



Exploring Black History Month: Cooking

Prepare traditional Black cultural dishes for dinner; this can include soul food, Caribbean food, African food, or Creole food.

1. Research possible recipes at your local library. Learn about the dish's origin and different versions that exist.
2. Make a grocery list of ingredients you will need. Are there any ingredients or spices that are new to you or that you need to research? Is there a Black-owned grocery store you could visit to source ingredients?
3. Prepare the dish for your family and friends. What new techniques did you learn about or try? Would you make this again?



Photo by Calum Lewis Unsplash

Other ways to explore:

Practice Your Public Speaking

- Did you know sharing recipes in African culture is generally done orally as a form of storytelling? Present your recipe to your club as a storyteller. Share the dish's origins and what you learned in preparing it. If possible, bring samples for other members to try.

Cloverbud Activity

- Ask your grown-up to help you learn about different recipes. Draw one you would most like to try.

Cloverbud Public Speaking

- Share your drawing with your Cloverbud group or with your club. Tell them about what you drew.
- Give your audience a chance to ask questions!