



Directions: Did you know that some historians study food? These “food historians” use food as a lens to understand topics such as family life, immigration, imperialism, cultural exchange and cultural diffusion. For this activity, you will become a “food historian” and explore the history and stories behind one of your favorite meals made by your family or loved ones. Find a family member, or loved one, and answer the questions below. Consider making the meal while you work on this activity.

Teachers (and interested students!), click [here](#) for more information about this lesson

What is your favorite meal that your family makes? *This should be a meal unique to your family and/or unique to your culture. It can also include meals that merge your family culture with another culture. For example, many Latinx families enjoy eating a hot dog in a tortilla.*

What is it about this meal that makes it your favorite? *(Describe flavors, textures, and even emotional connections such as a memory that is triggered when you eat this meal)*

What ingredients are in this meal? List them below. Put a * next to the ingredients that are unique to your family or culture, and then explain what the ingredient is. *Discuss this question with a family member or loved one.*

When is this meal typically prepared? *(example: holidays, birthdays, family gatherings, on busy days)*



Ask a family member, or loved one, the following questions:

Where did this meal originate?

What was life like there?

How long has/did your family reside there? If applicable, ask why your family left that place?

Ask a family member, or loved one, how the meal is prepared? List the steps below.
Consider making the meal with your family member or loved one.

How does this meal help you understand your family's history and/or culture?

Insert a picture of the meal here. Optional: also include a picture of the family member, or loved one, who you helped to cook the meal