

Sharing Food Traditions Questionnaire

Dear Parents/Grandparents/Guardian,

Next week at Plants to Plates we will be learning about food traditions and looking at how our connections to food and our diets may have changed over the years. To prepare, we would like to hear from you what you ate when you were a child.

1. When you were my age, what did you typically eat for:

Breakfast?

Lunch?

Dinner?

2. How many meals per week were home-cooked? (circle answer)

ALL MOST HALF LESS THAN HALF NONE

3. Did you know where your food came from? If so, where?

4. Did your family grow any food yourselves? What kind?

Did your family do anything to save or preserve food from one season to another? How? To what foods?

