



Linking Generations
Northern Ireland

Questions for discussing Food Memories with an Intergenerational Group

In your small groups discuss:

- What are some of your earliest food memories?
- What are some of your favourite/happy food memories?
- What are some of your funniest food memories?
- Do these memories take you back to a special place, person or time in your life?
- Are/were there any comfort foods from your childhood that hold a special place in your heart—in other words, what was your family's "chicken soup" for the soul?
- Are/were you ever a picky eater? Describe when, and if/how you got over it.
- How is cooking in your home (now, growing up or when you were raising your family) is it similar to or different from other families in your community?
- Describe your kitchen or kitchen of your childhood: what colour were the walls? Is/was it small or big? Is/was there a window, and what is/was the view? What are/were the smells? the sounds? Are/were the pots and pans hung on hooks or hidden in a cabinet? Did you do anything other than cook there—gather with friends, do your homework, talk on the telephone?
- What food or food memories do you associate with holidays and special events?
- Are or were there any foods you hate/d but were forced to eat as a kid? (Did/do you eat them or sneak scraps to the dog?)
- What did/do you talk about around the dinner table when you were growing up? What about now?

Cooking to impress! Choosing a recipe to enter.

- Considering your groups discussions and 'foodie' bingo answers what recipe would you like to cook/bake – starter, main dessert?
- Create you plate activity – what ingredients do we need? Do we know the recipe?
- What makes you dish better? Is there a secret family ingredient?
- Is it a healthy version of takeaway?

Imagine Come Dine with Me!