

Bread Diary

“Half a loaf is better than none.” “You don’t know which side your bread is buttered on.” In this country, most people eat some type of bread every day. Bread is so important, we have lots of sayings about it. Some breads are so special they are only eaten on certain occasions. Others we take completely for granted. Paying attention to a cultural element like bread tells us about ourselves as well as others. Think about bread broadly—from matzo to pancakes, tortillas to crackers! Here are some activities to do on your own or with others to find art in your daily life.

Supplies Pencil, paper, optional markers or crayons

Directions

1. Brainstorm all the kinds of bread you can think of.
2. Make a list of all the breads in your home.
3. Think about what bread is your favorite. Write a few sentences about why it is your favorite. Draw a picture or photograph your favorite bread. Share your bread story and image with family members and others.

Bonus Activities ~ Share your findings by writing, drawing, photographing, or making a slideshow or even a webpage.

- Research breads around the world and choose some to Use a Venn diagram to compare and contrast everyday breads with special occasion breads.
- Interview some people about how they make bread. Share your findings
- Learn to make some kind of bread.

Adapted from “Everyone Eats Bread,” by Betty Belanus and Cathy Kerst, 2010
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