



## **You are what you eat!**

**What we eat is very much a reflection of who we are. It tells where we came from, who our family is, who we hang out with and what values are important to us.**

**Cookbooks are one example of how this is demonstrated. Who writes the book, from where do the recipes come, tell some of the tale.**

**This exhibit consists of cookbooks from and books about the food eaten in Eastern and Central Europe. Many of these people are of Slavic origin, but not all. They are different religions. The climates are different. They have different histories. What in the cookbooks reflect these differences?**

**Something to note while looking at this exhibit is that these books locate in different libraries on campus. Remember, cooking is a science. Most of these books come from the John C. Crerar Library.**