

My Family Booklet



by _____

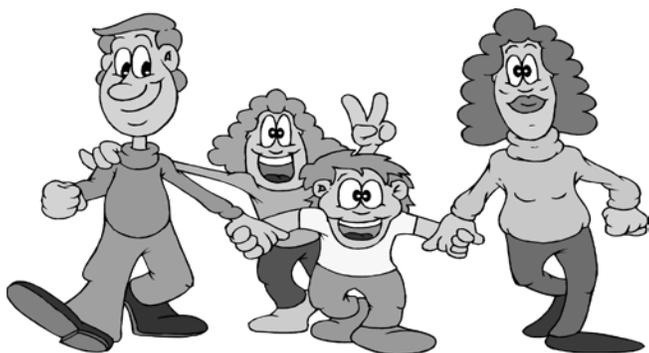


MONTHLY MAKE AND TAKE! November

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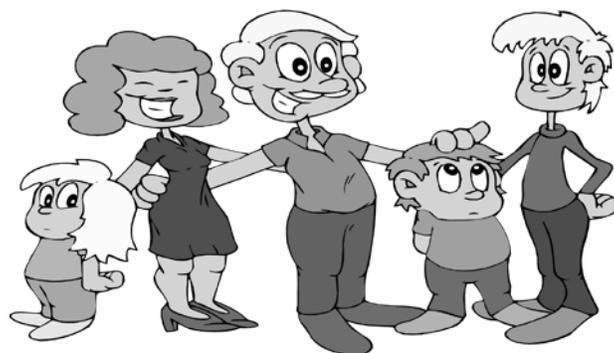
Do I Know My Family?

Answer these questions to find out!



1. What is your mother's full name?
2. Where was your father born?
3. What are the birthdates of your brothers and sisters?

4. Where was your mother's mother born?
5. What was your grandfather's job?
6. Do you know where your great grandparents lived?
7. Do you have ancestors who moved from another country? Where?
8. Do you look like any of your ancestors?
9. Where are most of the old photographs of your family?
10. Is there a famous person in your family? Who?



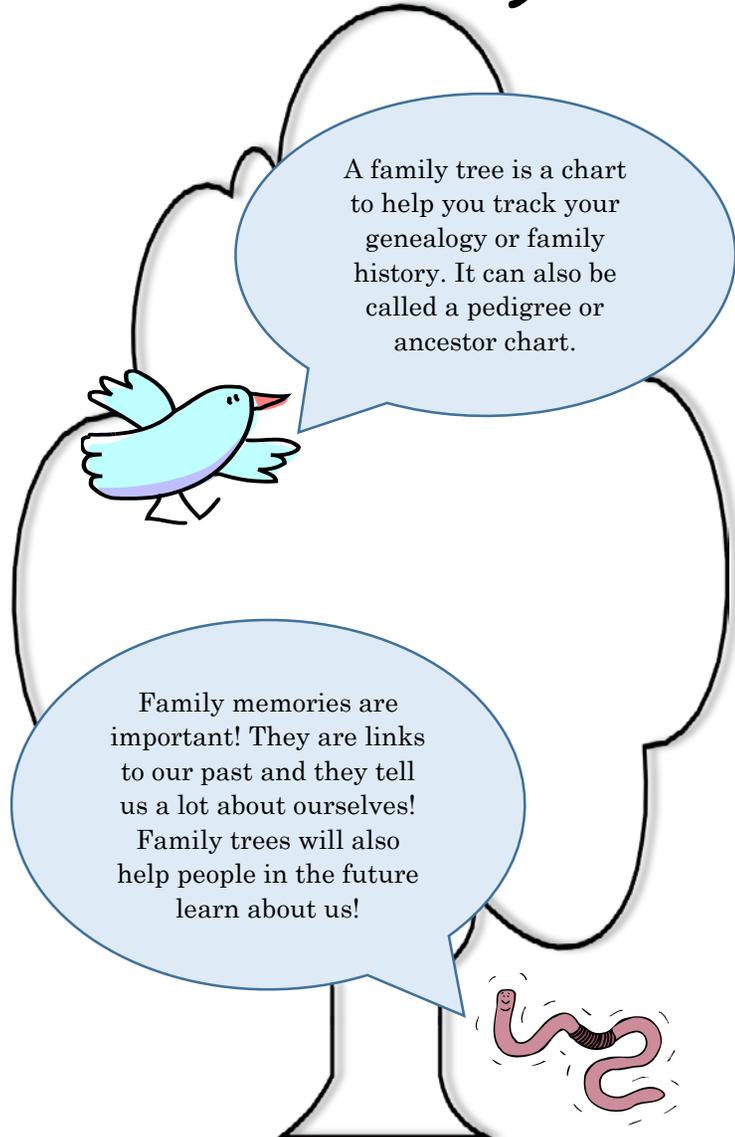
Do you know your family? Maybe it is time for you to find out the answers to these and other questions before it is too late. Finding out family history can be fun!



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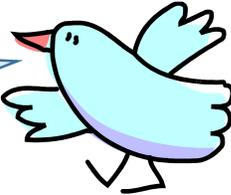
What is a Family Tree? Why Should I Make One?



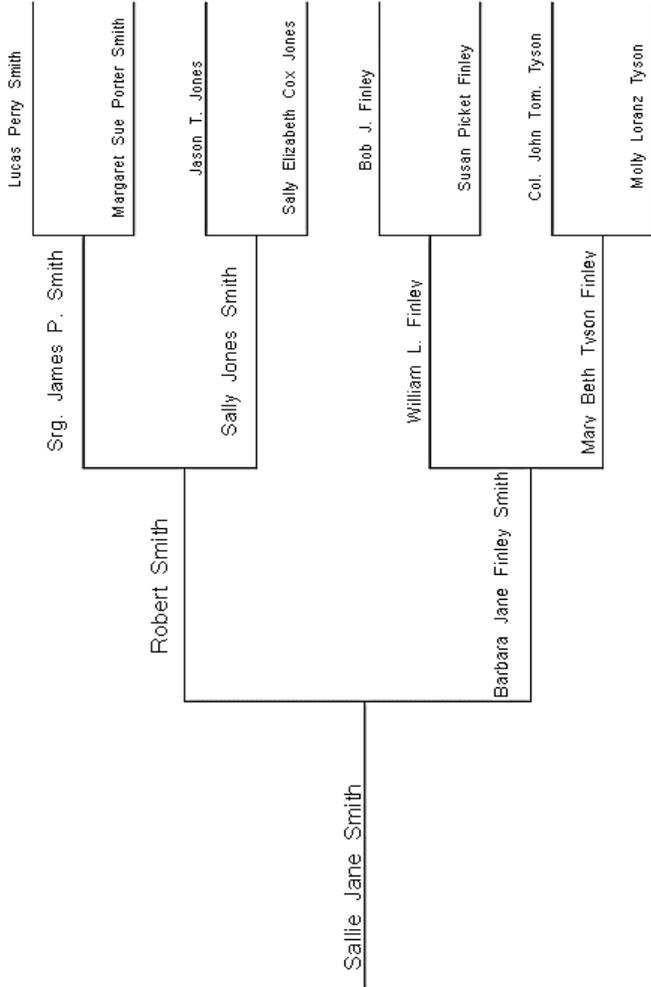
A family tree is a chart to help you track your genealogy or family history. It can also be called a pedigree or ancestor chart.

Family memories are important! They are links to our past and they tell us a lot about ourselves! Family trees will also help people in the future learn about us!

Look at this family chart to find the answers to the questions below.

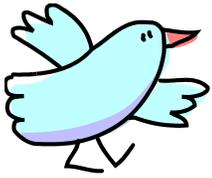


1. Where did Sallie Jane Smith get her name?
2. Which of her relatives served in the military?
3. How many generations or how far back did she draw her tree?



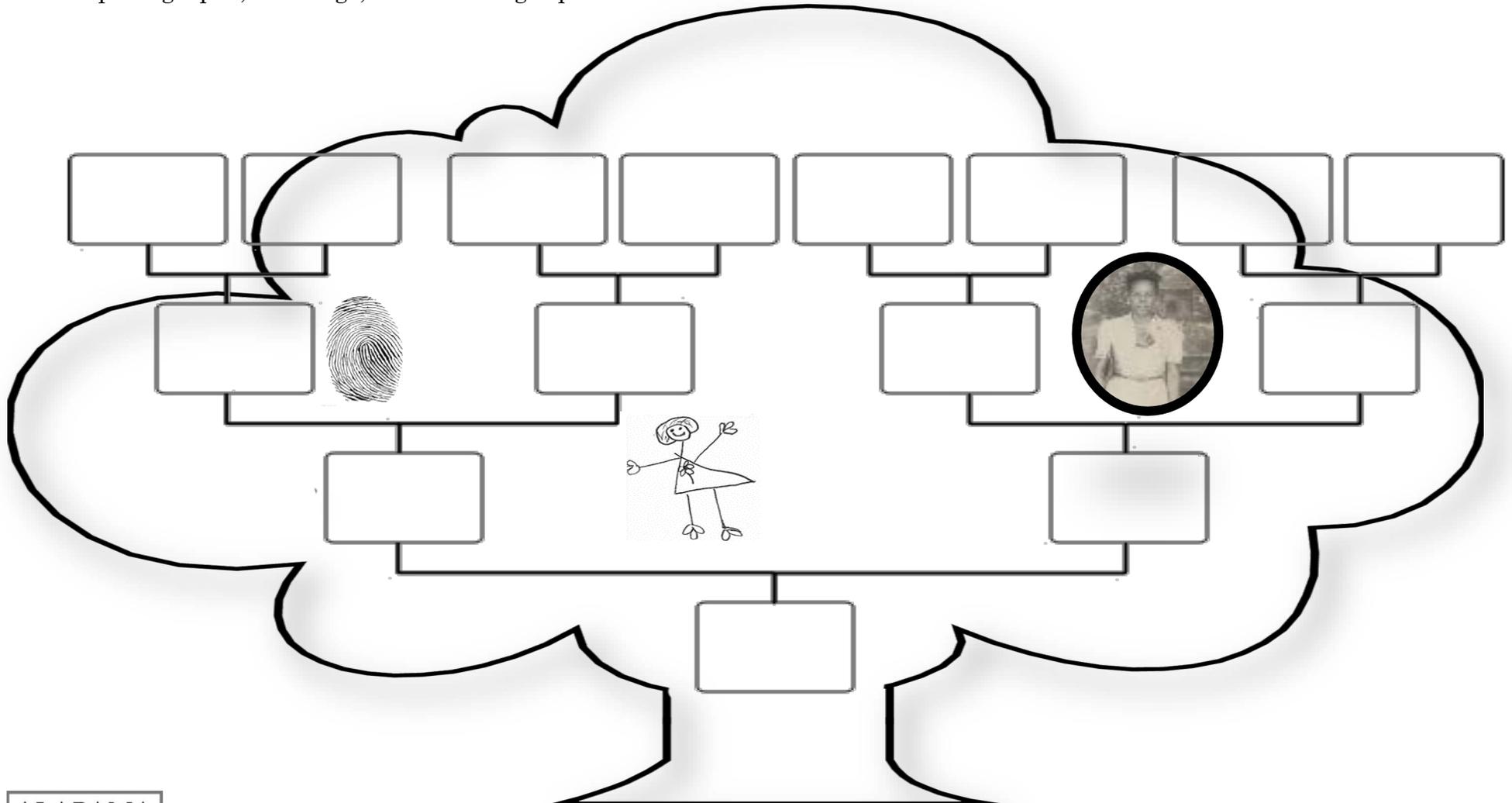
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Make Your Own Family Tree

A good way to keep up with grandparents, great-grandparents, and great-great grandparents is to complete a family tree chart. List your parents and then their parents. Continue until you can no longer find the names. You may want to list dates of birth and death if you can find them. Ask relatives to help you finish your tree. Once you have the names, you can add photographs, drawings, or even a finger print! Get creative!

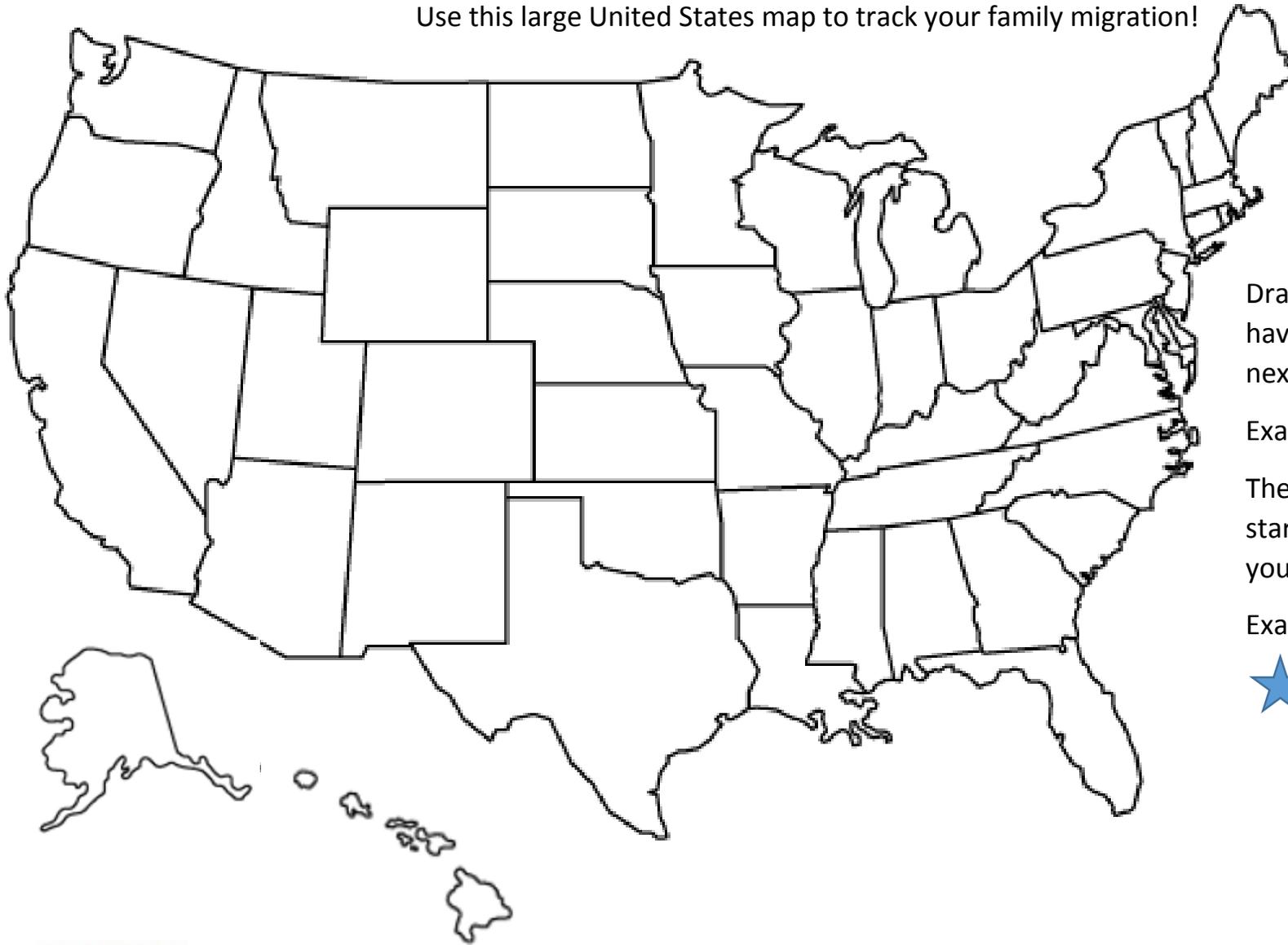


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Family Migration Map: The United States

Use this large United States map to track your family migration!



Draw a star on where you have lived and add the date next to it.

Example: ★ 1990

Then draw a line from that star to the next star to track your family migration.

Example:



Oral History - Quick Tips

We can learn a lot about the past by talking to the people who lived it! A parent, grandparent, or other adult is a great person to interview about their own history.

Here are some quick tips to get you started:



1. **You need some way to keep track of their answers.** You can use a voice or video recorder, or even just a pencil and paper. You may have a recorder on your smartphone or tablet.

2. **Ask open-ended questions, using words such as “Why” or “How” to begin.** Try not to ask yes or no questions, or questions that can be answered with only a word or two. Look at the “Spoken History” information sheet for question ideas!

3. **It can be hard work remembering and talking about the past!** If you or the person you’re interviewing starts to get tired, just take a break.



4. **Once you’ve finished the interview, use your notes or the recording to create a summary report, drawing, scrapbook page, or poem about the past.** That way, other people can also enjoy the stories you heard. Don’t forget to keep your original notes or recording in a safe place!

Oral History Note Page

Use this page to help you get started on your historical interview.

My name:

Person I'm interviewing:

Date:

Time:

Question:

Answer:

Question:

Answer:

Question:

Answer:

Edible Family Memories

Recipes and food are an important part of a family's heritage. Handwritten recipes and recipe collections historically were passed down from mother and daughter and from friends to new brides. Many recipes were treasured, jealously guarded, and passed down from generation to generation. Since most people did not use store-bought cookbooks, recipe collecting was an important tradition. Through the centuries recipe styles have changed.

Look at the recipes below. The recipes on the left are old recipes from the 19th century and the ones on the right are new from the 21st century. Compare the old recipes with the new ones. What is different about these recipes? What is the same? Circle the things that are the same with a blue mark and highlight the things that are different with a yellow mark. Turn the sheet over to learn how to create your own recipe collection!

<p><i>Eugenia McQueen's 1864 Recipe Book</i></p>	<p><i>Allrecipes.com 2008</i></p>
<p>Composite Cake 3 pounds (lbs) of flour 2 ½ lbs sugar 1 ½ lbs butter 3 lbs raisins, 3 eggs 1 quart of milk 2 teaspoons full saleratus dissolved in tea, spice to your taste.</p>	<p>Vanilla Cake 1 cup white sugar ½ cup butter 2 eggs 2 teaspoons vanilla extract 1 ½ cups all-purpose flour 1 ¾ tsp baking powder ½ cup milk Preheat oven to 350 degrees F° (175 degrees C°). Grease and flour a 9x9 inch pan. In a medium bowl, cream together the sugar and butter. Beat in the eggs, one at a time, then stir in the vanilla. Combine flour and baking powder; add to the creamed mixture and mix well. Finally, stir in the milk until batter is smooth. Pour or spoon batter into the prepared pan. Bake for 30 to 40 minutes in the preheated oven. Cake is done when it springs back to the touch.</p>
<p>Sweet Potato Waffles 2 tablespoons full of mashed (sweet) potatoes 1 tablespoon of butter 1 tablespoon of sugar 1 pint of milk 4 tablespoons of flour Mix together and bake in waffle irons.</p>	<p>Sweet Potato Pecan Waffles 1 cup canned sweet potato puree 3 egg yolks 1 cup milk 1 ½ cups cake flour 1 tablespoon baking powder 1 tbsp white sugar 1 tsp salt 1 tsp ground nutmeg ¼ cup chopped pecans 3 egg whites 3 tbsp butter, melted 2 tbsp pecans Stir together flour, baking powder, sugar, salt, nutmeg, and ¼ cup pecans. Mix sweet potato puree, egg yolks, and milk in a large bowl until well combined. Add flour mixture and mix well. Beat egg whites until stiff peaks form. Fold ¼ of the egg whites into batter. Lightly fold remaining whites and melted butter into the batter. Cook in a hot waffle iron. Garnish with more chopped pecans.</p>

Start your own Recipe Collection!



Make a family heirloom cookbook:

Collect family recipes -- the older, the better -- and write them on a sheet of paper. Ask your family members about the recipes. Ask the following questions to get you started:

Who were the people who used the recipe and when?

During what special celebrations, if any, is the recipe made?

Do you have any special memories associated with this food?

Does the recipe reflect our family's ethnic background?

Who taught you how to cook?

Do you have any techniques or secrets that you would like to share?

Collect many different kinds of recipes from different categories, such as Breads, Soups, Salads, Appetizers, Meats, Vegetables, and Desserts. Put all the recipes and their histories together. Separate them by category and then bind them to create your family heirloom cookbook!



Take it to the classroom:

Have everyone in your class collect at least one family recipe to create a class cookbook. Add color by asking everyone to draw a picture of the completed dish. Copy all the recipes, separate them by category, put them together, and bind them to create a classroom cookbook. This could even be sold as a class project. For extra fun, hold an "eating meeting" where everyone prepares their family recipe (with adult help, if needed.) After the dish is made, show the dish and tell all about its history. Then let everyone taste it! Yum!