

Recipe for Me Assignment

One of the projects for the book, *Seedfolks*, is to determine what makes up you or your culture. How you determine the outcome of this assignment depends on your understanding and definition of yourself and/or your culture.

Recipes often symbolize our families beliefs, cultures, and the love of a family.

Having clarified these important details, your goal is to create some type of recipe displaying your family connections. You may complete this assignment within your own biological family, the family you are blessed with, or the culture your family identifies with.

Your recipe for me should include the following:

1. At least **FIVE** lines written in recipe form. Must include a title, ingredients, and directions.
1. At least **ONE** visual representation of your culture/family on the recipe card. (cultural flag, picture, symbol, etc).
2. **One paragraph** explaining the connections from your recipe and visual to your culture (example "One cup of traditions" My culture honors traditions like...)
3. Assignment should be creative and match your personal style and situation.
4. Be neat, organized, on time.
5. Due date: November

You will turn in:

- Cultural Interview completed by you. The answers are to be written legibly on lined paper and stapled to the questions when you turn in the recipe.
- Your visual representation of your recipe.

Recipe:

Ingredients: _____

Directions: _____

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Cultural Interview

Student Name:

Family Member's Name:

Relationship to student:

1. What is your definition of "culture?"
2. How do you define "family?"
3. Who holds the most "status" in your family? Why?
4. How do you define success?
5. Do you consider your parents to be successful?
6. How important is education in your family?
7. Is punctuality important to you? Why or why not?
8. What is the most important meal of the day?
9. Do you eat foods that are indigenous to your culture? Why or why not? If you answered yes, name some of the foods that you eat. If you answered no, what types of foods do you eat?
10. Did you ever live with your grandparents or extended family?
11. Do you actively participate in an organized religion?
12. How important is religion in your family? Why ?
13. Are the roles of men and women specifically defined in your family? If so, what are they?
14. Do you have any eating habits/rituals that are specific to your culture?
15. Define and describe the most important (or most celebrated) holiday of your culture.
16. If you are from a culture that speaks English as a second language, do you speak your native language? If not, why? If so, will you teach your native language to any children you have?
17. What is considered most disrespectful in your culture?
18. What is considered most respectful in your culture?