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Family Folklore- A Family Recipe
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A Family Recipe



- PURPOSE:** To learn something about your family's food customs
- YOU'LL NEED:** Pen or pencil
- TIME:** Varies
- HOW TO DO IT:** Talk to your friends, neighbors, parents, grandparents, and/or other relatives to see if they have any traditional family recipes handed down from one generation to the next. Choose one to record on the "Old Family Recipe" form. Find out as much as you can about the recipe such as where it originated, whether it was prepared for certain holidays, what other foods were served with it, etc.

Old Family Recipe

(Your name)

(Age)

(County)

(Name of recipe and its cultural origin)

(Person who shared this recipe with you)

(Age)

INGREDIENTS:

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DIRECTIONS:

Who makes it or made it the best?

Where did the recipe come from?

When is this food served?

How is it served?

Can you tell anything else about this dish or the cook who made it?

WHAT ELSE?

1. Share your collected recipes with your friends in 4-H or at school. Make a cookbook of your group's favorite recipes.
2. Organize a family customs potluck dinner (see "Family Customs Potluck Dinner" activity sheet).