



## *FOOD HISTORY – INQUIRY PROJECT*

**GRADE LEVEL – 4 to 12**

### **INVESTIGATING VINTAGE RECIPES AND COOKBOOKS**

#### **DID YOU KNOW?**

- cookbooks and recipes can provide a wealth of information from which to explore changes over time.
- cookbooks and recipes give us a sense of the health concerns, entertaining, etiquette, fashions, advertising, and economic conditions of the times.

**Almost every family in BC has recipes that have been passed down through the generations either orally or in hand-written family cookbooks, or community cookbooks. Many local library and museums have a selection of vintage cookbooks. Your Food History inquiry is to locate a vintage recipe, recipe book or cookbook and determine what it tells us about food history in BC.**

- Begin your research by locating a vintage recipe or cookbook, then describe, analyze and interpret the document and summarize what you have learned.
- **Describe** the artifact you have chosen (a recipe, or a cookbook). Set the artifact in a context e.g., Where was it found? Is there a date when it was written? Who wrote it? What does it look like? What is the format? What measurements/temperatures are used (e.g. metric, weight or Imperial)? What additional information is included (hints, tips, advertisements), etc. Describe any unique features. Include images if possible.
- **Analyze and interpret** the artifact you have chosen. What does the artifact tell us about food, food preparation, production or agriculture? about what technology, tools, household equipment available at the time? What comments can you make about the availability of ingredients, the style of the recipes, who usually prepares food, the health concerns, entertaining, etiquette, fashions, advertising and economic conditions of the times. What does it reveal about everyday life?
- **Summarize** by discussing the value, the significance and the importance of the vintage recipes and cookbooks and what you learned about food history? What does it add to your knowledge of the significance of food?
- Consider comparing and contrasting the recipe with a matching recipe of today or tracing the changes in a recipe over time. If the recipe is from your family, consider interviewing the people who usually prepare the recipe or make the recipe and include video clips or pictures in your report.