

Recipes Link Generations

Directions Family recipes and food traditions can link families over generations. Identify an older family member or other older adult who cooks (or used to cook). It might be a grandparent or other relative, neighbor, or adult friend. Ask that person to talk with you about food traditions and family recipes. Use the questions below. Summarize the answers on a separate piece of paper. Also, ask the person to share a recipe with you, as described in the box below.

1. What were your favorite foods when you were a child?
2. Did you have special foods for particular holidays or occasions? What were they?
3. How did you learn to cook?
4. Did you cook or help cook when you were a child? Please tell me about it.
5. Did you use written recipes when you cooked? If not, how did you know what to do?
6. After you grew up, how was your cooking the same as—or different from—the cooking in your childhood home?
7. Do you think it is important to pass food traditions from one generation to the next? Why or why not?

Passing Down a Recipe

Ask the person you interviewed to teach you a recipe. It may be something the person makes without following a written recipe or even measuring ingredients. It may be easier for the person to demonstrate making the item in the kitchen. You can ask questions and write down what is happening.

Then write the recipe in standard recipe format. List the ingredients, making sure you include any units of measurement, such as teaspoons, tablespoons, and cups. Write a numbered list of steps for making the food. They should be instructions, such as *mix* and *bake*. Try out the recipe yourself and revise it so that it is clear enough for anyone to use.