



# Homemade Cookbook

## WORKSHOP TITLE

### DESCRIPTION

*El Día de los Niños*, also known as *El Día de los Libros*, celebrates children of all nationalities and cultures. Celebrated annually on April 30 in Mexico, this day highlights the importance of literacy across linguistic backgrounds and cultures.

This activity will explore literacy by guiding you through the process of making a cookbook that will allow you to collect and record recipes, cooking stories, and food traditions from people around you. Collect information for your finished cookbook by asking adults about some of their favorite recipes, ingredients, and cooking methods that they used throughout the years. Ask about cooking tools, techniques for cooking, and about that time of year certain foods are prepared. Once finished, keep collecting stories and recipes to share with others!

### ESSENTIAL QUESTIONS

1. Explain how recipes keep food histories and traditions alive.
2. Describe some interesting food histories or traditional recipes that connect with you.

### MATERIALS

- 1 piece of cardboard (8.5 x 11 in.) from inside of cereal, shoe, or shipping box
- 12 sheets of blank paper, any type: printer paper, construction paper or notebook paper (8.5 x 11 in.)
- scissors
- ruler
- pencil
- stapler
- tape (any type)
- liquid glue or glue stick
- markers
- crayons
- pictures from the internet, magazine cut outs, or grocery store circulars:
  - fruits and vegetables
  - ingredients and favorite foods
- optional craft materials:
  - stickers
  - colorful cloths with patterns

Recipe



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# WORKSHOP INSTRUCTIONS

## HOW TO BIND PAGES

1. Stack six 8.5 x 11 in. sheets of papers and fold them in half. Use the ruler to crease the fold.
2. Stack the remaining six sheets of paper and repeat step 1.
3. Place one stack of folded papers on a flat surface with the creased side toward your direction. Place the ruler next to the creased edge and measure 1.5 inches from the left edge of the fold, make a mark with the pencil. Repeat same process on the right edge.
4. Staple the sheets of paper together at the two marked points. Staple close to the creased edge.
5. Repeat steps 3-4 with the remaining six sheets of paper.
6. Take the two assembled stacks of paper and place them one on top of the other.
7. Use an 8.5 inch strip of tape to bind both stacks together. Place the strip of tape on a flat surface. Take the stack of assembled papers and place the creased edges halfway on the strip of tape. Press down on the edge of the papers and flip the remaining strip of tape over to cover the top side (facing you). Trim any excess tape. Set bound pages aside.

## ASSEMBLE BOOK COVER

1. Measure a piece of cardboard a little over 8.5 x 11 inches. Place the cardboard lengthwise on a flat surface. Using the pencil and ruler, draw a line down the middle, and cut along the line.
2. Use an 8.5 inch strip of tape to bind the two cardboard pieces with the binded paper. Lay the strip of tape vertically on a flat surface, place one piece of cardboard on one side of tape and the other on the other side of the tape.
3. Take the binded pages and apply glue to the back of the last page and on the front of the top page.
4. Carefully place the binded pages in the middle of the two pieces of cardboard and sandwich together. Apply pressure and set aside until the pages with glue stick to the cardboard.
5. Decorate the front and back covers using markers, crayons, or cut out pictures. Use stickers and colorful cloths with patterns to decorate. Once complete, collect recipes, stories, and food histories from people around you.

## RESOURCES TO EXPLORE TOGETHER

1. Lomas Garza, Carmen. Family Pictures/Cuadros de Familia. San Francisco, California: Children's Book Press; 15th Anniversary Edition, 2005.

This activity is inspired by "Family Cookbook as Cultural Heirloom," an activity developed by the UCLA History-Geography Project. [Click here for a family guide.](#)

