

Questions to Help You Tell Your **RECIPE STORY**

1

What foods did/does your family eat on a regular basis?



6

What foods do you make that your family asks for?



2

Did your parents, grandparents, or loved ones teach you how to make certain foods?



7

Are there foods your family makes at certain times of the year?



3

What food(s) do you look forward to on special occasions or holidays?



8

What foods do you associate with good memories?



4

Who likes to cook in your family? Ask them if they've collected any family recipes.



9

Who is the oldest person in your family? Ask them if they have any family heritage recipes to share.



5

Is there a recipe in your family that you and all of your extended family make?



10

Are there any recipes in your family that require special ingredients or skills to make?

