

**Interview your oldest
ancestor about 'A food that
makes them happy from
their childhood'**



An example



Why do this activity?



Connecting the recipe, the story and the memories of the food with important people, culture and places

Who do you interview?



Think about someone who has been central to you:

- experiences, memories or relationships, or
- someone who is known in the family for cooking, or
- someone who has handed down a recipe



**What is a food that makes
you happy from your
childhood?**

What you can discover?



- Childhood experiences
- Likes/Dislikes/Favourites
- Relationships with family and friends
- Positive experiences and not so positive experiences
- Reward and punishment
- Earliest childhood memories of food
- How they learned to cook
- Favorite traditions and celebrations

How do you record it ?



Ideas for digital recording:

- a. Blog page
- b. Record in a simple document
- c. Family Website
- d. Family History site of choice
- e. Audio and video files of the interview
- f. Record on a recipe app such as Fareloom

After this question what could you ask?



- What was your favourite dish when you were growing up?
- Who taught you how to cook?
- What dish reminds you of home?
- What family celebrations did you have or attend and what food was served?
- Can you remember a favourite birthday cake or party food?
- What dishes were typically on the table for gatherings?
- What was your least favourite meal growing up?

How do you record it ?



Ideas for physical recording:

- a. Picture frame with excerpts of the interview
- b. Record in a journal
- c. Included in a printed family cookbook
- d. Physical family history publications

How do you record it ?



Include contextual information:

You may also wish to consider including

- Geography/Maps
- Occupations
- Era/time
- Ingredient availability
- Traditions/Celebrations/Culture
- Photos



Something to help you....



photo

Date of Birth

Place of Birth

Happiest food memory

My Ancestor

NAME:

RELATIONSHIP:

Memorable food tradition

Disliked food

A favorite food

Earliest food memory

Find an interview template in our 'Downloadable Resources' on our exhibitor page to help you through this process

Interview your oldest living ancestor or friend today...



1. Find interview template (and other resources) to use at our Fareloom exhibitor booth
2. Visit our website www.fareloom.com for other resources and food stories for inspiration
3. Book a time on our exhibitor booth so we can interview you!
4. Email us your experiences from your interview – see website for details