Make a Family Recipe

Sharing food is a great way to spend time with and learn about our families. Discovering the traditions of our families brings the family together and helps us connect to those who came before.

Modify this activity as needed and use your own ideas to make it work for your family or group.

AT THE ACTIVITY

Make a family recipe together. It might be a recipe that has been passed down from a family member or a recipe from a country where your family came from. Share memories of current family food traditions. You can discuss why they’re significant to you and what you love about the ancestor that passed them down. You can also talk about the types of foods your ancestors may have eaten and find recipes for their daily eats, holiday treats, and special occasions.

AFTER THE ACTIVITY

You may also want to contact a member of your extended family to find out more about a recipe and the individuals who passed it down. You may even want to create a family cookbook that includes the recipe or preserve the memory by adding it to FamilySearch.org.

Ideas for facilitating this with your class, group, or quorum:

You can also do this activity with a larger group of people. Invite them to share their recipes, the food, and their memories of that food as well.