



Historical Food Blog

Grade Level: Grades 7–12

Objective: To introduce students to the ABC Food America database, to more deeply explore the cuisine and culture of a particular time period, and to practice writing in a conversational first-person style.

Duration: 1 – 2 hours

Materials: Historical Food Blog instructions, pen/pencil and paper or word processing capabilities, individual access to ABC Food America for all participating students

Instructions: Write a food blog from the perspective of someone featured in What Did They Eat? or who was involved in one of the historical events discussed in that module.

Assignment 1: Choose your alter ego and recipe:

- Read at least 5 different articles in the What Did They Eat? module.
- Based on your reading, select a historical figure or event that interests you.
- Reread the relevant article and make a list of all the specific dishes mentioned.
- Look at your list of dishes and select one to feature in your blog post. Make sure the recipe or a close variant is available in the recipe section of ABC Food America.

Assignment 2: Create an outline for your blog article. You might consider the following format:

- **Paragraph 1:** Introduce yourself and provide some first-person historical context. Who are you? What time period is it? What's going on around you? How are the events affecting you?
- **Paragraph 2:** Introduce the dish with some explanation of how it is personally relevant. How does the dish relate to your life? When have you eaten it and under what circumstances?
- **Paragraph 3:** Research the dish on ABC Food America and write about its history, ingredients, preparation methods, etc.
- **Paragraph 4:** Pick an aspect of the dish to discuss in greater depth—a particular ingredient or preparation method, for example. Refer to the Ingredients or Food Inventions modules for more information.
- **Paragraph 5:** Present the recipe, transcribing it or electronically copy-pasting it from ABC Food America. Adapt the modern recipe to fit the historical times as best you can; for example, if the recipe calls for a hand mixer but you're writing as someone from the 1750s, you might instead instruct the reader to “mix vigorously until blended.”

Assignment 3: Write the blog by fleshing out your outline. Some things to keep in mind:

- Feel free to be creative, but base your creativity on historical facts.
- Remember you are writing as a character from history, so write in first person (I, me, my) and in the style you think that individual might write. For example, a former president is likely to write more formally than, say, an inmate at Alcatraz.
- Try to think like someone from the time period in question. For example, avoid referencing things you know now that your alter ego wouldn't have known.

Extra Credit: Make the dish at home. Take a picture of it and include it with your blog.