Exploring Dinnertime through the Generations
Teacher's Guide

This teacher's guide accompanies the Exploring Dinnertime through the Generations Student Activity Sheet.

This activity aims to raise student awareness of the range of different types of meals that may have been eaten by their family members in the past. Encouraging students to explore different dinnertime meals may empower them to build the knowledge, skills and confidence to establish the basics for healthy food preparation at home.

Exploring dinnertime allows students to understand the social and emotional connectedness that food can bring. Sharing dinnertime meals with the family can help build and strengthen family relationships.

In this activity students will:
- Be provided with the accompanying worksheet which guides them through conducting an interview with someone from an older generation which could be their parents, grandparents, other family members, neighbours, etc.
- Ask questions about what dinnertime meals looked like when they were the student's age.
- Explore what types of foods were eaten and how they were prepared, cooked, served and eaten.
- Seek further information such as;
    o traditional family/multicultural foods
    o where dinner foods were sourced, (e.g. from supermarkets, grown at home)
    o where meals were eaten, (e.g. inside, outside, at the table, in front of the TV)
    o whether eating out or take-away foods were common place etc

This activity is designed for grades 4-7 and enables students to research their own heritage, identities and values and identify strategies to celebrate and respect diversity within their class and school community.

Activity Outline

1. **Background -** Provide students with accompanying activity sheet and create discussion around the students' current dinnertime meals. You may like to make a list of responses and save these to reflect on later once the students have completed their interviews.

2. **Interview Preparation -** As students may not have conducted an interview before, it could be helpful to conduct a mock, in-class interview led by the teacher to demonstrate what makes a good interview. Below are some suggestions for successful interviewing that you may wish to discuss with the class beforehand:

   - **Prepare** – your questions before the interview
   - **Practice** – saying your questions out loud
   - **Listen** – during the interview. Be a good listener, do not interrupt
   - **Look** – always look at the subject while speaking to them
   - **Understand** – if you don't understand something it is okay to ask for more information or for the subject to repeat what they said
   - **Silence** – is okay. Be sure to give your subject time to think
   - **Notes** – try and take some notes during the interview
   - **Reflect** – after the interview, while you can still remember all the details. Read through your notes and add any extra information that you think may be important

3. **Interview Reviews -** After students have conducted their interviews, aim to generate a class discussion about the different types of foods eaten by those they interviewed, and ask students if they notice any differences between what and how they eat today compared to those from previous generations.

Practical Extension Activity – Explore and Learn

   - When the students have finished the interviews, have them report their findings. They could write a newspaper or magazine article on their findings or give an oral presentation.
   - Host a multicultural food day where students bring in a dish that was eaten by their families in the past.