

When I Was Little

Description

This activity uses writing and oral communication to research food changes over the past two generations. Students prepare a questionnaire about food and food habits. Using this questionnaire they will interview a grandparent or someone of that generation.

Objective

To demonstrate how eating habits have changed over the past two generations; to develop an idea of the roots of food choices.

Materials

Life Lab journals



Do you ever complain about having the same old thing for lunch? That's the short view. In the long view, the food we eat has changed quite a bit just in the last two generations. Many of the prepared foods in supermarkets of today were probably unknown to your great-grandparents or grandparents. Why not ask them and see? What questions would you ask them about the food they ate when they were your age? (List questions.)



1. Have students prepare a questionnaire about food and eating habits. Possible questions include: What foods did you eat when you were little that you seldom or never eat now? Where did you get your food? Were foods prepared differently than they are today? What foods were always made at home instead of purchased at a store? How often did the family eat together? Do you eat any foods today that seemed strange or unappetizing when first introduced to you? At what time of day did you eat your largest meal? Did you eat out? If so, where? How often? What was your favorite food as a child? Do you think foods are better or worse today?
2. Have students analyze the responses by comparing the changes and similarities in eating habits.



Summarize your interview. Compare how eating habits have changed over the years. Name an old eating habit that you would like to practice. Trace the development of an old eating habit into a modern eating habit.



1. Invite a panel of grandparents to school to be interviewed by the whole class.
2. Have some seniors work with a group of students to prepare an old-fashioned meal.
3. Have students research food preferences in different historical periods. Can modern habits be traced back to them?

