

FOOD JOURNALIST

ACTVITY INSTRUCTIONS

#1 INTERVIEW SOMEONE FROM A DIFFERENT GENERATION

This can be a mom or dad, grandparent, aunt or uncle, or a neighbour. Set up a time that may work for them to talk. You can interview by phone, Skype, FaceTime or in person. To keep safe in this time of social distancing, be sure to be 2 meters apart or even interview on either sides of a fence.



#2 GET READY FOR YOUR INTERVIEW

To get ready for your interview, practice reading your questions aloud and record the answers you would give if you were being interviewed. Record your answers in your Food Journal. You can even do a practice interview with a sibling.

#3 ASK YOUR QUESTIONS

Greet your interviewee then ask your questions. Record your answers in your Food Journal or on a piece of paper clipped to a clipboard. You could even try taping the interview. After your interview, be sure to thank your interviewee for their time.

#4 DISCOVERY

Read over what you discovered in the interview. Fill in any information that you may not have written down at the time.



#5 FOOD JOURNAL

Write a summary of your findings in your [Food Journal](#). Maybe you can send a copy or photo of what you wrote to the person you interviewed.

#6 AFTER THE INTERVIEW

- Did your interviewee give any answers to questions that are **similar**, or the **same** as your answers? Find some answers that were similar.
- Are there **differences** between your answers and the answers given by your interviewees? What are some differences?
- Record in your Food Journal.



Interview Questions

1. What was your favourite food as a child? Why?
2. Who cooked the meals when you were a child?
3. What kinds of food did you eat for dinner as a child?
4. Has your eating changed over time? If so, how has it changed?
5. When you were young, how did you help in the kitchen?
6. How else did you help at home? Did you have any chores to do?

7. What time did you eat dinner?

8. Where did you eat?

9. What were your family dinner routines? (Did you talk to each other? Did you watch TV? Did you ask to be excused? Did you have to finish everything that was served?)

10. What did you do if you didn't like what was being served?

11. How did you use food to celebrate special occasions when you were a child?

12. What kinds of food do you enjoy preparing nowadays?

Thank your interviewee for their time.