

KITCHEN LESSONS: FOOD MEMORIES

Student Name:

Summary: Food can be a pathway to our past, our heritage, and our history. One way for us to understand how food can link us to our past is to speak to people who have been around a little longer than we have. The stories, practices, and rituals of our elders can teach us many important lessons. In this lesson, you will explore your kitchen memories of elders and family members that minimized food waste.

Time: 20-40 mins (longer if completing recipes, see recipe directions for details)

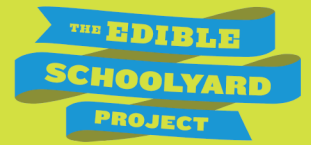
Materials:

- Colored pencils
- Food Memory visual (attached below)
- Recipe Card visual (attached below)

This lesson was developed by The Edible Schoolyard Project in collaboration with The United Nations Environment Programme (UNEP) and is designed to complement UNEP's digital campaign #KitchenMemories Series. To learn more, go to the information site for the [International Day of Awareness of Food Loss and Waste](#)



KITCHEN LESSONS: FOOD MEMORIES



READ AND ANSWER: Your grandparents, elders, and family members have been ingenious in the ways they have used ingredients and made their meals. Consider who in your family is particularly mindful about food waste. Write your answers to the following questions.

1. Is there someone in your family that is serious about reducing food waste? Describe what they do? How do you feel about their practices and habits?

2. Why do you think they were so serious about food waste? Where did they learn it from?

READ: Our memories and the stories of our elders are filled with important lessons and stories. To get you thinking about your own memories, you will watch a video from StoryCorps in which a woman tells a story about cooking with her grandmother.

WATCH: Watch this short, animated video from StoryCorps of Chloe Longfellow sharing a story of cooking with her grandmother. <https://storycorps.org/animation/chloe-longfellow/>

ANSWER: What is one thing that surprised you or that you liked about the video?



KITCHEN LESSONS: FOOD MEMORIES

CONSIDER: Think about your family's recipes, tips, and practices for reducing food waste.

DO: Choose ONE of the following activities to explore the recipes and tips from the traditions of your loved ones.

INTERVIEW: Interview an elder or family member on their practices and recipes for reducing food waste. Prepare your questions ahead of time. Sit down with your interviewee or call them up. Then ask them your questions. Here are some questions you might include, but feel free to add your own.

- What is one of your favorite recipes?
- How did you learn about the recipe?
- Would you walk me through the recipe?
- What memories do you have about eating or making the dish?

IMAGINE: Draw or write about a kitchen memory you have with an elder or family member. Ask someone in your family to tell you about a time that sharing food created a connection to where food comes from. Fill out their response in the Food Memory visual (attached below) On the visual you will find some prompts to help you remember specific details, and a space to draw a picture if you want to illustrate the story.

CREATE: Use the Recipe Card visual (attached below) to create and decorate a recipe card of a family recipe that reduces waste. Try to communicate through your decoration why the recipe is important to you. Don't hold back on the design or colors! When you are done decorating your recipe card try making the recipe!



KITCHEN LESSONS: FOOD MEMORIES

DISCUSS AND DO: Consider using these conversation prompts and activities to discuss food waste as a family.

- Discuss the messages you heard around food waste - What did you hear? What do they mean to you?
- Discuss some of your favorite recipes that use ingredients that might be considered waste.
- Talk about practices you can do as a family to decrease food waste. What is one thing each of you can do individually and one thing you can do together as a family?
- Set out to challenge yourself. Consider cooking at least one meal a week where you either use ingredients that would otherwise be wasted or create the least amount of food waste possible. This might mean using leftovers to create a new meal or using produce that is about to spoil.
- Learn together. Check out the United Nations Environment Programme's [Think.Eat.Save](https://www.think-eat-save.org/) website. Explore the website as a family and discuss some of statistics and ways that your family could decrease food waste.



KITCHEN LESSONS: FOOD MEMORIES

[RECIPE CARD VISUAL]

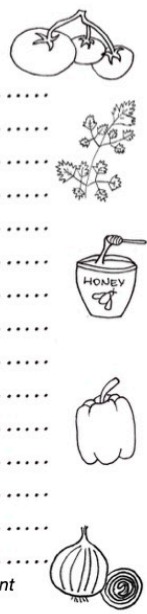
RECIPE:



~ INGREDIENTS ~



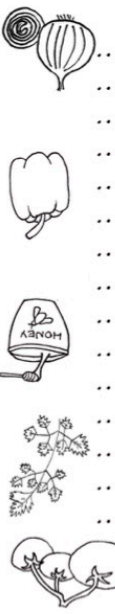
~ INSTRUCTIONS ~



Front

Fold or cut here

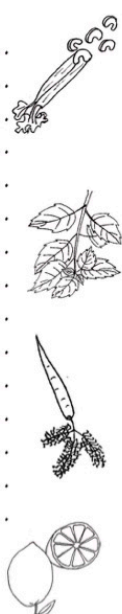
Back



~ INSTRUCTIONS ~



~ INGREDIENTS ~



RECIPE:



KITCHEN LESSONS: FOOD MEMORIES

[FOOD MEMORY VISUAL]

FOOD
MEMORY

WHO
WAS
THERE?

WHAT
SEASON
WAS
IT?

WHAT
WAS
THE
OCCASION?

WHAT
WERE
THE FLAVORS,
AROMAS,
SOUNDS?