



ILLINOIS HOLOCAUST MUSEUM & EDUCATION CENTER

Summer Upstander Activity Club

Week Three: Family Recipes

Make your own cookbook



Cooking is fun! Food can provide many good memories – like all the good things you eat at Thanksgiving, or that special cake you have on your birthday.

The best part is, everyone has his or her own favorite recipe. Ask your parent, your grandparents, or your neighbor – everyone will have a different answer.

Today's activity is to make your very own cookbook. You will need a few things to get started:

- A notebook (I like a marbled notebook!)
- A glue stick
- Markers or colored pencils
- Several of the recipe cards below
- Stickers or any other decorations you like
- A list of your favorite things to eat
- A list of your loved ones favorite things to eat



You will need to print out several of these!

RECIPE

<i>Title</i>	<i>Prep Time</i>
<i>Serves</i>	<i>Cook Time</i>

..... *Ingredients*

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Now that you have gathered all your supplies, there are a few things you can do!

- You can give the recipe card to your favorite people, and have them write the recipe down for you.
- You can look in a cookbook to find recipes you love! Write them on the card you printed out.
- You can find recipes you like on the internet. In your best writing (or typing!) put the recipe on the card you printed out.

Once you have several recipes, you can glue them into your notebook. You can even categorize them: Desserts, Dinners, Snacks!

You can add to your cookbook for many years, and keep all the recipes you care most about right in one place.

You can draw pictures of the food with the recipe, or paste photos you took of the food next to the recipes.

To get you started, I included a recipe for simple and easy to make muffins. They are good to eat with strawberry jam on them!

Now, share your work with us! You can email a picture of your work or show us the cookbook you created! Submit these pictures to education@ilhmec.org. Every photo you submit gives you a chance to win a fun prize!