

*eat make share:
a taste of immigration*

Canadian Museum
of Immigration at Pier 21

A Taste of Our Home

The Flavours of Migration & Diversity in Canada



Participant's Activity Book

A Taste of Our Home

The Flavours of Migration & Diversity in Canada

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Presented by



Canadian Museum of
Immigration at Pier 21
Musée canadien de
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Canada

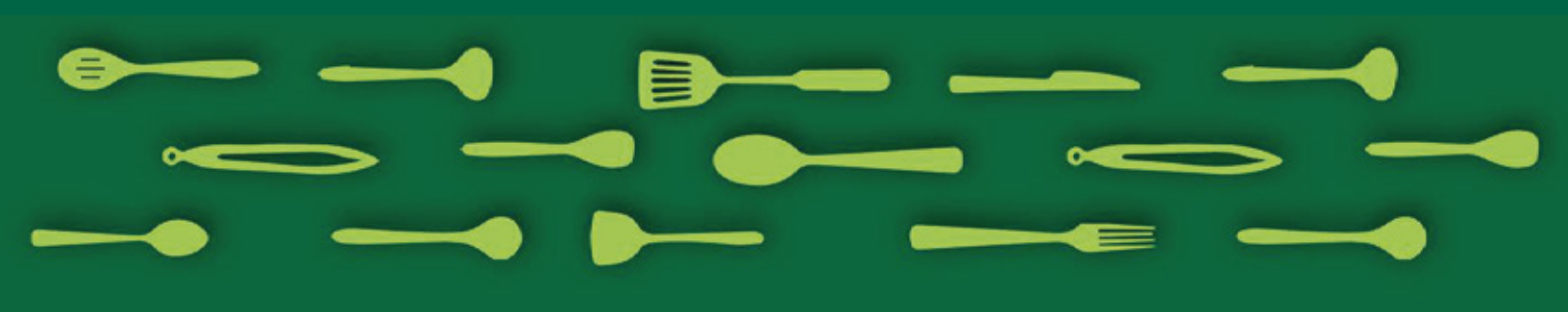
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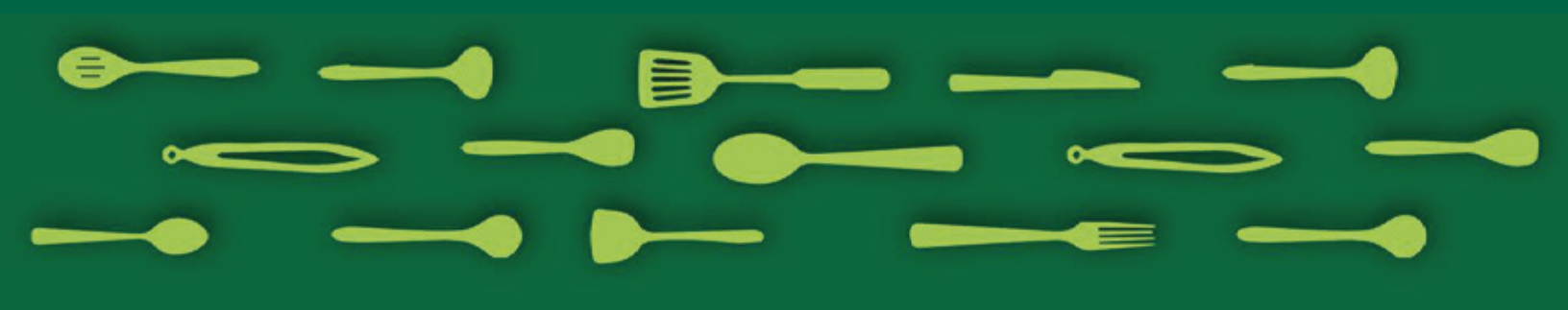
This educational program was collaboratively developed by the Canadian Museum of Immigration at Pier 21 in partnership with Forager Education and Forager Publishing. It accompanies *eat make share: a taste of immigration*, an exhibition created by the Canadian Museum of Immigration at Pier 21 and presented by BMO. The exhibition will be travelling across Canada, sharing stories of immigration through the universal language of food, and enriching educational experiences by connecting cultural narratives with community history.

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Activity Book

Introduction



Get ready to explore how food connects us all! This activity book is part of the educational program for the travelling exhibition *eat make share: a taste of immigration* from the Canadian Museum of Immigration at Pier 21 in Halifax.

Through fun activities, creative challenges, and group discussions, you'll discover how immigration has helped shape the foods we eat in Canada today. You'll also learn how different communities—from Indigenous Peoples to newcomers from around the world—have shared and adapted their food traditions, building strong connections and new flavours along the way.

As you work through this book, you'll reflect on your food memories and stories, explore how food helps tell the story of Canada, and think about the role food plays in identity, family, and community. You'll also explore how food can help us understand important topics like colonialism, migration, and cultural exchange.

Most of all, this activity book invites you to be curious, creative, and open-minded. We hope it helps you see how food is more than just something we eat—it's a powerful way to share who we are, where we come from, and how we live together.



Land Acknowledgment

We Grow, Cook & Eat on Indigenous Lands

Indigenous Peoples have harvested food sustainably for centuries before colonization and immigration. Today, Indigenous communities are reviving and sharing food traditions, many of which were stolen or lost through colonization. We encourage you to learn more about the diverse food practices of Indigenous communities and nations across what is now known as Canada.

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About the Canadian Museum of Immigration at Pier 21

The Canadian Museum of Immigration at Pier 21 is in Halifax, Nova Scotia. It's the only national museum in Atlantic Canada, and is located in a very special place —right where nearly one million people arrived in Canada between 1928 and 1971, hoping to start a new life.

The Museum tells the stories of people who came to Canada from all over the world. It shares their hopes, struggles, and achievements through exciting exhibitions, personal stories, and interactive displays. If you visit it, you'll learn how immigration helped build Canada's multicultural society —and how newcomers continue to shape who we are today.

The Museum isn't just about history; it's also about the present and future. Programs like "A Taste of Our Home" help visitors think deeply about how migration connects to identity, community, and belonging. The Museum is a place that celebrates diversity and reminds us of the courage and resilience it takes to start over in a new country.



About *eat make share:* *a taste of immigration*

Welcome to the activity book for *eat make share: a taste of immigration* —a new and exciting travelling exhibition all about food and the amazing stories it tells!

This exhibition dives into how food connects to who we are and where we come from. It celebrates how people from all over the world bring their own cooking styles, ingredients, and traditions to Canada, creating a food scene that's rich, exciting, and always changing.

Think about it: When someone moves to a new place, food is often the first thing they share and the last thing they hang onto. **That's because food isn't just about eating; it's about memories, culture, and community.** At this exhibition, you'll hear powerful stories, check out awesome displays, and do hands-on activities that help you see how food brings people together and builds curiosity and understanding across cultures.

The exhibition is split into three fun sections: **eat, make, share**. Each one helps you discover a different part of Canada's food story. If you get to visit, you'll see photos, hear real stories, and interact with objects from all kinds of cultures. You'll even get the chance to think about your own food memories and how they're part of your identity.

This activity book is your guide to exploring it all! You'll learn about the challenges and creativity of immigrant communities, explore Indigenous food traditions, and find out how Canada's food culture is a story of survival, adaptation, and connection. Because in the end, this exhibition is about more than food; it's about the people and powerful stories behind every bite.



Message for Parents, Teachers & Chaperones

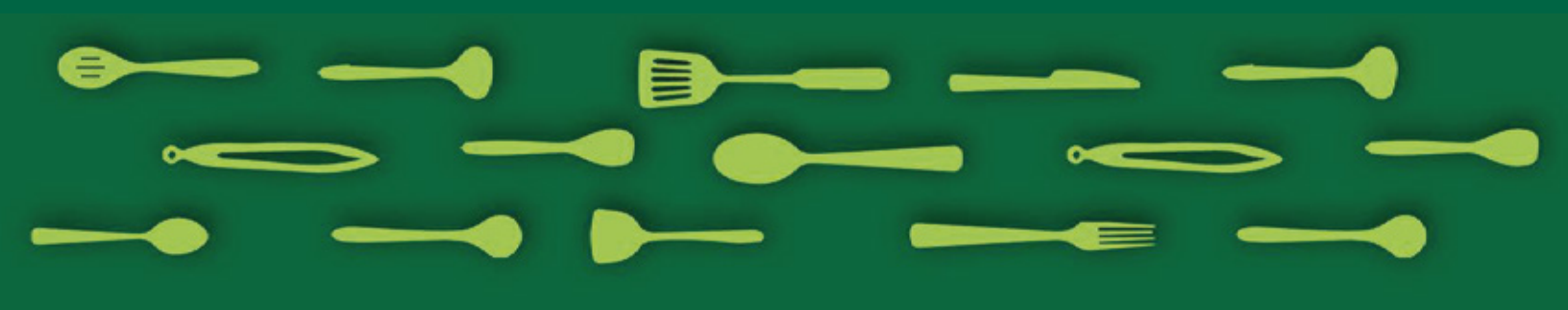
Your Role Matters!

This activity book invites young people to explore how food tells stories of culture, migration, and belonging. As a **parent, teacher, or chaperones**, your support helps bring those stories to life.

You can accompany participants by:

- **Encouraging reflection:** Ask about their favourite foods, where they come from, and what memories they bring up.
- **Sharing your own experiences:** Talk about recipes or traditions passed down in your family or community.
- **Joining the conversation:** Discuss how food connects to identity, history, and change in Canada.
- **Being curious together:** Explore new flavours, cook a dish from another culture, or look up the origin of an ingredient.

Whether at home or in the classroom, your involvement helps participants feel confident, valued, and excited to learn. Let food open the door to meaningful conversations!



Activities



Image from Freepik

A Food Map

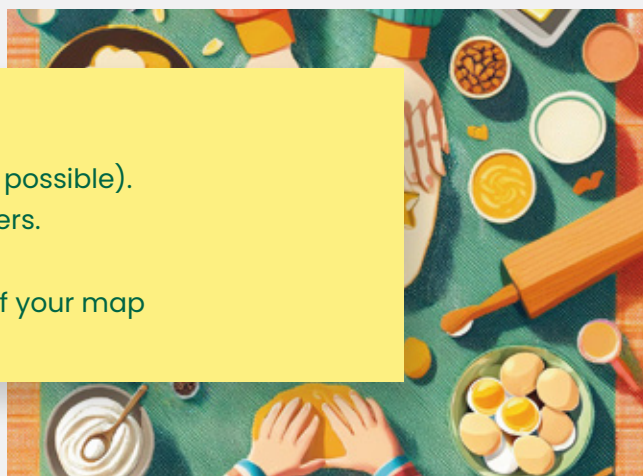
(An At-Home Activity to Share at School)

Objective: Have you ever stopped to think about where food happens in your home, and what else happens around it? In this activity, you'll explore your home like a detective. You'll map out the spaces where food is prepared and shared, and then reflect on the everyday moments that happen in those places. You can do this activity on your own or with help from a teacher, parent, or another adult. Then, you'll bring your discoveries to class and share your Food Map with your classmates.

Materials:

- A large sheet of paper (poster size if possible).
- Pencil and coloured pencils or markers.
- Ruler (optional).
- A phone or camera to take photos of your map

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Step 1: Let's Get Started!

Start by walking around your home. Pay special attention to where the food is:

- Cooked (e.g., kitchen, barbecue area).
- Eaten (e.g., dining table, couch, backyard, floor).
- Shared (e.g., family meals, snacks with siblings, holidays).

Take notes and observe quietly. Every home is different —maybe your family cooks together, or maybe you each eat at different times. There's no right or wrong way!

Step 2: Draw your Food Map

Now it's time to draw a map of your home. This doesn't need to be perfect —just clear enough to show the different rooms or areas.

Start with the layout. Draw the rooms where food is part of daily life. Mark and label the food-related spaces. Use arrows, labels, or symbols to show how people move through these spaces. Use colors to make it fun and meaningful. You could use warm colors for eating areas, cool colors for preparation spaces, etc.

Step 3: Add the Actions

Now that your map shows where food is part of your daily life, let's explore what else happens in those spaces!

Think of your Food Map as a memory map too —a place to show how food connects with people, emotions, and everyday routines. For each space you identified, think about the other actions that happen while food is being prepared or shared.

For Example:

- **Place:** The kitchen.
- **Action:** Listening to music while cooking.
- **Drawing:** Add music notes, someone dancing, or a speaker on the counter.
- **Place:** The dining table.
- **Action:** Sharing family stories.
- **Drawing:** Show family members sitting together, with one person telling a story.



Now, include as many moments and details as you can. Also, try to answer these questions:

- *What makes these moments special?*
- *Who is usually there?*



Step 4: Create a Visual Record

Once your map is complete, take photos of your work using your phone or camera. You can use these photos to make a short presentation or poster for class. You can also take your map with you to share it live with your classmates.

Your map presentation should:

- Show your Food Map clearly.
- Describe at least two food spaces in your home.
- Explain what meaningful actions or memories happen in those spaces.

If you decide to use digital tools, you can present using:

- A printed poster.
- A slideshow with your photos.
- A short video or voice recording, if your teacher allows it.

Step 5: Share at School

During class time, you'll have a chance to share your Food Map with your classmates. As you listen to others, think about:

- *How are our food spaces similar or different?*
- *What kinds of stories and memories are connected to food?*
- *How does food bring people together in different homes?*





Image from Freepik

Culinary Banquet

(An At-Home Activity to Share at School)

Objective: This activity invites you to celebrate and explore the rich food traditions of your region by preparing and sharing a traditional dish with your classmates. Through research, cooking, and storytelling, you'll learn more about the history of a specific recipe and take part in a class-wide culinary banquet. You can do this activity with help from a teacher, parent, or another adult. At the end, you'll reflect on your choices and share what you discovered with the class.

Materials:

- Cooking utensils (used at home with a responsible adult).
- Ingredients for the assigned dish.
- Serving utensils or containers to bring the dish to school.
- Classroom space for the banquet.

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Step 1: Let's Get Started!

Mini-Step 1.1: Your Cooking Assignment

Each participant (or small group) will prepare a traditional dish from your region, territory, or province. The dish should be made in a quantity large enough to share with your class.

It should reflect something about your local culture, food traditions, or family history.

Mini-Step 1.2: Dish Assignment

Your teacher will:

- Make a list of all participants or groups.
- Assign each person or group a specific traditional dish from your area.

Note: The assigned dishes will be easy to make, using ingredients that are commonly available at grocery stores.

Mini-Step 1.3: Save the Date

Your teacher will announce the day of the Culinary Banquet so you'll know exactly when to bring your dish to school.

Step 2: Research at Home

Once you know which dish you're preparing, you'll need to learn more about it. Use books, websites, or family knowledge to find out:

- The ingredients used in the recipe.
- The method of preparation.
- The origin and history of the dish (Where is it from? Why is it important?)

This information will help you introduce your dish during the banquet.

Safety First!

Before you start your cooking activity, here are a few important things to remember:

1. Always cook with a responsible adult. Some steps can be tricky or dangerous, so make sure someone is there to help.



2. Check for food allergies. Not everyone can eat everything. Some people are allergic to things like nuts, cheese, fish —even chocolate! Before you prepare your dish, ask your teacher and classmates if there's anything they can't eat for medical reasons.

3. Respect food choices. Some people don't eat certain foods for personal, cultural, or ethical reasons. For example, someone might not eat meat or animal products. Be sure to check with your teacher and classmates about any foods they avoid.

Let's make sure everyone feels safe, included, and ready to enjoy this food-filled experience together!

Mini-Step 2.1: Plan for Serving

On the day of the banquet, you will need to bring:

- Your cooked dish (well-packed and ready to serve).
- Any utensils, serving spoons, or plates you might need.

Step 3: The Culinary Banquet: Sharing & Celebrating

Mini-Step 3.1: Set Up the Space

The classroom will be arranged with a long table (or several tables) to display all the dishes. Students will help organize the space and prepare the table setup.

Mini-Step 3.2: Display & Tell your Dish!

When it's your turn, bring your dish to the table and get ready to present it. Each participant will briefly share:

- *Why this dish matters.*
- *What you learned about its history.*



Mini-Step 3.3: Taste & Enjoy

As each story is shared, classmates will be invited to taste the dish. You'll have the chance to try different foods, listen to others, and discover the diversity of your region's food traditions.



Image from Freepik

Savour the Past, Share the Memory

(An At-Home Activity to Share at School & Home)

Objective: This activity invites you to explore a special family recipe and turn it into your very own cooking show! You'll learn how to make a dish that's important to your family, discover its story, and share what you've learned in a fun and creative way. You can do this with a teacher, a family member, or another trusted adult. When you're done, you can take a photo or make a short video to show off your creation and the story behind it!

Materials:

- *Ingredients for the chosen dish.*
- *A mobile phone with a camera.*



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Step 1: Discover the Recipe?!

Identify who usually cooks in your home and interview them about their favourite meal to cook and how they prepare it. Ask them where the recipe came from and why it's meaningful to your family.

Step 2: Write the Recipe

With their help, write down:

- Ingredients and measurements.
- Step-by-step instructions.
- Personal notes or memories connected to the dish.

Now you know the recipe, but you're not done yet!

Step 3: Video Recording or Photo Shooting

With the help of an adult, cook your family dish at home. Use your phone —or ask your cooking partner to use theirs— to take photos or record short videos of the process. If you want ideas, look up cooking videos online and try out some styles you like!

Show the ingredients, capture each step, and add a voice-over or text to explain what's happening.

Don't forget to make it personal! Talk about the person who shared the recipe with you, what it means to your family, and why it's special. Your story is just as important as the food!.

Tip: Watch a few food videos with your parents or other trusted adults first to get ideas!

Step 4: Share your Dish!

Now that you've finished cooking and capturing the experience, it's time to share your work! You don't need fancy editing or social media. What matters is the care and creativity you put into telling your family story.



What Can You Share?

You can bring one or more of the following to family, friends, and classmates (if you want it!):

- A short video that shows your cooking process and family story.
- A photo slideshow or a printed photo collage that shows each step.
- A poster or storyboard with drawings, pictures, or captions describing what you made, how you made it, and why it matters to your family.
- A recipe page you designed, with your own instructions, decorations, or illustrations.

You can work with a family member to print your images or write captions by hand. If you used a phone to take pictures or record, ask an adult to help you display them on a device or print them out.

How Can You Present It?

During presentations, you might:

- Walk your classmates through the steps using your photos or drawings.
- Talk about where the recipe came from and why it's important in your family.
- Share a funny or memorable moment from the cooking process.
- Reflect on what you learned while making the dish.





Image from Freepik

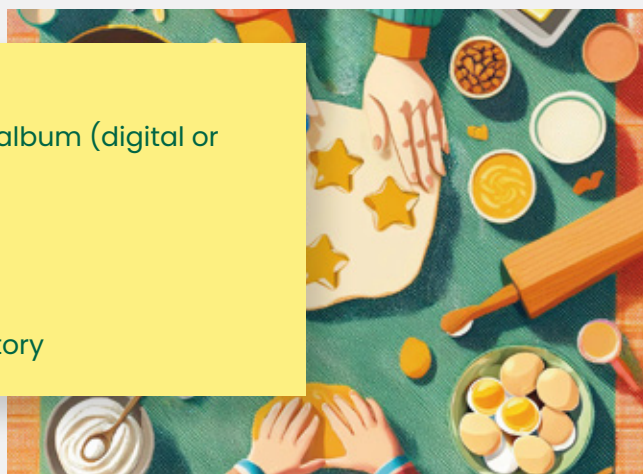
My Family Photos

(An At-Home Activity to Share at School & Home)

Objective: In this activity, you'll explore your own family photo album and uncover stories where food played a special role. Food is part of our memories —it connects us to people, places, and traditions. Your goal is to choose one photo, reflect on what's happening in it, and imagine the story of the food that was there. You can do this on your own or with help from a teacher, parent, or trusted adult. At the end, you'll reflect on your choices and share what you discovered with the class and your family.

Materials:

- One printed photo from your family album (digital or physical).
- Tracing paper.
- Pencil or colored pencils.
- Tape (optional).
- A phone or camera to record your story



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Step 1: Let's Get Started

Start by asking someone at home:

- *Where is our family photo album?*



This could be a printed photo album or a digital folder on a computer or phone. Once you find the album, take some time to look through the photos, and try to find pictures where food is present. It could be a birthday, holiday, picnic, dinner, or even a casual meal.

- Pick one photo that catches your attention.
- If the album is digital: Print the photo (ask an adult or teacher if needed).
- If the album is printed: Make a photocopy of the picture (don't draw on the original!).

Step 2: Look Closer & Ask Questions

With your photo in front of you, take a good look and answer the following questions in a notebook or on a separate sheet of paper

- **What do you see in the photo?** (Describe everything —people, objects, food, setting, clothing, expressions).
- **What do you think is happening in the photo?** (Make up or remember a short story about what's going on).
- **What new questions come to mind when you look at the photo?** (For example: What food are they eating? Who cooked the meal? Where did the recipe come from?).



These questions will help guide your drawing and story.

Step 3: Trace & Imagine

Now it's time to get creative! Take your printed photo or photocopy and place a sheet of tracing paper over it. Use a small piece of tape to keep them in place if needed. With a pencil or coloured pens, draw directly on the tracing paper. Add anything you imagined based on the questions you asked.



Examples: Draw the food you think they were eating.

Add words or symbols to show what people might have been feeling. Also, include notes about where the food came from, or what the dish means to your family. This is your chance to add to the memory and tell your own version of the story!

Step 4: Share the Story!

Once your drawing is complete, it's time to tell your story! Record a short video using your phone or tablet. In the video:

- Show your photo and your tracing paper drawing.
- Read or summarize the story you wrote.
- Tell us what the food means to you or your family.

You can still:

- Share your story at school.
- Present it to your class or family.
- Display your photo and drawing in a gallery walk or classroom board.





(An At-Home Activity to Share at School)

Materials:

- A cooking plate (this will be the base of your sculpture).
- Paper, cardboard, glue, scissors.
- Paint, markers, and coloured pencils.
- Clay or other modelling materials (optional).
- White paper and pencils for your initial sketch.



Step 1: Let's Get Started!

In class, your teacher will lead a conversation where everyone shares their favourite dish. As you listen and participate, think about:

- What makes this dish special to you?
- Is it connected to a tradition, a family member, or a memory?
- Do you help prepare it at home?



Step 2: Draw your Dish

After the discussion, you'll receive a blank sheet of paper and coloured pencils. Your task: draw your favourite dish as you remember or imagine it. Add as many details as possible —colours, textures, ingredients, and presentation. This drawing will help you plan your sculpture.

Step 3: Create a Sculptural Plate

Before the next class, your job is to turn your drawing into a sculpture. Here's how:

- Use a real cooking plate as the base of your artwork.
- Build your dish using materials like paper, cardboard, glue, paint, clay, fabric, or recycled objects.

Try to make your sculpture look as close to the real dish as possible —but feel free to get creative with textures and colours.

Remember: For safety, ask a responsible adult for help when using scissors, glue guns, or paint at home

We think this activity works great on its own, but it could be even more fun if you combine it with another activity in this book. Take a look and see if there's one that connects well. Just remember: it's totally up to you!



Image by Forager Digital



Who Cooks in My House?

(An At-Home Activity to Share at School & Home)

Objective: Have you ever wondered about the person who cooks in your home —how they learned, what they love to make, and what food means to them? In this activity, you'll become a mini-journalist! You'll interview someone who cooks at home and record it. You can do this activity on your own or with help from a teacher, parent, or another adult. Also, you can share your creation with your class, friends or your family.

Materials:

- A mobile phone or device with a camera.
- Internet connection (optional).



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Step 1: Let's Get Started!

Start by looking around you:

- *Who do you live with?*
- *Who usually cooks the meals in your home?*



Choose one person you'd like to interview. It could be a parent, grandparent, older sibling, or another relative or friend who prepares food where you live.

Step 2: Prepare your Interview Questions

Think about what you'd like to know. Your questions should help tell the story of the person behind the meals. You can write them down before filming. Here are some ideas to get you started:

- Who taught you how to cook?
- What's your favourite recipe to make?
- What meals do you cook most often at home?
- Is there a dish that reminds you of your childhood?
- Do you enjoy cooking? Why or why not?
- What's one ingredient you always use?



Feel free to add your own questions. The goal is to learn something new about this person's relationship with food.

Step 3: Check, Choose & Ask

Before you start filming:

- Make sure your phone or camera works well.
- Test the audio and video to avoid surprises during the interview.
- Have your questions ready and your phone charged.

Pick a quiet and comfortable space for your interview:



- Make sure there's no background noise (TV, music, traffic).
- Choose a place that feels familiar and cozy, like the kitchen or dining area.
- Make sure there's good lighting so your video is clear.

Before you begin, explain the activity to the person you want to interview. Let them know:

- Why do you want to ask them about cooking?
- The interview will be recorded.
- It may be shared in class or with friends.

They can say yes or no. It's important that they feel comfortable and free to participate.

Step 4: Record your Interview

Once everything is ready, begin your interview. You can film the conversation as one video or in short clips. Try to keep the atmosphere relaxed and natural —this is about learning and sharing, not perfection.

Step 5: Edit & Share!

After recording, take some time to edit your video:

- Cut out any long pauses or extra parts.
- Add titles, captions, or music if you like.
- Keep it short and engaging.

If your interview is long, choose one or two highlights to feature in the video. You can always save the full version for class.

Once your video is ready:

- Use hashtags like #cookingathome #favoritefood #interview #kitchen. We also recommend that you tag the Canadian Museum of Immigration at Pier 21.

Use the following links as examples to inspire you when making your video. You don't have to do it exactly the same... just get some interesting ideas from them!

[Link 1](#) / [Link 2](#) / [Link 3](#) / [Link 4](#) / [Link 5](#) / [Link 6](#)

You can share your video in class, with your family or during a school event.



Canadian Museum of
Immigration at Pier 21
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