

Exploring Dinnertime through the Generations

Student activity sheet

Dinnertime meals, including the types of food eaten and the way in which they are eaten, can be different from family to family. They have also changed over time. How your parents and grandparents ate may be very different to what you eat now and the way you eat it. In this activity, you are going to explore these differences by interviewing a parent, grandparent, neighbour or family friend.

How to conduct an interview

STEP 1: Think about whom you would like to interview and ask them when would be a good time to talk with them. You could choose to do the interview face to face or over the phone. The interview should take about 20 minutes to complete.

STEP 2: Think about what you are interested in finding out about dinnertimes and prepare your questions. Your teacher will help guide you or you can use the interview question ideas on the next page. List several questions you may want to ask during the interview.

STEP 3: Conduct the interview. During the interview, be a good listener, do not interrupt. Be sure to give the person interviewing time to think about your question; silence is okay. If you don't understand something it is also okay to ask for more information.

After you have finished asking your questions ask if there is anything else they would like to share with you about dinnertimes.

STEP 4: Even if you are recording an interview, it's good practice to try to take some brief notes. Don't try to write every word said; just take down the main points.

STEP 5: After the interview, while the details are still fresh in your mind, read through your notes and make sure you have covered all the details and add any extra information that you think may be important. Don't forget to say a big thank you to the person you have interviewed.



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Ideas for Interview questions

- What was a common dinnertime meal eaten by your family?
- What was your favourite dinnertime meal?
- Can you tell me about any traditional or cultural foods that the family ate for dinner?
- Where did the family get the ingredients for dinner from (e.g. did they buy them from supermarkets or were they grown at home)?
- How were the meals cooked e.g. type of stove, who cooked them?
- How were the meals served e.g. on individual plates or as share plates?
- Where were the meals eaten (e.g. inside, outside, at the table)?
- Did the family ever go to restaurants or get take away foods?
- Where there any special foods you had on holidays or for celebrations?
- Did your family eat together or did family members eat at different times?

TIP: When interviewing try and ask questions that encourage more than a 'yes' or 'no' answer. For example instead of asking "Did you sit at the table while eating dinner?" ask "Where were the meals eaten?"

Questions I plan to ask:

1. _____
2. _____

3. _____

4. _____

5. _____



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