



WISCONSIN
HISTORICAL
SOCIETY



LEFSE STONE

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Enduring Understanding

How do objects help us understand the story of Wisconsin?

Essential Questions

- Why do we save things?
- What makes the things we save important?
- What questions do we ask of objects?
- How do objects tell a story of the past?

Wisconsin Standards for Social Studies

Social Studies Inquiry Practices and Processes

- Communicate and critique conclusions. (**SS.Inq4**)

Behavioral Science

- Examine individual cognition, perception, behavior, and identity (Psychology). (**SS.BH1**)
- Assess the role that human behavior and cultures play in the development of social endeavors - Anthropology. (**SS.BH3**)
- Examine the progression of specific forms of technology and their influence within various societies. (**SS.BH4**)

Economics

- Use economic reasoning to understand issues. (**SS.Econ1**)
- Analyze how decisions are made and interactions occur among individuals, households, and firms/businesses (Microeconomics). (**SS.Econ2**)

History

- Use historical evidence for determining cause and effect. (**SS.Hist1**)
- Connect past events, people, and ideas to the present, use different perspectives to draw conclusions, and suggest current implications. (**SS.Hist3**)

Geography

- Examine the impacts of global interconnections and relationships. (**SS.Geog3**)
- Examine the relationship between identity and place. (**SS. Geog4**)

WISCONSIN 101: www.wi101.wisc.edu

Collecting, Preserving, and Sharing Stories since 1846

816 State Street Madison, Wisconsin 53706



Content Questions

- How did Norwegians pass the tradition of lefse making down? How did this reflect their culture from Norway?
- How do cooking tools reflect a group of people?
- How does the food we eat reflect our culture and communities?

Educational Goal Assessment

- Summarize how we use food to celebrate cultures.
- Explain how food represents culture.
- Identify how cooking tools changed over time.
- Examine how foods from different ethnicities are similar.

Suggested Performance Task

- Activity #1, Cooking Tool Time Line
 - Look at the images and write down which item was made first, made second, what was made third, and what we use now. There are three categories of cooking objects, the oven, coffee maker, and freezer. (See handout and attached PDF)
- Activity #2, What Can I Eat with This
 - Assign groups or individuals a food and have them make a list of different ways a food is eaten. With each food indicate how you eat it. Make a list of foods you eat it with and write down why you think these foods are eaten together. (See handout below)
- Activity #3, Why Do We Cook?
 - Using the handout below have student think about and write a paragraph about why they cook or do not cook.
 - PBS Digital Studios, It's Okay To Be Smart, Why Do We Cook?
<https://www.youtube.com/watch?v=Wpfwu PF7Y>
- Activity #4, Why Potato
 - Have students watch the video attached and answer the questions on the handout below. Have a discussion on why Norwegians used potato in making lefse
 - TED-ED History through the eyes of the potato
<https://ed.ted.com/lessons/history-through-the-eyes-of-the-potato-leo-bear-mcguinness#watch>



Additional Resources:

- Links to Wisconsin 101
 - The Swiss Roots of America's "Dairyland"
<https://wi101.wisc.edu/2018/10/01/the-swiss-roots-of-americas-dairyland/>
 - Malted Milk and Infant Nutrition
<https://wi101.wisc.edu/2018/08/03/infant-nutrition/>
 - Horlick's Malted Milk
<https://wi101.wisc.edu/horlicks-malted-milk/>
 - Migrant Workers and the Bond Pickle Company
<https://wi101.wisc.edu/2017/09/01/migrant-workers-and-the-bond-pickle-company/>
- Links to Wisconsin Historical Society Resources
 - Old World Wisconsin Norwegian Lefse Recipe
https://www.wisconsinhistory.org/pdfs/flavor/oww_norwegian-lefse_recipe.pdf
 - Nutrition Specialist Gladys Stillmam
<https://www.wisconsinhistory.org/Records/Image/IM57709>
 - Lutefisk Supper
<https://www.wisconsinhistory.org/Records/Image/IM79499>
- Videos of Lefse Making
 - Martha Stewart – Norwegian Lefse Potato Flat Bread Recipe
<https://www.youtube.com/watch?v=7vXqLCK3BrM>
 - How to make Lefse with Rollie and Olga
<https://www.youtube.com/watch?v=ZqEzX6cqRE>



Cooking Tool Timeline?

Directions: Write down which image was made and used first, what was used second, what was used third, and what we use now. Write down why you put them in that order.

OBJECT TOPIC	FIRST	SECOND	THIRD	LAST
OVEN				
WHY?				
TOASTER				
WHY?				
FREEZER				
WHY?				



Cooking Tool Timeline?

ANSWER SHEET

Directions: Write down which image was made and used first, what was used second, what was used third, and what we use now. Write down why you put them in that order.

OBJECT TOPIC	FIRST	SECOND	THIRD	LAST
OVEN	1 (1898)	4 (1934)	3 (1950)	2 (1964)
TOASTER	4 (1919)	2 (1930s)	3 (1953)	1 (2008)
FREEZER	2 (1890)	4 (1922)	3 (1955)	1 (2010s)



WISCONSIN 101
OUR HISTORY IN OBJECTS



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What Can I Eat With This?

Directions: With each food indicate how you eat it. Make a list of foods you eat it with and write down why you think these foods are eaten together.

FOOD	WHAT FOOD YOU EAT WITH	WHY?
PITA BREAD		
TORTILLA		
NAAN		
FLATBREAD		
CREPES		
LEFSE		

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Why Do We Cook?

Directions: After watching the PBS video Why Do We Cook write a paragraph about why you want to or do not want to cook. Answer the questions from number two or three. Use the answers from the questions to write your paragraph.

1. When you see others cooking do you want to cook with them?

2. Why do you want to cook?
 - a. How do you feel when you cook with other people?
 - b. What do you learn when cooking with other people?
 - c. What does everyone talk about when you are cooking with other people?
 - d. Do you like cooking by yourself more?

3. Why don't you want to cook?
 - a. What do you dislike about cooking?
 - b. What happens if you do not cook?
 - c. Who cooks for you?
 - d. Would you cook if you could cook alone?



Why Potato?

Directions: After watching the video on the History through the eyes of the potato, answer the questions below.

1. Who ate potatoes first?
 - a. Americans
 - b. Incan
 - c. Italians
 - d. Native Americans
2. Why did the Europeans avoid eating the potato?
 - a. They were poisonous
 - b. They did not know how to cook them
 - c. They could not grow them
 - d. They were tasteless
3. What did Europeans first do with potatoes?
 - a. They used them as decorative garden plants
 - b. They used them to paint
 - c. They used them to feed the animals
 - d. They used them to drink out of
4. What country brought the potato to Europe?
 - a. Belgium
 - b. Spain
 - c. England
 - d. Ireland
5. What group of people ate the potato first in Europe?
 - a. Government leaders
 - b. Children
 - c. The working class
 - d. Business owners



Why Potato?

ANSWER SHEET

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Answers are in red and bolded

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