

Share Your Food Tradition

What are your food traditions? Food traditions are foods you share together with people in your home or friends because they are important to you. It may be a recipe your family has passed down through generations or a new recipe you have every Tuesday night. Think of a food or recipe important to you.

Instructions: Fill out the recipe in the worksheet below, draw a picture of the food and share a story about this food.



Recipe Name: _____

Ingredients Needed:

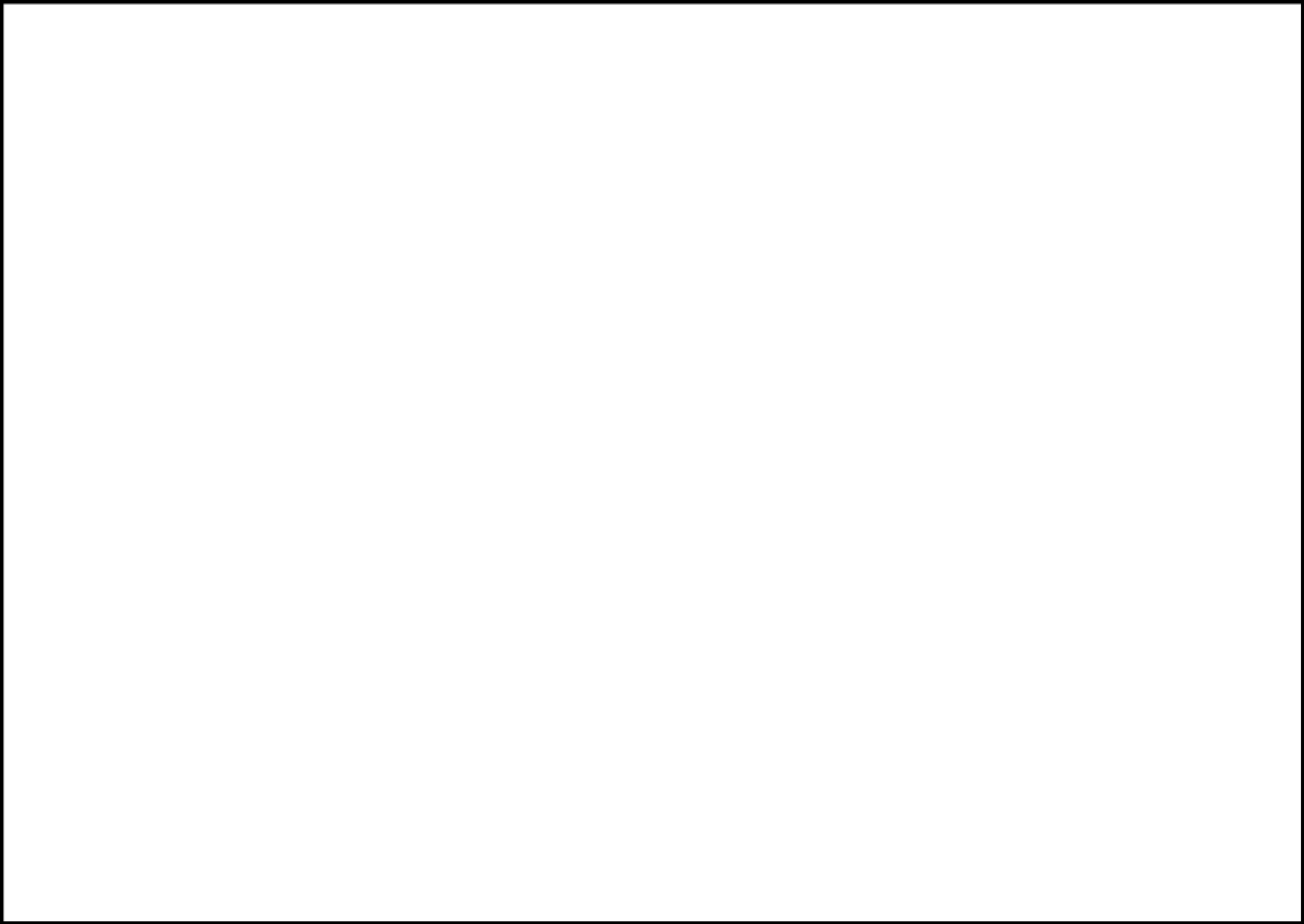
- | | |
|----------|-----------|
| 1. _____ | 7. _____ |
| 2. _____ | 8. _____ |
| 3. _____ | 9. _____ |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |

Directions:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Share your story about the food: _____

Draw a picture of the food:



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