

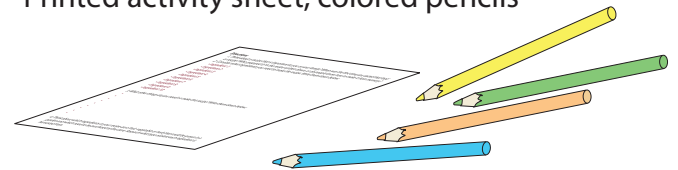


The Challenge:

To explore traditional, cultural and family recipes and the ingredients that make them

You Will Need:

Printed activity sheet, colored pencils



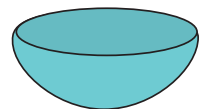
1. Think about a recipe that is important to you or your family. When was the first time you tasted that food or recipe? Who prepared it? Is the recipe written down, or do people know how to make it from memory?
2. What ingredients do you need to make the recipe? Write the names or draw them below. Here's an example.

cilantro



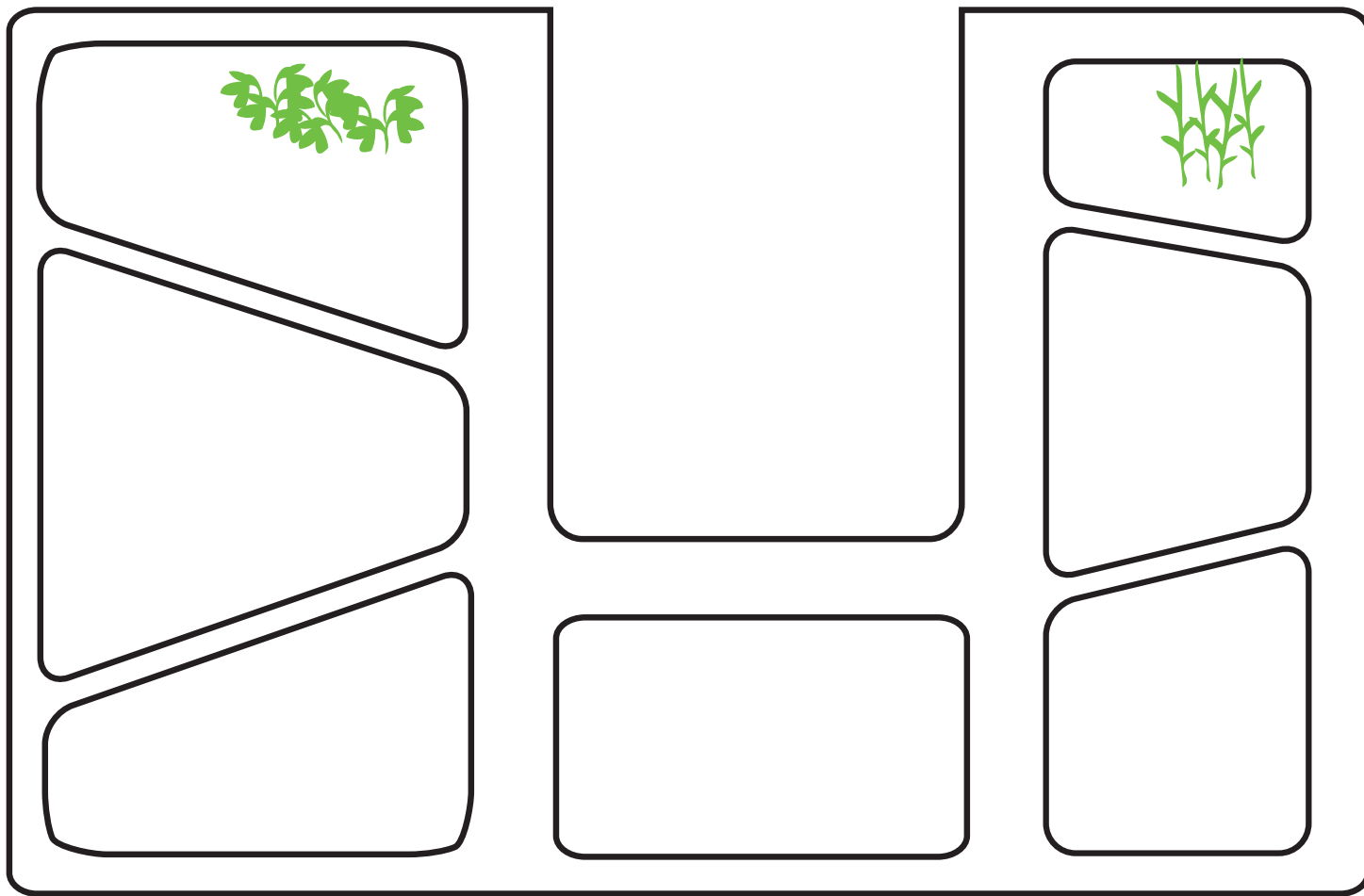
3. What other things do you need from the kitchen to make this recipe (a mixing bowl, spoon, stove)? Write the names or draw them below.

bowl



4. How do you combine your ingredients to make your recipe? Write or draw the steps below.

Draw the plants for your recipe in the garden below.



Which ingredients are fruits, vegetables or herbs?
Which ingredients could be grown in a garden?
Which would you buy at a store?
Do your ingredients include roots, stems, leaves, flowers, fruits or seeds?



Ask your grandmother, grandfather, aunt, uncle, or neighbor about what they ate when they were a child. Where did they get the ingredients for their food? A garden? A farm? The store?

GrowingGreat is a Los Angeles nonprofit with the mission to empower children to make healthy food choices through hands-on science and garden education. For more activities like this one, in Spanish or English, email info@growinggreat.org.

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This activity was created through a Polar STEAM partnership between Yoko Kugo and Michael Koskey (research team), GrowingGreat, and the Anaktuvuk Pass community.



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