

# FOOD

## Throughout the Generations

story by Lorraine Barber

Food traditions change with each generation, and nowadays, I see the changes in meal preparation for my grandkids. Feeding grandkids can be challenging, especially when you take them to the supermarket, and they say they will never eat canned vegetables. My grandson is eight years old, and my granddaughter is four years old. As we head to the produce department to review the assortment of organic vegetables and fruit, they know what they like and grab carrots and a bowl of cut fruit. We still have to shop for a staple, and I wonder if they will eat processed cheese and noodles. We stroll down the pasta aisle, and there are several easy-to-make noodle options in a box; all have a processed cheese sauce, and they grab one large box for dinner. It is a moment of relief for me since dinner will include a staple and not just fresh fruit and vegetables.

I'll admit my son grew up on macaroni and cheese, as it was an easy meal to prepare with a few added hot dogs on the side. In 1983, I recall feeding my son processed food to the point where he refused to eat it. Today, there are numerous reports on the health effects of eating processed food. Corporate-driven promotions influenced my food choices for my family as a young mother and wife. Manufacturers concentrated on improving their bottom line without considering the health effects on the consumer. Today, doctors consistently warn us to be aware of the damaging consequences of eating processed foods. As an older adult, I find it challenging to change my eating habits since food traditions give me a sense of comfort and remembrance of the "old days." As grandparents, our kids teach us to avoid fast food hamburger establishments and TV dinners, but we still enjoy a large variety of processed foods.

Seeing the next generation working hard to pick healthy options is admirable. My grandkids are passionate about growing an organic garden of fruits and vegetables. When your granddaughter hands you a carrot from her garden and washes it off but is still half covered in soil and wants to share it with you, it is an unforgettable "farm to fork" moment.

There is a history of how food changes, but ultimately, we are in charge of what we feed our family.

Below is a recipe you will enjoy—the famous Zebra Cake. The original is from the mid-1940s and is a modern-day version. The Zebra Cake is a beloved recipe over 50 years old and was initially made during the war years. Sugar was rationed during the war, so cookie wafers were used to create this delicious recipe. The original recipe is easy to make, and the modern Zebra Cake is the same concept but more intricate. The Zebra Cake is fun to make during fall and can be modified by adding orange food coloring in the icing for a Halloween vibe.

Macaroni and cheese is a family staple and has been around for years. The classic method is from a Fannie Farmer cookbook dat-

ed 1946, and the modern crispy baked Mac and Cheese is from the Food TV Network. Enjoy.

Classic baked macaroni and cheese: <https://www.food.com/recipe/fannie-farmers-classic-baked-macaroni-cheese-135350>

Modern Crispy baked macaroni and cheese: <https://www.food-network.com/recipes/food-network-kitchen/crispy-baked-macaroni-and-cheese-3562070>

### Zebra Cake

This zebra cake is an easy-to-make icebox cake. It seems to be as popular today as it was 50 years ago.

Prep Time: 20 mins Additional Time: 8 hrs Total Time: 8 hrs 20 mins

### Ingredients

1 ½ cups heavy whipping cream  
2 tablespoons confectioners' sugar  
2 teaspoons vanilla extract  
1 (9 ounce) package chocolate wafer cookies  
¼ cup grated chocolate

### Directions

Beat cream in a chilled glass or metal bowl with an electric mixer. Gradually add confectioners' sugar and vanilla extract, continuing to beat until stiff peaks form.

Spread a generous teaspoon of whipped cream onto each cookie. Press cookies together to make 3-inch stacks.

Spread whipped cream in a 1-inch-wide line down the center of a serving platter. Turn cookie stacks sideways and join into a log; place in the whipped cream to secure.

Frost cookie log with remaining whipped cream and sprinkle with grated chocolate. Cover tightly and refrigerate, 8 hours to overnight.

To serve, slice diagonally to create striped pieces.

### Nutrition Facts

Per serving: 430 calories; total fat 30g; saturated fat 17g; cholesterol 84mg; sodium 270mg; total carbohydrate 38g; dietary fiber 2g; total sugars 18g; protein 4g; vitamin c 0mg; calcium 60mg; iron 2mg; potassium 135mg

Recipe by Joanne L Hayes | Updated on May 29, 2023 | Tested by Allrecipes Test Kitchen

