

Name:

Date:

# My Family Foods Project

## Family Member Interview

**Directions:** Interview a family member or a trusted adult about food using the interview questions below. You may take notes directly on this sheet.

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

### Questions:

#### Childhood:

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

#### Food Over Time:

- How has your diet changed over time? Do you think it has become more or less healthy?
- 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?
- What is one special meal that you remember from your childhood? Why is it special?

#### Food Today:

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

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## Family Recipe

**Directions:** With help from your interviewee, and the last three questions of your interview, fill out the recipe template below. This may require some additional research on your part!

**Recipe Title:**

**Ingredients:** List all of the ingredients and their amounts here.

**Recipe Photo:**

**Directions:** Explain the steps needed to prepare and cook your recipe.

**Nutritional Content:** Include the nutritional content of your recipe.

*NOTE: If the recipe uses packaged ingredients you can reference the package's Nutrition Labels. If there are fresh ingredients in your recipe, you can look up their nutritional value at [FDA.gov](http://FDA.gov) or another reliable source.*

# of servings	Total Calories	Carbohydrates	Total Fat	Dietary Fiber	Cholesterol	Sodium

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## Recipe Analysis

**Directions:** Explore this special meal by using the following questions to analyze its nutritional content.

### Ingredient Breakdown:

Which of your ingredients are settler/introduced foods?

Which of your ingredients are Indigenous/Native to North America?

**Can you Indigenize your meal with California Native foods?** Use the California Native Foods List to create substitutes for one or more of the ingredients in your recipe.

### Reflection:

Why is this meal important to you or your family?

Do you think this meal is healthy? Why or why not?

Are there other substitutions you can use to make this recipe even healthier?