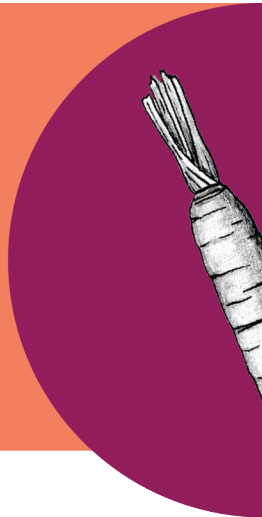


THE **EDIBLE**  
**SCHOOLYARD**  
PROJECT



## INTERVIEW AN ELDER

**Student Name:**

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**Summary:** *Is there a food that reminds you of a memory from when you were younger? Can you think of recipes or flavors that have been passed down in your family for generations?* In this activity, you will interview an elder who you know about a favorite recipe of theirs and why that recipe is meaningful to them.

**Time:** 30 minutes

**Materials:**

- Pen and paper or a recording device

**READ:** Food can be a pathway to our past, our heritage, and our history. One way for us to understand how food can link us to our past is to speak to people who have been around a little longer than we have. Think of an elder in your life—they could be a family member, community member, or friend—and interview them about their favorite childhood recipe.

**THINK:** Take some time to think about the question, *What are the flavors, smells and ingredients that remind you of home and/or family?*



## INTERVIEW AN ELDER

**DO:** Interview an elder. Prepare your questions ahead of time. Sit down with your interviewee or call them up. Then ask them your questions. Here are some questions you might include, but feel free to add your own.

- What is one of your favorite recipes from your childhood?
- What makes the dish special?
- How did you learn about the recipe?
- Would you walk me through the recipe?
- How would you describe the flavors of the dish? What spices does it require?
- What memories do you have about eating or making the dish?
- What are the flavors, smells and ingredients that remind you of home and/or family?

**WRITE OR RECORD:** Capture the responses to your questions and your reflections from your interview. Write a paragraph or create a voice memo, using our [Sharing What You Made](#) resource. Your written response or voice memo should include the following:

- At least three things that you learned from your conversation.
- At least two things you are still curious about.
- A question that you still have.

**SHARE:** Post your voice memo or paragraph on the sharing platform indicated by your teacher or share it with another family member.

### Teacher Notes:

- If you are teaching this activity as part of the curriculum [Cooking With Curiosity: Challenging Perfection With Reflection](#), see [Introduction to Unit One](#) of the curriculum guide.
- See [Sharing Toolkit for Teachers](#) to help determine how students will share and which platform they will use. Also see our student resource, [Sharing What You Made](#) to support students around creating voice memos, photo diaries, etc.