

Family Activity Sheet

Food and Drink

People eat food everyday! For a long time, the people living in Connecticut only ate the food that was grown, raised, or made in Connecticut—things were not always canned, boxed, or shipped in from other places. Today, people can enjoy food that comes from all over the world, just by visiting their local supermarkets and restaurants.

Most people have a favorite food—what is your favorite? Some of the foods that people like to eat today, pizza, hot dogs, and macaroni and cheese, weren't always available.

Explore our *Making Connecticut* exhibit to learn more about food and drink.



FIND the mortar & pestle.

Native Americans had to pick nuts and berries, fish, hunt animals, and grow all of their own vegetables, like corn and squash, because there were no grocery stores. A mortar and pestle was used to grind corn, which was then made into many types of food, like cornbread and corn mush.

- What types of chores do you have to do at home? Do you do anything to help in the kitchen?

Find the “Connecticut in 1640: Places, People & Resources” map to learn more about Native Americans.



SEARCH for the tea set.

Long ago, the people living in Connecticut did not drink water. They drank tea, coffee, and cider made from pears and apples.

- Imagine that you are having a tea-party. What would you serve to eat? Who would you invite?

Visit our hands-on colonial kitchen. Make a pretend meal using the beehive oven, set the table, and enjoy!



SPOT the toaster.

During the 1800s, most people made bread at home. By the 1900s, more stores and bakeries began to sell bread and other food products that had once been made in the home.

- Do you have a toaster at home? How does it look different than this toaster?
- Is there anything that your family does not buy at the supermarket?

See if you can find the 3 other toasters in this exhibit. HINT: Look in the yellow and purple kitchens!



LOOK for the waffle maker.

In the 1800s and 1900s, factories in Connecticut produced many new and improved kitchen appliances. It became a lot easier and faster for people to cook at home.

- Are there any other appliances in this area that look like something you might find in your kitchen at home? Which ones?
- Do you ever help cook or bake at home? What is your favorite thing to make?



PLAY in our “modern” kitchen.

People can now store food in the refrigerator, heat things up quickly in the microwave, and buy food that is grown or made in different parts of the world!

- Which of the kitchens that you saw today looks the most like your kitchen at home? How?
- Which of the kitchens that you saw today looks the least like your kitchen at home? How?

Open the drawers and cabinets. Set the table, sit down for a pretend meal, and then wash the dishes!

Activity: Make Your Own Menu

Think about your favorite foods again. If you were living in Connecticut a long time ago, would you have been able to have these foods?

Pretend that you are going to open your very own restaurant. Create a menu of the different food items that you would serve by drawing or listing them in the spaces below. What would you name your restaurant? Where in Connecticut would the restaurant be?

Did you remember to put in how much each item on your menu would cost? The prices for food have not always been the same. Visit the yellow, blue, and purple kitchens in *Making Connecticut* and find the labels marked, "What did food cost?" to find out more.

How much did cheese cost in the:

1820-1840s _____ 1900s _____ 1920s _____

How much did sugar cost in the:

1820-1840s _____ 1900s _____ 1920s _____

How much did chicken cost in the:

1820-1840s _____ 1900s _____ 1920s _____

Recipes from the Past:

The next time that you are making something in the kitchen, you might want to try a recipe from the past. If your family enjoys popsicles or freeze pops, you will probably like this recipe from 1904!

Ingredients:

- One pint red-raspberries
- Three-quarters of a pound of granulated sugar
- Juice of one lemon
- One quart water

Directions:

- Combine ingredients and freeze.