

# Activity 2

## Family Cookbook

Celebrate your family's cooking traditions by creating a unique family cookbook. Invite all your family members to participate in the process.

### Supplies

- glue or tape
- colored markers
- 3-hole punch
- clear plastic page protectors
- 3-ring binder
- page dividers with colored tabs

**Part I Directions:** Contact your relatives and explain your project. Ask them to write down their favorite recipes for each of the categories listed below and give or send them to you. Suggest that they also send personal photos that you can include in your book, and any cooking tips that they would like to share with others.

### Categories

appetizers

salads

side dishes

main dishes

desserts

beverages

**Part II Directions:** Construct your family cookbook by taking the following steps:

1. Glue or tape the recipes onto separate sheets of paper. Use the colored markers to print the name of the relative who sent the recipe. Place the photos of your relatives near their favorite recipes, spreading the photos throughout the book.
2. Add more interest by sprinkling the cooking tips throughout the book.
3. When your pages are complete, use a 3-hole punch to punch holes in them, then place them in plastic page protectors. That will help the pages stay clean when you use them.
4. Sort the recipes into their categories, and place the pages in a binder in the order desired. Separate the categories with page dividers, labeling the tabs with the name of the category.
5. Design a cover for your binder and glue it onto the front of the binder.

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# Activity 3

## Place Mat Pizzazz

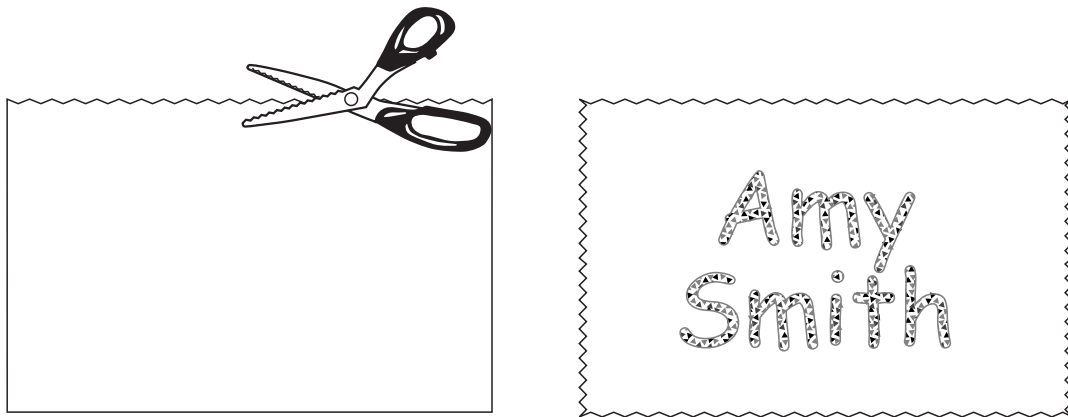
Create special theme place mats that you can use for the holidays or just for everyday fun.

### Supplies

- 1½ yards (1.4 m) of heavy-duty interfacing
- 1 yard (0.95 m) of cotton print fabric of your choice
- 1 yard (0.95 m) of clear plastic vinyl
- pinking shears
- glitter pen
- large paper clips
- confetti or flat sequins

**Directions:** Follow these steps to create four place mats.

1. Cut the interfacing, print fabric, and vinyl into four 3-in. × 18-in. (7.5-cm × 46-cm) rectangles. Use pinking shears to finish the edges. **See Fig. 3-1.**
2. On the right side of each square of the print fabric, write the name of a family member, or a holiday greeting, using the glitter pen.

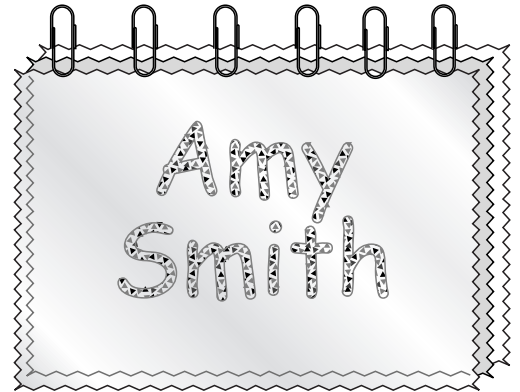


**Fig. 3-1**

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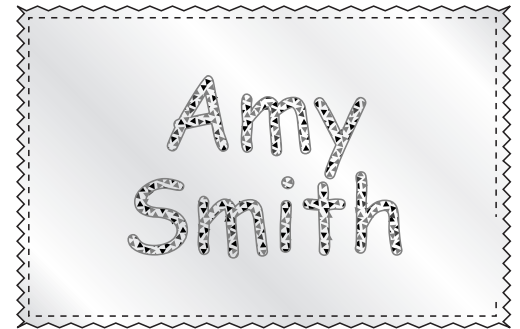
**Activity 3** *continued*

3. For each place mat, prepare three layers that you will sew together. Place the interfacing on the bottom, the print fabric (right side up) next, and then the vinyl on top. Use large paper clips to hold the layers together. **See Fig. 3-2.** *Note: Do not stick pins through the vinyl. The pinholes will remain.*



**Fig. 3-2**

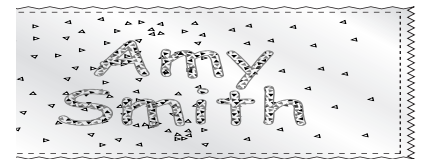
4. Machine-stitch around the edges using a ½ in.-wide (1.3 cm-wide) seam allowance and leaving a small opening in one side. **See Fig. 3-3.**
5. Use the small opening to sprinkle confetti or flat sequins between the print fabric and the vinyl. **See Fig. 3-4.**



**Fig. 3-3**



**Fig. 3-4**



6. Stitch the opening closed.
7. Wipe the mats with a damp cloth to clean them.