

Food Journey Worksheet

Name _____

Date _____

Part 1: Flavor Map

Use Appendix A

Region	A dish and what it is	Key ingredients and spices
Morocco		
Tunisia and Libya		
Egypt and Syria		
Iraq		
Yemen		
Iran		

A Choose one dish. Which factor shaped it most: geography, trade, religious practice, or migration? Explain.

Part 2: Food Story

Jewish Food Society

1 Whose story did you read? Where did the family come from, and where do they live now?

2 What dish do they cook, and what does it mean to them?

3 How did the recipe travel from one place and generation to the next?

Part 3: Tasting Journal

4 Name of the dish, and the community it comes from:

5 How did it look, smell, and taste?

6 How does this dish reflect the geography or traditions of its community?

7 What would you change if you made it again? What was hard about preparing it?

Part 4: My Family's Table

8 What is a food your family makes for a holiday, a celebration, or an ordinary night? Who taught it, and where did it come from?

9 If your family had to move far away, which recipe would you most want to bring with you? Why?

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