

Dear Mom, Cookbook

A Collection of Foods "Like Mom Use to Make"

If you pause for a moment to consider the amount of time in an average day we spend thinking about food, it's easy to appreciate its value. Often we plan our entire day around mealtime, making sure to allot time for dining morning, noon and evening.

Food is much more than nourishment, however. The taste or just the aroma of certain foods can evoke memories of times in our lives when we felt most happy or safe. If those memories are from childhood, the chances are good that Mom, or at least someone filling that material role, prepared that special food.



Project Summary:

This ***Dear Mom, Cookbook*** project has been created to give you the opportunity to revive those pleasant memories and also to honor your Mom for her efforts to care for you and to provide you with good, wholesome food. Each student in your class or group will complete one page of the ***Dear Mom, Cookbook*** and then all the pages will be organized into a cookbook that you can present to your Mom as a very personal gift for Mother's Day or any other occasion.

Your teacher will help you to unify the cookbook with an attractive cover and to group the recipes into standard categories for easy use. Standard cookbook categories are:

- Appetizers and Beverages
- Main Dishes
- Soups & Sauces
- Fruits & Vegetables
- International Foods
- Breads
- Cookies
- Pies & Pastries
- Desserts, Cakes and Frostings
- Candy

Project Directions:

1. Select a favorite dish that your Mom prepares and locate the recipe for that dish. The recipe can be simple or elaborate—the only thing that matters is that the dish is one of your favorites.
2. Format that recipe into a standardized format so that anyone could prepare the dish with expectations of success. Following the ***Dear Mom, Cookbook Planning Sheet*** will guide you through this step.
3. Snap a photo of your Mother or scan an existing photo and insert it into your cookbook page.
4. Prepare the dish and photograph it in an attractive setting.
5. Write a Dear Mom note sharing your memories about the dish you selected and expressing your appreciation to your Mom for all she does for you.