SHOW YOU KNOW!

Activity Sheet

• What does your kitchen at home look like? **Draw** a picture of your kitchen then **describe** what things are in your kitchen below the picture you drew.

• What did you see in the Polk’s kitchen today that was different from your kitchen? **Draw** a picture of the kitchen you saw in the video then **describe** what is different from your kitchen.
• What tools do you use in your kitchen to prepare and cook food? **List** some of the tools in your kitchen.

• What tools did they use in the Polk’s kitchen that are *different* from the ones you use in your kitchen? **Describe** the tools from the Polk’s kitchen and **Explain** how they are different from the list of tools in your kitchen.

• Where did the Polk’s vegetables come from? Did they buy them at the store? Where do you get your vegetables?
Imagine you went back in time and spent one day as a little kid when President Polk was a little boy. Back then, if you wanted to send someone a message you had to write them a letter! Use the old paper below to write a letter to one of your friends or family members describing what your day was like. Did you help cook some food? Did you do any other chores? What did you do for fun?
Listed below are a collection of resources for teachers and students that can be accessed online at no charge. Both secondary and primary sources are included. A complimentary activity sheet can also be downloaded from our website.

The included sources span a wide range of time and geographic locations. In general, most are from 18th or 19th century Britain and the United States. Details about each book and its author can be located on the source’s website or by doing a web search. Foreign Language teachers may consider searching for historic cookbooks in other languages as a means of incorporating primary source documents in the classroom as well!

While all included links are active as of the time of this guide’s creation, you may find they have changed or are no longer accessible in the future. If this is the case, simply try searching the web for the title of the resource and see what new access points are available.

**PRIMARY SOURCES**

Historic “receipts,” cook books, and domestic guides

Glasse, Hannah. The Art of Cookery, Made Plain and Easy: Which Far Exceeds Any Thing of the Kind yet Published... To Which Are Added, One Hundred and Fifty New and Useful Receipts. And Also Fifty Receipts for Different Articles of Perfumery. With a Copious Index. A New Ed. With All the Modern Improvements: And Also the Order of a Bill of Fare for Each Month, in the Manner Dishes Are to Be Placed upon Table, in the Present Taste. By a Lady [Mrs. H. Glasse]. London : J. Rivington and sons [etc., etc.], 1788. http://archive.org/details/b28757075.


Cookbooks and domestic guides authored by African-Americans

http://archive.org/details/whatmrssfishekn00fishrich.


http://hdl.handle.net/2027/mdp.39015073926647.

Kitchen Gardens


Miller, Philip. *The Gardener’s Dictionary: Containing the Methods of Cultivating and Improving the Kitchen, Fruit and Flower Garden, as Also the Physick Garden, Wilderness, Conservatory, and Vineyard.* London, Printed for the Author, 1735.

———. *The Gardener’s Dictionary: Containing the Methods of Cultivating and Improving the Kitchen, Fruit and Flower Garden, as Also the Physick Garden, Wilderness, Conservatory, and Vineyard.* London, Printed for the Author, 1735.

http://archive.org/details/fruitflowerkitch00neil.


Guides including both gardening, cooking, and other domestic tasks
Collingwood, Francis, John Woollams, Richard Johnson, and University of Leeds. Library. The Universal Cook, and City and Country Housekeeper: Containing All the Various Branches of Cookery ... Together with Directions for Baking Bread, the Management of Poultry and the Dairy, and the Kitchen and Fruit Garden; with a Catalogue of the Various Articles in Season in the Different Months of the Year. Besides a Variety of Useful and Interesting Tables ... London: Printed by R. Noble, for J. Scatcherd and J. Whitaker, 1792.

SECONDARY SOURCES

Many articles, blogs, websites, and books about historic foodways are available in both digital and hard-copy. The sources listed below are just a small selection of the materials available online. Do some more digital digging and you will find many more historians, interpreters, chefs, and foodies who are interested in learning about how we cooked in the past, what we ate, and how historic foodways have influenced modern food.

General information on historic foodways


Information specifically about African-American foodways


North Carolina specific information


Information about kitchen gardens


Audio and Visual Resources


