

Memories through food and beverages



Goals:

- To enable fellowship and conversation by sharing memories and experiences related to food and drink.
- To create a sense of nostalgia and joy by reliving positive food and drink experiences.
- To increase understanding of different cultural perspectives on food and drink.

Description:

This activity is a great opportunity to get to know each other and enjoy a conversation related to food and drink.

Step 1: Preparation

- Gather the participants and make sure everyone has a comfortable seat.
- Create an evocative atmosphere by decorating the room with pictures or objects related to food and drink.
- Prepare some simple refreshments such as coffee, tea, biscuits or other small snacks.

Step 2: Sharing memories

- Welcome participants and explain the purpose of the activity, i.e. to share memories of food and drink.
- Encourage each participant to share a memory related to food or drink. It could be something that reminds them of childhood, a special trip or a memorable meal they have experienced.
- After each person's story, encourage the others to ask questions or share similar experiences.

What is required:

- A group of participants.
- A comfortable gathering place.
- Decorations or objects related to food and drink to create an evocative atmosphere.
- Refreshments if desired.

- Openness and willingness to share personal memories and listen to the stories of others.

This activity aims to promote fellowship and open communication and allows participants to explore different cultural perspectives and memories related to food and drink.

Below are questions that can be used to support a discussion about food and drink memories:

1. Can you share a special memory from your childhood linked to food or drink?
2. What meal have you eaten that has left the strongest impression on you, and why?
3. Is there a recipe that has been passed down in your family? Tell us about it.
4. Have you ever had a memorable dining experience during a trip? What made it so special?
5. Can you share a funny food-related failed experience or a time you tried to cook and it went wrong?
6. Is there any dish that you have always wanted to try but have not yet had the opportunity to taste?
7. What is your favorite drink and what memories are associated with it?
8. Have you ever participated in a cooking competition or tasting event? How did it go?
9. Is there any food or drink tradition in your culture that you particularly value?
10. What food or drink experience has surprised you the most and for what reason?
11. Do you have any special food preferences or allergies that have influenced your food memories?
12. What is/was your favorite place to eat out, and what makes it so special?
13. Have you ever tried a dish that you didn't like on the first try, but later became a favorite?
14. What food or drink experience has changed your view on food in a positive way?

These questions are intended to open up interesting and personal discussions about food and drink memories and can be used as a starting point for sharing and exploring different experiences.



Time:

30 minutes - 1 hour



Alone or in a Group:

This is a group activity.

Source: The activity is created with inspiration from models and ideas from national material banks: ([Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal