

Family Food Tradition Interview

1. What are some special foods your family eats for holidays?
2. What food traditions does your family have for birthdays or other celebrations?
3. Does your family have any rituals, rules or patterns for regular meals? What are they? (example: Eat together, prayer before eating, person who cooks doesn't do the dishes)
4. Are the foods your family eats different than your friends? If yes, which ones?
5. What is your favorite family dish? Why?
6. Do any of your family's foods or traditions have family stories connected to them? What are they?
7. Are any of the foods linked to your family's cultural or ethnic heritage? Which ones? Can you draw picture?

