

FAMILY RECIPE

MATERIALS |

None

OBJECTIVES | The objectives of this activity is for participants to learn about each other’s life experiences and to identify how food can be an important reflection of our cultures and backgrounds as well as a way of connecting with others.

FACILITATOR INSTRUCTIONS |

Divide participants into groups of 3 Or 4

Remind participants of our expansive definition of “family” that moves beyond who you are related to or may live with (see “My Family” activity).

Ask participants to think of a family event—real or imagined—such as a holiday gathering, a Sunday dinner, or some other event where there might be food.

- What is the one dish that is almost always there, or that you wish were there, or without which it would not feel like a true family gathering?
- Do you know the recipe?
- Do you like it? Or is it just tradition?
- Who usually makes it in your family? Or who would you want to make it?

After each person has shared have participants reflect on whether or not there are any similarities or differences in what they shared.

- Do you all have similar food traditions?
- If your foods were similar, why do you think that is? If they were different, why do you think that might be?
- How were your experiences similar or different?

DEBRIEF QUESTIONS |

- What did it feel like to do this activity?
- What did we learn about each other?
- In what ways are we similar? In what ways are we different?
- What kind of things may have made this activity harder for some of us than others?



SUPPORTING MEDIA |

<https://www.michiganlearning.org/sharing-who-we-are/>

NOTES |

Ask participants to write down their family recipes if they would like to include them in their portfolios.

WARNING: This activity may be triggering or harmful to participants who do not have positive connections with their families or for whom food is not always accessible. Emphasizing the option of creating a fantasy gathering may help address this challenge.