

**Title:** Food in Your Family

**Subject:** Social Studies

**Grade Levels:** 3<sup>rd</sup> – 4<sup>th</sup>

**Grade Level  
Expectations:**

3<sup>rd</sup> grade:  
G-1C-E4

Identify and compare customs, celebrations, and traditions of various cultural groups in Louisiana.

H-1B-E1

Describe family life at a given time in history and compare it with present-day family life.

H-1C-E4

Identify cultural elements that have contributed to our states heritage.

4<sup>th</sup> grade:  
G-1C-E4

Explain and compare the cultural identities of various U.S. regions and how a region is influenced by past events and the heritage of its people.

H-1B-E1

Describe beliefs, customs, and traditions of family life in the past and present.

**Objectives:**

1. To encourage students to explore their own family traditions
2. To discuss food use for special celebrations
3. To describe and compare family food traditions in the present and past

**Significance:**

At the Hermann-Grima House, you will have the opportunity to watch our volunteer cooks prepare foods using recipes and methods from the 19<sup>th</sup> century. While you will not be able to taste their culinary delights, the sights, smells, and temperature will recreate the experience of a 19<sup>th</sup>-century kitchen. [NOTE: Cooking demonstrations occur only on Thursdays from October to May.]

Food is essential for our survival and an important part of our daily lives. Think about the many ways food can be associated with your life. When do you eat? Where do you eat? What do you eat?



## Questions:

### Part One: Your Family's Food History

Families develop their own traditions. Ask your parents (or grandparents) about their experiences with food and food traditions in your family.

- 1) Food traditions are sometimes handed down from generation to generation. Are there food traditions that your parents (or grandparents) used to observe that they no longer practice?
- 2) Are there any special recipes that have been handed down within your family?
- 3) Has the way food is cooked changed? How?
- 4) Ask your parents (or grandparents) to tell you their childhood stories associated with food.

The following questions can help them recall childhood food experiences.

- Did your family buy ice in big blocks? From where did you get ice?
  - Did your family get any food items delivered to your home?
  - Was there a special place to get ice cream?
  - When you were a child, what were grocery stores like?
  - Can you remember going to the store to buy candy? What were your favorite candies?
- 5) Are there any foods that were available to them as children that are not available now? Are any of the foods of their childhood still available but harder to find now?
  - 6) Family food traditions are often associated with the ethnic background, or the national origins, of your ancestors. Are there food traditions in your family related to your family's cultural background?

### Part Two: Special Foods, Special Occasions

Families often prepare particular foods for special occasions, such as birthdays, holidays, or Sunday dinners. Holiday meals are often considered more important than our usual everyday meals.

- 1) Are there occasions when you get the opportunity to eat special types of food? How is food used in celebrations? Are there certain foods that are served at special celebrations in your family?



**Example:**

Thanksgiving is an American holiday that many people associate with a very big meal. Traditionally, the centerpiece of the meal is a roasted turkey. In New Orleans, fried turkey is a common option for the Thanksgiving feast. Turducken – boneless chicken, duck, and turkey stuffed into one another and roasted – is another local favorite. Some families are vegetarian, and never eat any type of meat.

- 2) In addition to eating specific foods on special holidays, families sometimes practice other traditions around the consumption of food. Does your family have any food traditions revolving around special occasions?
- 3) Does your family eat special meals at different times than your everyday meals? In different rooms of your home? On different dishes?



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