

Foodway Activity Instructions

This activity aims to integrate Gullah Geechee history and culture into the museum. Students will view a video on Gullah Geechee foodways and respond to related questions. After they have watched the video, students can answer the questions below.

Question 1: Who are the Gullah Geechee people?

The Gullah Geechee people are descendants of Africans who were enslaved on the rice, indigo, and Sea Island cotton plantations of the lower Atlantic coast. Many came from the rice-growing region of West Africa. The isolation of the Gullah Geechee communities created a unique culture with deep African retentions, clearly visible in the Gullah Geechee people's distinctive arts, crafts, foodways, music, and language.

Question 2: What is a foodway?

Foodways are the eating habits and culinary practices of a people, region, or historical period. Food traditions passed down through your family are more than just recipes—they're windows into the culture and history of those who came before you.

Question 3: What grain is central in most Gullah Geechee dishes?

Grains and vegetables are central to most Gullah Geechee Dishes, but rice takes center stage.

Question 4: What are some Southern dishes that reflect Gullah Geechee cuisine?

Dishes like Shrimp and grits, low country boil (Frogmore stew), and Hoppin John are Gullah Geechee dishes that are popular southern dishes today.