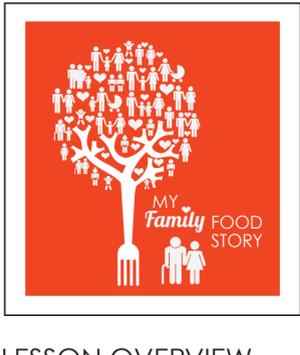


MY FAMILY FOOD STORY



This kit will help you in your leadership as you inspire others to do Family History by preserving their recipes and recording their favorite foods and Family Food Traditions. We each have our own Family Food Story, what's yours? You can adapt this lesson for Family Home Evening, Primary Sharing Time, Activity Days, YW /YM Activities, Personal Progress and Relief Society Enrichment Activities.

LESSON OVERVIEW



INTRODUCE CONCEPT



WATCH VIDEO

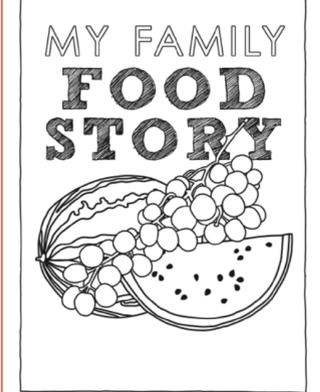


BLUE RIBBON ACTIVITY



WRITE IN BOOKLETS

MY FAMILY FOOD TRADITIONS / LESSON OUTLINE



TO DO: Prepare to show the video "Family Food Traditions - 70 Years of Rice Pudding.." Print a copy of the "My Favorite Food Story" booklet, one for each person. Bring pencils and a favorite food.

LESSON OBJECTIVE: Help the youth understand that each of us have our own **Family Food Story**. It includes family recipes, favorite family foods and special traditions that surround those foods.

INTRODUCE & IDENTIFY CONCEPT: Help them recognize what a Family Food Tradition is.

INSTRUCTIONS: Start by asking, "Does your family have a favorite food that is in some way special to your family? {Let them respond} Let's watch a short video of how Rice Pudding became an important part of one family's history."



WATCH VIDEO



DISCUSSION: In the video, Betsy took Bob's love for Rice Pudding and decided to **wrap a tradition** around it.

What **NEW** tradition did Betsy start?

When would she make Bob Rice Pudding?

What was it a symbol of?

What things are needed to make a **NEW** family food tradition? {**SHOW** the **Guide to Starting a Family Food Tradition** Infographic - see printables}



A favorite family food can become something truly special when a tradition is wrapped around it.

*Rita Gooch took her parent's tradition of making Rice Pudding and **added her own special touch...** whenever it rained her boys knew they would be running home to warm Rice Pudding.*



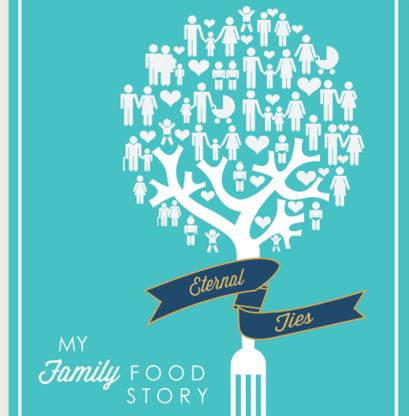
SHARE: Rice Pudding took on greater meaning as it became a traditional comfort food and **an expression of love** within the Sorbonne Family.

RICE PUDDING BECAME PART OF THEIR FAMILY STORY.



FAMILY FOOD TRADITIONS / POSTERS

SHARE: **Family Food Traditions tie us together and they tie us to our Family Tree.** Have the youth take turns reading the family history posters (see printables.)



BLUE RIBBON ACTIVITY

SHARE: A fun part of Family History is **preserving** our family's favorite foods and recipes but it's **also about creating our very own** Family Food Traditions.

We often overlook that the foods we share as a family tie us together.



SHARE: Family recipes and traditions tie us to our ancestors and they tie our posterity to us. **A blue ribbon can be a symbol of the ETERNAL TIES** that are made from doing **Family History**. The color **blue** symbolizes loyalty, trust and confidence. Our ancestors have **confidence in us** that we will **STEP UP** and do their **Family History**. Our posterity will be more connected and tied to us as they **STEP BACK** in time and read about us... our day, our favorite foods & traditions and our history.

GIVE each youth a "Family Traditions" tag {see above} and ask them to first brainstorm then record on the tag their very own Family Food Tradition. {When we taught this lesson to a large group of Young Women, a cute girl said, "In my family, I'm going to have a tradition that when my kids fight they actually have to go outside and have a **food fight** with instant **mashed potatoes**."} Have fun with this activity - get creative!

MY FAMILY FOOD STORY BOOKLET

IN ADVANCE, CONSIDER MAKING ONE OF YOUR FAVORITE FAMILY FOODS OR SHARING A FAMILY FOOD TRADITION.



MY FAMILY FOOD STORY BOOKLET

SHARE a little bit about the history of your favorite food. If you have a hand written recipe, bring it. If it is recorded in a family recipe book, show it. If you have time, make it and share it while they work on writing in and coloring their booklets.

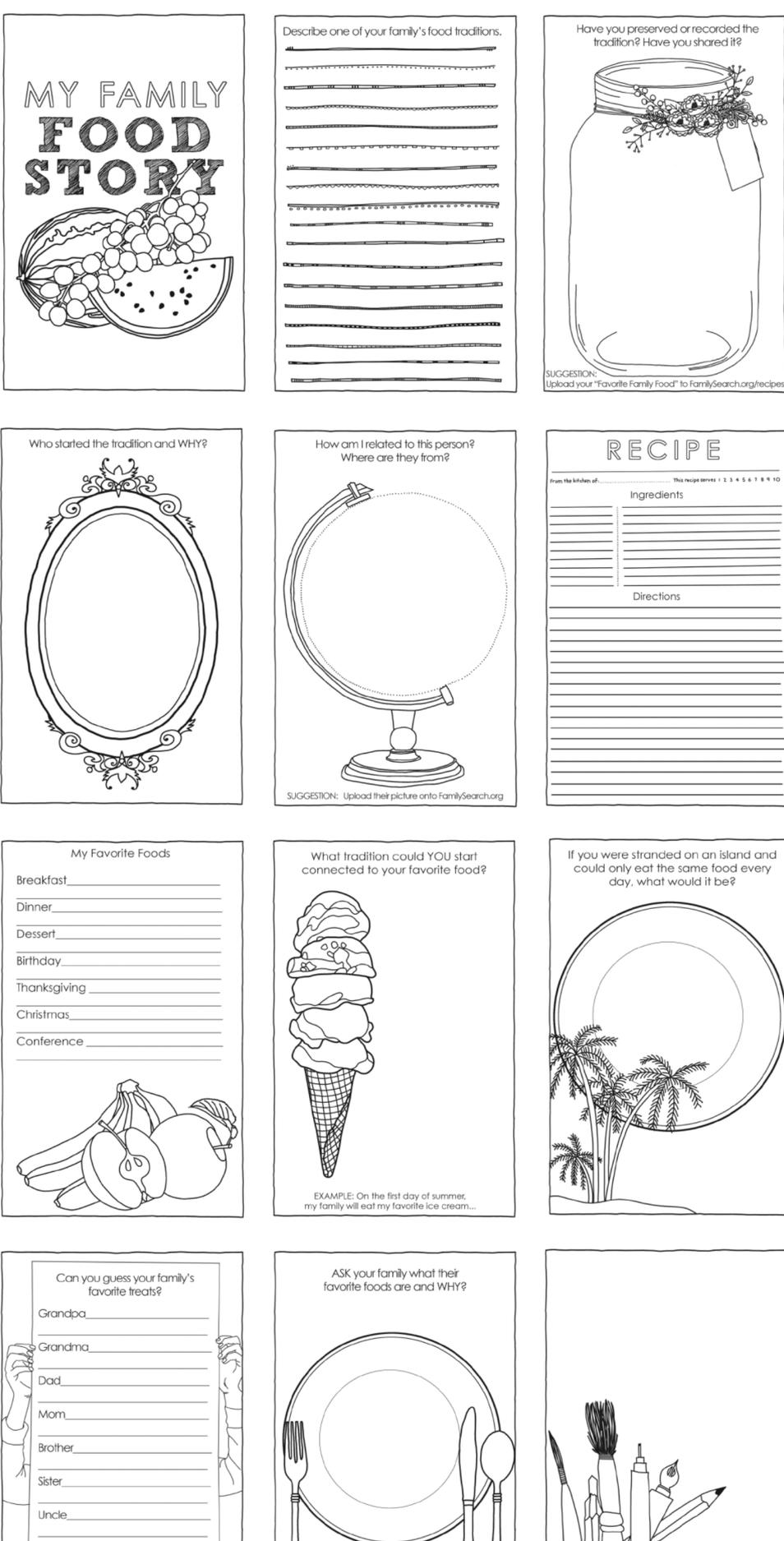
REVIEW each page of the booklet with them so they have an overview of what they will do next.

EXPLAIN that the page with the ice cream cone asks them to create and idea for their own Family Food Tradition, this will be where they write down the details of their new family food tradition.



Bring lots of colored pencils and markers!

"MY FAMILY FOOD STORY" BOOKLET PREVIEW. . .

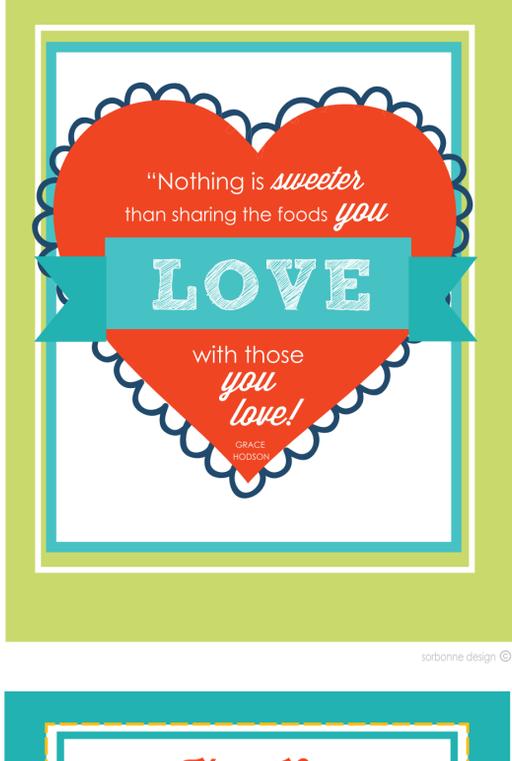


UP NEXT... PREVIEW TEACHING PRINTABLES FOR THIS LESSON

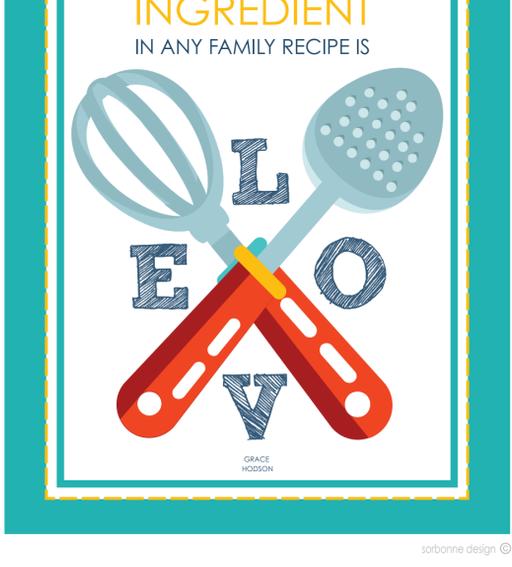
LESSON CONCEPTS

The graphics and art in this kit are owned by or created by April Sorbonne and Allison Kimball. We hope this kit inspires those you lead and guide to discover the JOY of doing Family History and recording their Family Food Stories.

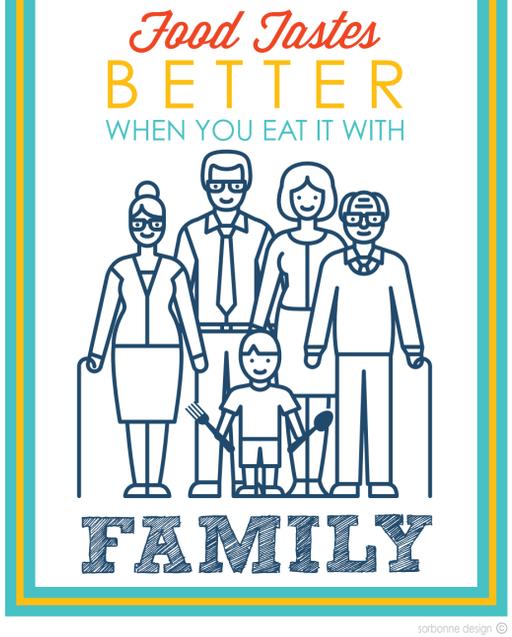
The teaching concepts in this kit/pdf are the intellectual property of April Sorbonne and Allison Kimball. © All art is copyrighted. ©



sorbonne design ©



sorbonne design ©



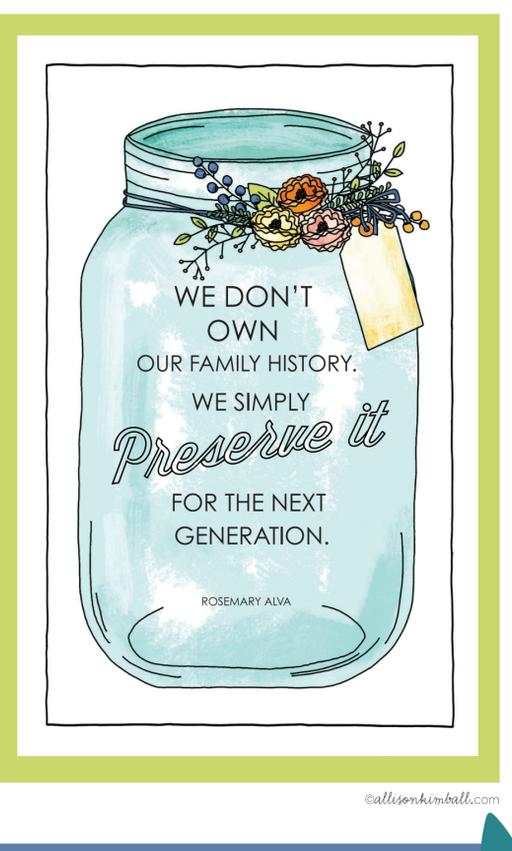
sorbonne design ©



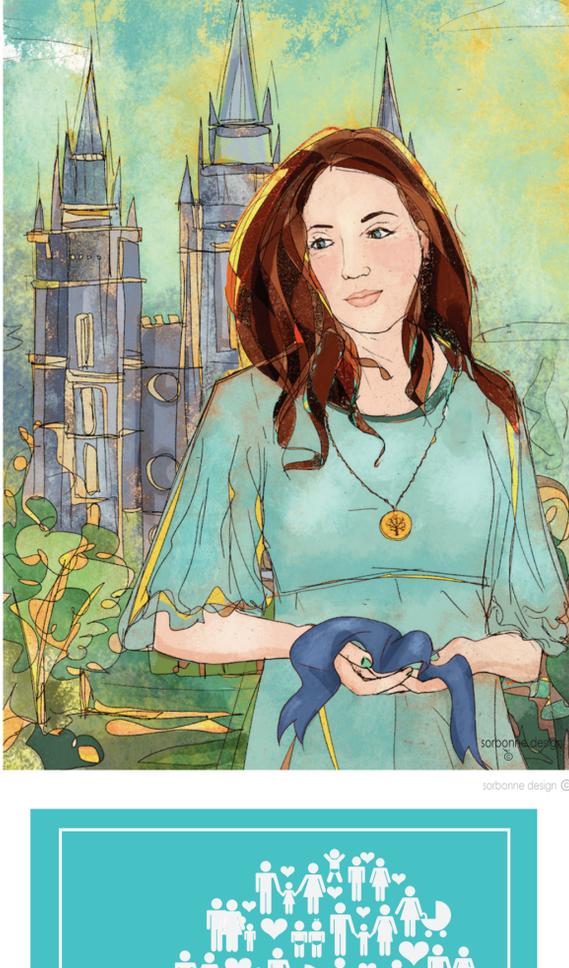
sorbonne design ©



sorbonne design ©



@allisonkimball.com



sorbonne design ©



sorbonne design ©