



# 5. WHAT IS YOUR RECIPE? MAKING MEMORIES WITH FOOD

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WHAT  
WILL YOU  
NEED?



INGREDIENTS  
FOR ANY RECIPE THAT  
YOU WANT TO MAKE



PEN AND PAPER



ANY ART MAKING  
MATERIALS

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**What will you be doing?** Creating a family recipe and making food together

**What do we make when we want to feel good?**

Adults: Think of a recipe that brings you happiness. If you have a recipe that has been passed down every generation, now could be a great time to teach your young person how to make it with you.

☆ *Use the prompts below to help guide you in making your soundtrack.*

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## PART I: TALKING ABOUT FOOD

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Are there any foods that remind you of a special time in your life?

What do you love about food?

Are there any foods you do not like? Why not?

What do you eat when you are at a celebration?

What do you like to eat when you are sad?

What is your favorite thing to eat that you don't know how to make?



## PART II: MAKING YOUR RECIPE

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Once you decide what recipe to make, write down every ingredient you will need.

Is this recipe something you will eat for breakfast, lunch, dinner, dessert or a snack?

When you have all of the ingredients and are ready to cook, talk every step out. Make sure someone is writing down each step of the recipe, so you can remember it later!



Enjoy what you made together.

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**BONUS**

Interview other family members or friends for their favorite recipes. Create a recipe book by decorating each recipe and binding them together.

## SHARE YOUR RECIPES WITH US

Let us know your favorite recipes by posting it on Instagram or Facebook and using the tag [#WallachKids](#) for a chance to be featured on our Social Media channels!



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GALLERY**

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