

Name: _____

Date: ____/____/____

Native Recipe Example 2: Acorn Bread

Servings: 18

Ingredients:

- 2 cups acorn flour
- 3 cups whole wheat flour
- 1 package dry yeast
- 1/2 cup water, very warm
- 1 cup water, very warm
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 tablespoons honey
- 2 tablespoons olive oil

Directions:

1. In a large bowl dissolve yeast in 1/2 cup very warm water.
2. Add the honey, oil, salt, baking powder, and 1 cup all-purpose flour to the yeast mixture; using a hand mixer blend for 2-3 minutes.
3. Slowly add more water and 1 cup flour to yeast mixture. Add the acorn flour slowly stirring by hand to form a soft dough that is not sticky to handle.
4. Turn out on floured surface; knead until smooth and elastic. 6- 8 minutes.
5. Place dough in a bowl with oil; turn to coat both sides. Cover and place in warm area and let rise until double in size. About a 1 1/2 hour.
6. Punch down and turn out on a floured surface. Knead and shape into loaves. Place on cookie sheet and let rise until double in size about and 1/2 hour.
7. Preheat oven to 375 degrees. After dough has doubled in size bake in a preheated oven for 30-45 minutes.
8. Remove from oven and let cool for 5 minutes. Serve hot or cold.

Bread

Per Serving (excluding unknown items): 159 Calories; 6g Fat (32.7% calories from fat); 4g Protein; 24g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 147mg Sodium.

Exchanges: 1 1/2 Grain (Starch); 0 Lean Meat; 1 Fat; 0 Other Carbohydrates.

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Family Food Interview

Directions: Interview a family member or a trusted adult about food using the interview questions below. Afterwards, you will write out the recipe from your interview, and analyze the nutritional content.

Optional: Record your interview as a podcast using the StoryCorps app. (ages 13+) OR, you may record on a voice recorder app on your phones, or with actual handheld recorders.

Questions:

Childhood:

1. Describe your cultural heritage. When you were my age, did you eat food that traditionally comes from your heritage?
2. When you were my age, what were your eating habits? When and at what time of the day did you eat?
3. When you were my age, what kinds of foods did you enjoy eating?
4. When you were my age, where did most of your food come from? Did you prepare it, or did someone else?
5. How often did you get to go out to restaurants and/or fast-food places?
6. Would you describe the food you ate as a kid as healthy or unhealthy? Why?

Food Over Time:

1. How has your diet changed over time? Do you think it has become more or less healthy?
2. What changes in the way people eat in your culture have you noticed over time? Do you think those changes have been positive or negative? Why?
3. What is one special meal that you remember from your childhood? Why is it special?

Food Today:

1. What is one special recipe that you like to cook and/or eat today?
2. What are the ingredients, and what are the steps for making it?
3. Do you think this food is healthy? Why or why not?

Family Recipe

Name: _____

Date: ____/____/____

Family Recipe-Model

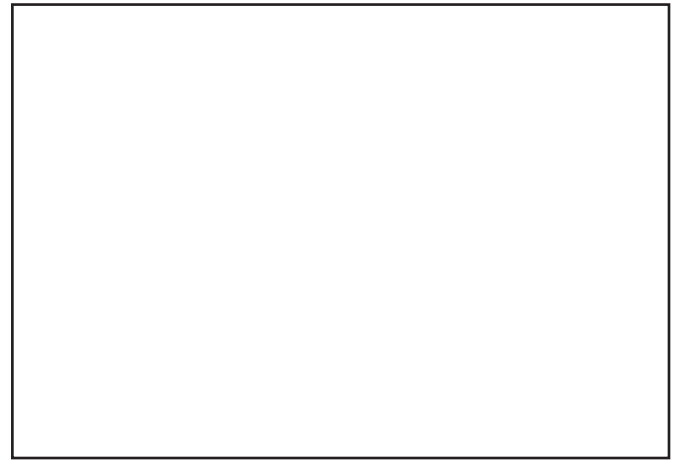
Directions: Choose one special meal to explore in detail. This recipe can be a family recipe from your own family, or from another trusted adult. Use the template below to describe the recipe and analyze its nutritional content.

Recipe Title:

Ingredients:

List all of the ingredients and ingredient amounts here.

Recipe Photo:



Directions/Steps:

Explain the steps needed to prepare and cook your recipe.

Nutritional Content:

Break down the nutritional content of your recipe for one serving. Include calories that come from:

- Carbohydrates
- Fat
- Protein
- Dietary Fiber
- Cholesterol
- Sodium

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Family Recipe-Model

Directions: Choose one special meal to explore in detail. This recipe can be a family recipe from your own family, or from another trusted adult. Use the template below to describe the recipe and analyze its nutritional content.

Ingredient Break Down:

Which of your ingredients are:

Settler/introduced foods:

Indigenous/Native to North America:

Indigenize your meal with California Native foods!

Use your **California Native Foods list** to create substitutes for one or more of the ingredients in your recipe.

Recipe Analysis:

1. Why is this meal important to you or your family?
2. Do you think this meal is healthy? Why or why not?
3. What are some substitutions you could make to make this recipe healthier than it is currently?