



## USE A FAMILY RECIPE TO SHARE FAMILY STORIES

The purpose of this activity is to help class members get to know more about their families and how to use family recipes to share stories. This activity will provide a way for class members to help others know more about their families and feel the Spirit and an increase of love for their families.

### TIME:

40 minutes

### MATERIALS NEEDED

- Paper
- Pens and pencils

#### *Optional Materials:*

- Samples of the recipe
- Copies of your recipe and possibly a few other people's family recipes that you can share with the class
- Plates, cutlery, and napkins

### PREPARE

- 1. Review the activity instructions.
- 2. Gather all materials needed for the class.
- 3. Select a family recipe to share, preferably one that has been used for multiple generations, is significant to your family, or is often used for major family activities.
- 4. Invite all attendees to bring a family recipe to family discovery day to share.
- 5. Arrange for a few class members to be ready to share the story of and copies of their recipes with the class.
- 6. Think of activities you could do in your own family to make your family recipe more significant for your children.
- 7. Prepare or ask someone else to prepare a dish for class members to taste.
- Optional:* You may invite additional participants to bring prepared food to share.

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## CONDUCT THE ACTIVITY

We encourage you to modify this activity as needed and to use your own ideas and creativity as you accommodate to the needs and the interests of the people in your area.

### Step 1: Plan in Advance

Invite those attending your family discovery day to come prepared to discuss a favorite family recipe. Ask them to be ready to tell about where the recipe came from and something that they loved about the family member who shared the recipe with them. Invite them to bring a copy of the recipe and, if desired, a prepared dish for the class to try.

### Step 2: Introduce the Activity

Discuss how knowing simple things about our ancestors can help us feel closer to them. Eating meals together is a great way to strengthen family bonds across generations. Explain that sharing food is a great way to spend time with and learn about your family.

### Step 3: Share Recipes

Share a recipe from your family. Explain why it is significant to you and your family. Tell the group something about where it came from and what you love about the ancestor that passed it down.

If you have made samples of the recipe, invite class members to eat some of what you have made (you might wait until the end to share food samples). Repeat the process for each member of your group who has prepared a recipe.

*Important: Some class members may have food allergies. Make sure you provide a disclaimer of what is in the food before you share.*

### Step 4: Discuss the Power of Recipes

Ask the class to come up with ideas about how they could use their recipes to draw their families closer together and to learn more about their ancestors. You could suggest the following ideas.

- Write down the recipe along with some stories about the people who have cooked it.
- Contact a member of your family to find out more about the recipe and the people who have cooked it.
- Create a family cookbook that includes the recipe.

- Have a special family dinner where the recipe is featured, and invite others to share stories about your ancestors.
- Have a family home evening where you teach your children to make the recipe, and while you are making it, share stories about your family.
- During a family home evening, talk about the types of food your ancestors may have eaten, and then provide samples for your family to taste.

### Step 5: Invite

Invite class members to think of ways that they might use food to preserve memories about their families or to keep family traditions alive. This might include recording a grandparent or parent making the traditional recipe or writing the process down in storybook form.

Invite them to preserve the memory by adding it to FamilySearch.org.

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## ADDITIONAL IDEAS FOR CONDUCTING THE ACTIVITY

The following are optional ideas for this activity.

**Idea 1:** During the introduction ask the class what their favorite foods are. Make a list on the board of these favorite foods. Discuss why these foods might be their favorite, when they eat these foods (special occasions), and how they feel when they eat them. Ask them how they would feel if in four generations their family had no idea about these foods.

**Idea 2:** Set up a room with enough space to put food on tables. Invite individuals to bring a traditional family dish to share. Next to each dish place a copy of the recipe and a short paragraph about why the food is part of the family's history. Those who attend the event can taste the food and take photos or write down the recipes and stories. These photos of the dish, recipes, and stories can be added to FamilySearch.org.

**Idea 3:** Encourage youth in the class to share a new recipe and other information they learned about their ancestors on social media and use the hashtag [#FamilyDiscoveryDay](#) (or another applicable hashtag). Encourage them to tag friends and family that might find this information interesting or who would benefit from participating in family history work.

**Idea 4:** Have a cooking demonstration for one of your recipes, or if there is an individual in your area with a special cooking talent, invite them to demonstrate their skill and share the history behind a dish and how it relates to their family.