

MAKING FOOD

The food we enjoy and share can be an important part of our heritage. Making food can be a fun way to connect with other people in our family and community.

DOCUMENT A RECIPE

1. When you think of home, what foods do you think of? What are your favorite meals? Make a list.
2. Choose one meal that you could make at home.
3. Figure out the steps to make that meal. Does it come from a recipe? Is it something that someone in your family knows how to make? If you're not sure, try looking up a recipe online.
4. Cook that meal with someone at home. First, gather your ingredients. Take a photo of everything you will use to make your meal. Which ingredients come from plants?
5. Then, follow the steps to make your meal. Take a photo at different steps to show the process.
6. Once your meal is finished, take a photo. Then enjoy eating it together!

If you don't have a camera, draw or write about those parts on a piece of paper instead.

