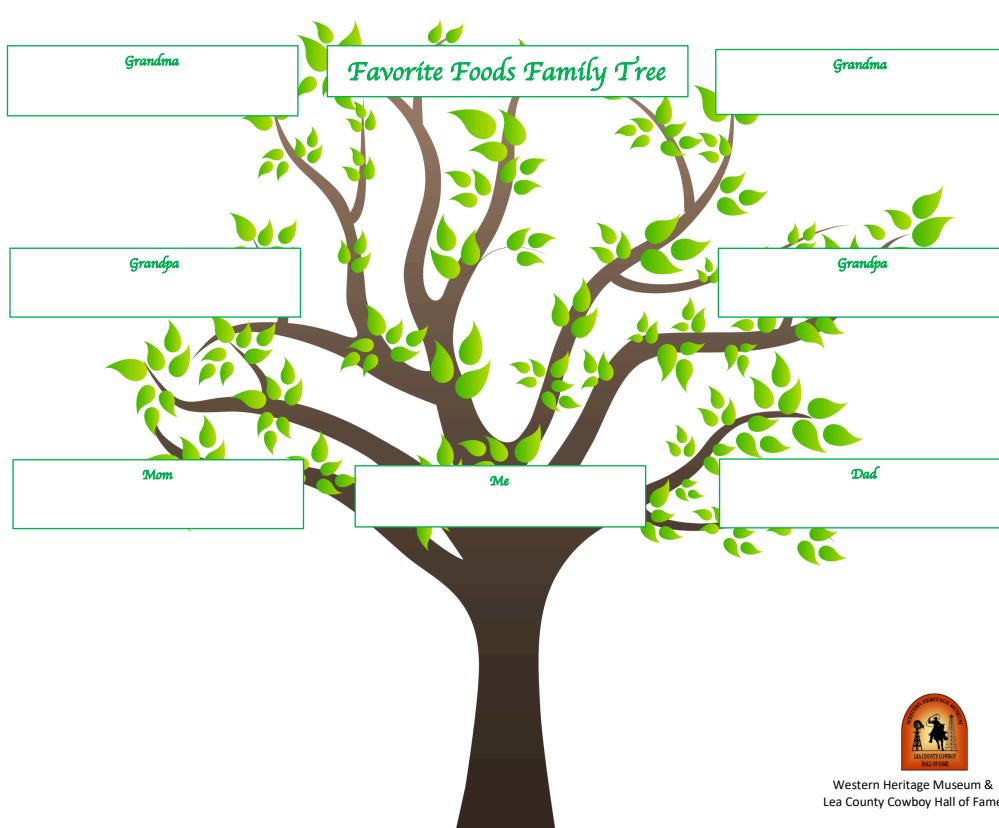


## **Favorite Foods Family Tree**

Mary Lyle, Director of Education

Because the COVID 19 virus has caused us to spend a lot of time in our home. We are cooking at home more than ever. I am getting calls from my children for recipes they loved when they were youngsters and would like to try to make for their own families. There is nothing more gratifying than sharing memories that the recipe evokes.

A fun activity that you can do with your children is creating a *Favorite Foods Family Tree*. This activity requires a few basic materials that everyone has at home. Use the template and an example *Favorite Family Food Tree*



## **FAVORITE FOODS FAMILY TREE**

**Supplies:** Paper, scissors, glue stick or tape, pencil, and old magazines. You can also use crayons, markers, colored pencils if you wish.

### **Instructions:**

1. Print the template provided or draw your own Family Tree.
2. Write the names of the members of your family you would like to include.
3. Interview your family member asking them to tell you about their very favorite food or meal.
4. Find pictures of the foods they identified in an old magazine and cut out the picture. Glue or tape it in the space under each person's name.  
OR – draw a picture of the food in the space under their name.
5. Find recipes for your family's favorite foods.

## **Cooking with Children**

Cooking with children takes a great deal of patience. Be prepared for spills and other messes – don't lose your cool! There are several important skills your children will master during this process.

Choose a Favorite Family Recipe with your child/children. Make sure that they help with each of the next steps. If your child can read, let them read the instructions out loud.

1. Gather all of the ingredients.
2. Measure the ingredients as directed in the recipe.
3. Prepare according to the directions.
  - a. USE CAUTION when operating electronic appliances or sharp knives.  
Baking and stovetop cooking requires adult supervision at all times.
  - b. Make sure that the task you give the child is age appropriate.

When the cooking process is finished, serve and enjoy the Favorite Family Recipe.