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Foodways A 4-H Folkpatterns Project – Folk Food Art/Food Story Starters

Michigan State University Cooperative Extension Service

4-H Club Bulletin

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When Food Doesn't
Make a Meal

Food Folk Art

- PURPOSE:** To become aware of some of the forms of folk art made from food
- YOU'LL NEED:** Pen or pencil
- TIME:** 5-10 minutes
- HOW TO DO IT:** Draw a line between the food and the art object it can be used to create.

Food

1. Pumpkin
2. Cookies and candy
3. Eggs
4. Gourd
5. Apple
6. Corn cob
7. Dried beans
8. Orange with cloves

Art Object

- a. Bird house
- b. Rattle or necklace
- c. Jack-o'-lantern
- d. Gingerbread house
- e. Doll
- f. Pysanky (Ukrainian egg art)
- g. Pipe
- h. Pomander

NOW WHAT?

1. Learn to make some folk art objects or toys. Instructions for some are included in the following activities. Ask people you know if they know how to make decorative things from food. If they do, have them teach you.
2. Make a list of all the items in your house that contain food or food by-products for non-eating purposes. Share your list at your next meeting.

Food Story Starters



Food in Folklore

PURPOSE: To become aware of food-related stories you have heard, to record some of them, and to develop writing skills

YOU'LL NEED: Pen or pencil

TIME: 15-45 minutes

HOW TO DO IT: If you have a story about yourself or have heard a story on any of the following topics, write down whose story it is and a few notes to help you remember it. Try writing down or tape-recording the whole story. Some ideas for story starters are listed below.

- The most unusual holiday meal
- The best meal I ever ate
- The worst meal I ever ate
- The first (or the biggest or the most) fish I ever caught
- The most unusual food I ever ate
- A memorable canning experience
- Foods I had on a trip
- Foods we ate during hard times
- How I learned to cook
- How I learned to measure ingredients
- Food that makes my mouth water
- When I won a prize at the fair
- How I stopped the deer (or bugs) from eating my garden
- The best cook I know
- The biggest eater I know
- The fussiest eater I know
- A memorable experience when I worked in a grocery store (or food stand)
- Once when I was harvesting apples (or wheat, cherries, or beets) . . .

- NOW WHAT?**
1. Collect stories from other people also. Put all your collected stories into a book and draw pictures to illustrate them.
 2. You could also select a story for your group to act out during the fair or at a school event.