



# Caring for Cows & Nourishing Communities



## FAMILY ACTIVITY: FROM OUR KITCHEN TO YOURS

### Part 1: What's in our kitchen?

#### Scavenger Hunt

If you and your family took a look through the food in your cabinets, pantry, fridge, and freezer, do you think you'd be surprised at what you discover? Let's find out!

Grab your family members and divide into at least two teams or challenge everyone to play for themselves. Each team's goal will be to find as many different foods in your kitchen as they possibly can *and* sort them into one of the categories below before time is up. (For instance: If you find rice on your shelf, it should be quickly written or drawn in the Grain category.)

Review the categories below together before you begin. Then—when everyone is ready—set a timer for ten minutes...and get started!

<p><b>Vegetables:</b> Fresh, frozen, and canned all count! Don't forget to think about meals or leftovers where veggies may be hiding, too! <i>Vegetables in our kitchen:</i></p>	<p><b>Fruits:</b> Like vegetables, fruit also comes in all shapes and sizes. There's fresh fruit, dried fruit, frozen fruit, and canned fruit. <i>Fruits in our kitchen:</i></p>
<p><b>Dairy:</b> Dairy foods contain milk. Other than milk, some examples of dairy foods include cheese, yogurt, ice cream, and butter. <i>Dairy foods in our kitchen:</i></p>	<p><b>Protein:</b> Food in this category contains protein, which is an important nutrient. Examples of protein foods include meat, chicken, seafood, beans, peas, eggs, soy products, nuts, and seeds. <i>Protein foods in our kitchen:</i></p>
<p><b>Grains:</b> Grains are foods made from cereal grains like wheat, rice, oats, cornmeal, or barley. Flour, oatmeal, bread, pasta, tortilla, rice, quinoa, popcorn, crackers, and cereals are all examples of grains. <i>Grains in our kitchen:</i></p>	



## Debrief

You just categorized your kitchen's food into the five food groups. These groups are an easy way to make good choices about what you eat. Each day, it's best to eat a combination of vegetables, fruits, dairy, grains, and protein!

Share the lists you created for every category with each other. Discuss:

- Which category was the easiest to fill?
- Does any category have fewer foods than the others?
- What ingredient(s) were you most surprised to find in your kitchen?
- Did you find any foods that could fit into more than one category?

## Part 2: Family Cookbook

### Brainstorm

There are many ways to make balanced meals, and every family will have different ingredients in their kitchen. The food we eat and the meals we cook are part of what makes us unique. Family meals are an important part of our culture—just like the language we speak, the clothing we wear, and the music we listen to.

Take some time to brainstorm dishes and meals that hold special meaning to your family. Think about breakfasts, lunches, dinners, snacks, and desserts! The meal may be important because it was passed down from generation to generation, it could be a special tradition that your family started together, or it might be a dish that reminds you of your family's background and culture.

If your family has trouble coming up with meals or dishes, consider:

- What meals did you enjoy together last week?
- Is there a dish you frequently make to celebrate birthdays?
- What food do you associate with different holidays?
- What is each family member's favorite dish?
- Did an older family member—a grandparent, aunt, or uncle, for example—ever share a recipe with you?

### Create

Now let's create a cookbook so your family has all of your favorite recipes in one place! Follow the steps below to create a virtual book that's easy to preserve *and* share with others:

**Step 1:** There are many different programs and apps that your family could use to create your virtual cookbook. Each of the free ideas below allow your family to build your book privately and then share it with others when you are ready. However, don't hesitate to use another platform of your choice!



- **Google Docs:** Like a regular word document, but virtual and free
- **Google Sheets:** Like a regular spreadsheet, but also virtual and free
- **Microsoft OneNote:** Build a virtual notebook filled with your recipes; download for free from the Microsoft or Apple App Stores
- **Blogger.com:** Write each recipe as a separate blog post

**Step 2:** Once you've found a virtual platform, work together to design a template (or outline) that you can use for your recipes. Try to include the sections on the recipe card below, while also creating a layout that's unique to your family. Don't be afraid to add other sections as well!

Give your recipe a name  
(if it doesn't have one already!)

Why is this recipe important  
to your family?

# Recipe

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**INGREDIENTS**

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**DIRECTIONS**

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This meal is special because...

Let me tell you a story about this meal...

We got this recipe from...

Picture of the meal

What ingredients  
(and how much  
of them) do you  
need to make  
your dish?

How do you  
make this dish?  
Be specific!

What should this dish  
look like when it's all done?

*Tip:* You may also choose to handwrite your recipes, take photos of them, and then upload the images.



**Step 3:** Create your virtual cookbook together! Design a cover page first, and then decide how you will organize the rest of your book. You may choose to scatter recipes throughout the pages or you could organize the meals and dishes into different chapters.

**Step 4:** Once you have added all of your family's favorite recipes, consider adding a special section for new, balanced recipes that you would like to try together. If you're not sure where to begin, check out the healthy and budget-friendly SNAP recipes available at: [snaped.fns.usda.gov/nutrition-education/recipes](https://snaped.fns.usda.gov/nutrition-education/recipes).

*Tip:* When you add a new recipe to your cookbook, keep the picture and recipe story sections blank until you've given it a try!

**Step 5:** Take time to compile your cookbook, review it, add to it, and cook with it. When you're ready, share its link with your family, friends, classmates, neighbors, and/or other members of your community...and encourage them to create and share a similar book, too!

If your community shares recipes with each other, you'll not only have the opportunity to try new meals with your family, but you'll also get to learn more about the culture of others and the special stories behind the food they eat.

**Step 6:** Refer to these recipes often as you cook together and enjoy meals as a family. The beauty of a virtual cookbook is that it is *always* a work in progress. You can continuously add to it as you try new recipes, start new traditions, and make new memories!

Do you want to share your recipe with Undeniably Dairy for a chance to share it with others in the [Fuel Up to Play 60 Homeroom](#)?

Please submit them here: <https://bit.ly/FamilyActivityDMI>