LEARN ABOUT FOOD

with NMAAHC Kids

Meet Chef Leah Chase

This chef's jacket and pot belonged to Chef Leah Chase who owned *Dooky Chase Restaurant* in Louisiana. For many years, her restaurant has been a place for all people, including important leaders like Martin Luther King Jr. and Barack Obama, to come together. Chef Leah believed that, "We can talk to each other and relate to each other when we eat together."

What do you enjoy doing with others in your family, school or community?

Leah Chase's Special Dish

People have traveled from all over the world to get a taste of Leah Chase's gumbo! Gumbo is a stew often made with a special combination of seafood, meats and vegetables and it's the official food of Louisiana. Leah believed that food wasn't just something you eat. It was something that had the power to bring people together. She believed that "you can get to anybody's heart over a bowl of gumbo."

What's your favorite food?

Pretend to fill a pot with ingredients and stir it up! What are you cooking?

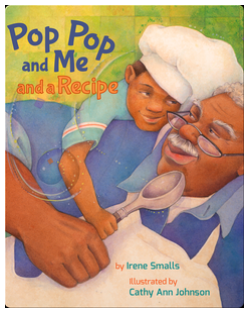
All objects are from the Collection of the Smithsonian National Museum of African American History and Culture.

NATIONAL MUSEUM of AFRICAN AMERICAN HISTORY & CULTURE

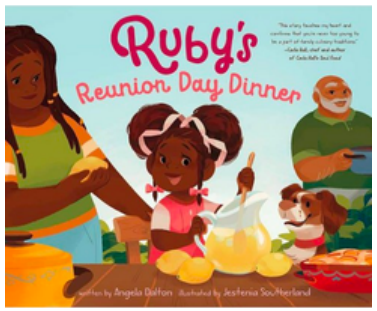
Smithsonian

READ & WRITE

Experience the joy and deliciousness of cooking with the children's books below! Then, write your own recipe for a food you love.



Pop Pop and Me and a Recipe
by Irene Smalls
illustrated by
Cathy Ann Johnson



Ruby's Reunion Day Dinner
by Angela Dalton
illustrated by
Jestenia Southerland

Thank You, Omu!
by Oge Mora

NATIONAL MUSEUM of AFRICAN AMERICAN HISTORY & CULTURE
Smithsonian

_____'s Recipe

CREATE

Inspired by artist Myesha Francis' artwork, *Red Beans and Rice Fleur de Lis*, this 3-D collage is a fun way to celebrate the foods we love and the meals that bring us together!

What you'll need:

- Colorful construction paper
- Wet glue and tape
- 1 Piece of white paper
- Markers and crayons
- Scissors (optional)

Get Started:

1. Start by getting a paper plate or on a white piece of paper, draw a large circle. This will be the plate or bowl your favorite dish goes into. Tip: Use a plate to trace a circle onto your paper.

2. Think about what will go on your plate! What is your favorite thing to eat? Is there a special meal you enjoy with your family? Do you have a dish you know how to cook? What foods make your heart and tummy happy? Once you've picked the meal or foods that will go on your plate, you're ready to begin!

3. Select sheets of construction paper that match the colors of the foods you chose. For example, you could use green paper for lettuce, red paper for tomato sauce or yellow paper for noodles.

4. Cut, tear, crumple and fold the pieces of paper to create different foods. For example, you may tear long thin strips of yellow paper to make spaghetti or crumple brown paper into the shape of a chicken drumstick.

5. As you make each food item, glue or tape the food on your paper plate or inside of the circle on your white piece of paper.

Tips:

- Add details and textures to the paper food using markers and crayons.
- Artist Myesha Francis filled her painting with color. Consider filling the edges of your paper with different color, lines, dots and other patterns.

Look closely.

Can you tell what the artist used to make her work of art?

Check out this art on Learning Lab to see which real ingredients were added to this painting.

NATIONAL MUSEUM of AFRICAN AMERICAN HISTORY & CULTURE

Smithsonian