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# Foodways Icebreaker

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- PURPOSE:** To introduce a group of people to each other and to a form of folklore
- YOU'LL NEED:** 10 to 50 people  
Index cards (3- by 5-inch) or small pieces of paper  
Pen, pencil, or typewriter
- TIME:** 15-20 minutes
- HOW TO DO IT:** **Before** you meet with a group of people, prepare the cards. For every two people, print or type one of the following sentences minus the word or words in italics on a card. On another card, print or type each italicized word(s). Refer to the examples below.
- At your meeting**, give half of your group the cards with the italicized words and give the other half the cards with the sentences. Make sure you hand out the same number of “sets” of cards as there are pairs of people in your group. Tell each member to find his/her “mate.”

They are like two _____ in pod.	Card 1	peas	Card 2
She's bringing home the _____.	Card 3	bacon	Card 4
Ten and 20 blackbirds baked in a _____.	Card 5	pie	Card 6

### Foodways Sayings

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| <ul style="list-style-type: none"> <li>— I heard it through the <i>grapevine</i>.</li> <li>— It's 10 <i>carrot</i> (carat) gold.</li> <li>— It's a hot <i>potato</i>.</li> <li>— Life is a bowl of <i>cherries</i>.</li> <li>— <i>Milk</i> is a natural.</li> <li>— A spoonful of <i>sugar</i> helps the medicine go down.</li> <li>— You can lead a horse to <i>water</i> but you can't make him drink.</li> </ul> | <ul style="list-style-type: none"> <li>— Say "Pretty please with <i>sugar</i> on top."</li> <li>— You're a good <i>egg</i>.</li> <li>— Variety is the <i>spice</i> of life.</li> <li>— It's <i>peachy</i> keen.</li> <li>— He's cold as <i>ice</i>.</li> <li>— <i>Bread</i> is the staff of life.</li> <li>— You're cool as a <i>cucumber</i>.</li> <li>— <i>Sugar</i> is sweet and so are you.</li> </ul> |
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- He acts like a bump on a *dill pickle*.
  - It's as sticky as *peanut butter*.
  - It's as flat as a *pancake*.
  - I scream, you scream, we all scream for *ice cream*.
  - Pat-a-cake, pat-a-cake, baker's man.
  - The *cake* is as light as a feather.
  - An *apple* a day keeps the doctor away.
  - Never eat *apple peels* or you will get straight hair.
  - *Coffee* will stunt your growth.
  - If you eat *carrots*, you won't need glasses.
  - The first things to be taken into a new home are *sugar, butter, and milk*.
  - Eat your *bread crusts* to get curly hair.
  - *Apples* don't fall far from trees.
  - If you eat *cornbread*, your hair will curl.
  - If two people break *bread* together, they will be friends for life.
  - No problem—it's a piece of *cake*!
  - You have to eat a pinch of *salt* with an acquaintance before he or she will really be your friend.
  - To remove grass stains from your hands, rub them with green *tomatoes*.
  - You're the *salt* of the earth.
  - If you eat *cabbage* on New Year's Day, you'll have wealth that year.
  - One *potato*, two *potato*, three *potato*, four . . .
  - If you are suffering from high blood pressure, tie a garland of *garlic* around your neck.
  - Happiness is like *potato salad*: when you share it with others, it's a picnic.
  - Eating *celery* will improve your hair.
  - A watched pot never *boils*.
  - I'm a little *teapot*, short and stout.
  - Pinch, poke, you owe me a *coke*.
  - It's as easy as *pie*.
  - You can't have your *cake* and eat it too.
  - Be like Popeye and eat your *spinach*.