



HOME-CENTERED FAMILY HISTORY PROJECT

Activity 8 · My Family

Eat What They Ate

Eating the same foods your ancestors ate is a fun way to connect with them and taste a little of what their life was like. Cook a favorite family recipe together and talk about the story behind it. Ask the oldest person in your family if they have recipes to share.

Try it

Make an ancestor's favorite food on their birthday, then save a photo and the recipe on FamilySearch.



Scan for the activity



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