

FOOD MEMORIES EXERCISE

Consider the different periods of your life – your childhood, teens, twenties etc.

What foods do you remember from these years?

What were your favourite drinks?

Were there any foods or drinks that you used to dislike that you grew to like?

Were there any foods or drinks that bring very negative triggers or memories?

What places are associated with the foods you remember?

Were there any holidays or events where you remember special meals?

Who were the people you shared them with?

Did you enjoy cooking yourself or avoid it?

If you do like to cook, what was your 'signature dish' in that period?

What would you always look for and order on a menu at a restaurant?

What, if anything, would you always avoid at a restaurant?

If you could create one menu which brings you the most sense of wellbeing and connection with your identity and socio-cultural background, what would it be?

The starter or snacks

The main meal

The desert/pudding

The drink

Were there any particular emotions or surprises that came up for you during this exercise

