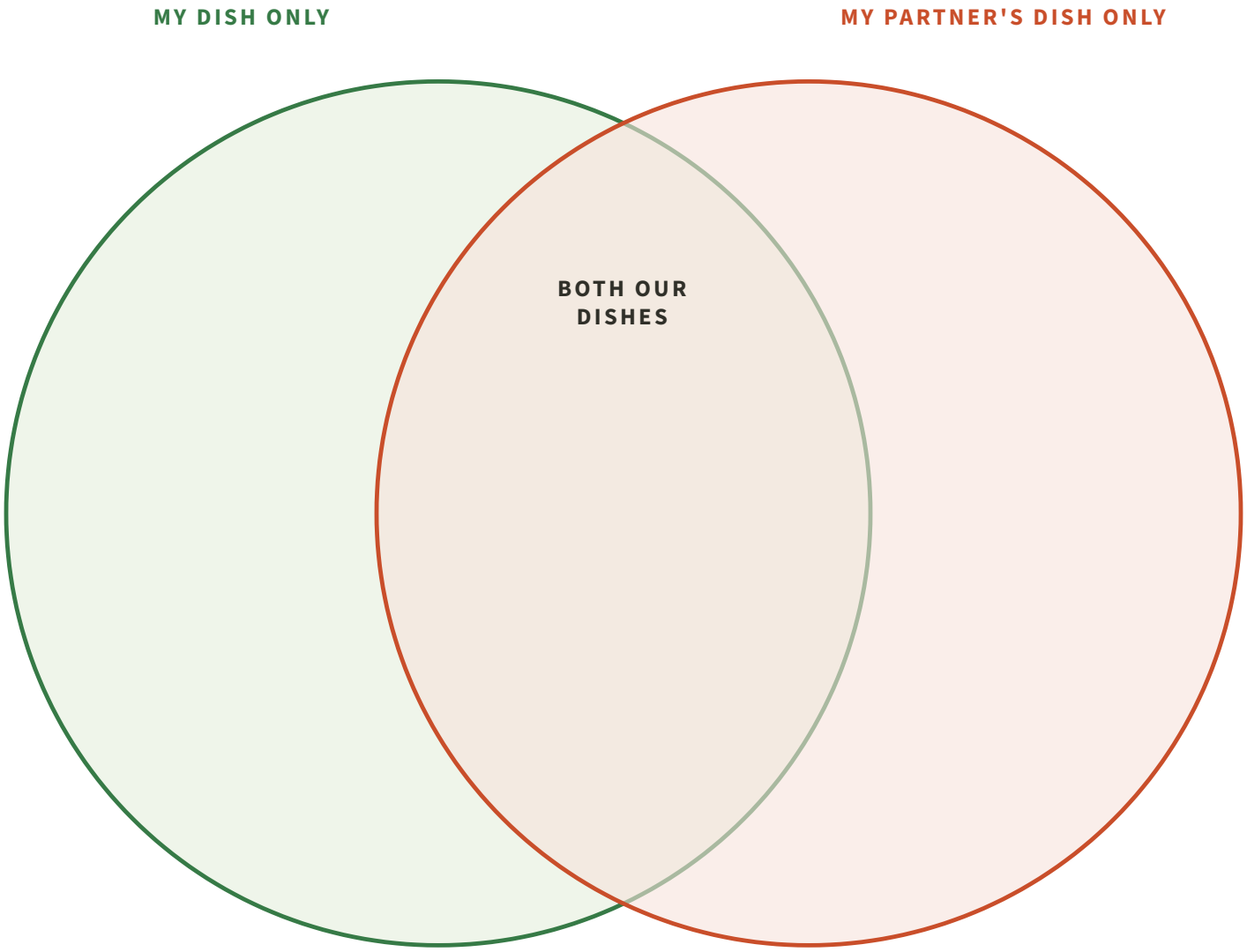
7 **Your own question: what else do you want to know?**

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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

Your contribution to a shared record of the food traditions in this classroom. Bring the dish from your Family Food Tradition Interview to life on the page.

NAME _____ DATE _____

1 Dish name

2 Where this recipe comes from

3 Who shared this recipe with you?

Name and relationship: the person you interviewed, or whoever holds this recipe in your family or community.

4 Ingredients

List the main ingredients. Include approximate amounts if you know them.

5 How it's made

A short set of steps, enough that someone else could follow along. Numbered or in sentences, your choice.

6 The story of this dish

This is the part that turns a recipe into a tradition. Write a full paragraph; the story is what makes the recipe worth keeping. Consider any of these; you don't need to answer all of them:

- Who makes this dish, and when is it eaten?
- Where did the recipe travel from before it reached your family?
- What does this dish mean to the people who share it?
- Has it changed over time: ingredients swapped, steps shortened, new hands making it?

7 Why this dish belongs in our Class Cookbook

One or two sentences. What would the class miss if this dish weren't in the book?

8 Draw the dish, or attach a photo (optional)