



## *FOOD HISTORY – INQUIRY PROJECT*

**GRADE LEVEL – 4 to 12**

### **INTERGENERATIONAL FOOD STORIES**

#### **DID YOU KNOW?**

- Personal and family stories are rich in history
- Food and family recipes are one of the most persistent aspects of traditions
- Family food stories help us define who we are and where we come from

**Almost every family in BC has a story to tell about food traditions past and present. Your Eat Your History inquiry is to use food as an opportunity to tell stories of “way back when” by collecting stories of the past from family members or seniors in your community.**

- Conduct your research by interviewing elders, grandparents, or seniors in your community (in person, by phone, or by email, Skype, etc.)
- To get the best quality information prepare your questions in advance, for example:
  - What memories do they have of food provision (Where did they get their food? did they have a favourite shop, grocer? Did they grow their own food? Did they go to farms or fishing docks? Did they gather, hunt, fish for their food? What foods were commonly eaten?)
  - How was food stored? (e.g., refrigerators, freezers, root cellars, dried or preserved, or ?)
  - How was food prepared? (e.g., what types of stoves, what were the most popular cooking methods, what were the family favourites, etc.)
  - What foods were prepared for celebrations? (e.g., birthdays, weddings, holidays, other special events?)
  - What is a favourite food or recipe? How did it become a favourite? What makes it unique or special?
- Take notes, use a tape recorder or video tape to facilitate writing your report.
- Consider preparing one or more of the recipes to photograph for your report or video making the recipe with your interviewee; including pictures supplied by your interviewee; including a picture and brief biography of the person you interview.