

Pictures with meaningful memories about food



Goals:

- To promote communication and interaction by using images as a starting point for sharing food and drink related memories.
- To bring a creative and visual dimension to the conversation.
- To promote appreciation of art and cultural perspectives in food and drink.

Description:

This activity is an interactive and visual method of sharing memories of food and drink through images. It gives participants an opportunity to explore and express their memories in a creative way.

Step 1: Preparation:

- Gather the participants and make sure that each one has access to a picture of food or drink, with which they have a personal connection.
- Participants can bring their own images or use images provided by the person who leads the activity (physical images/virtual).

Step 2: Description:

- Welcome the participants and explain the purpose of the activity: to use pictures to share memories related to food and drink.
- Show some examples of images and how they can relate to memories and emotions.

Step 3: Sharing memories:

- Give each participant the opportunity to show their picture and share the story behind it. They can describe the memory and feelings associated with the picture.
- Encourage participants to use their senses to describe the taste, smell and other details associated with the food or drink in the picture.
- After each presentation, encourage the other participants to ask questions and express their own experiences and memories of the same food/drink.

What is required:

- A group of participants.
- Images of food and drink with a personal connection.
- A place where the images can be displayed, either physically or digitally.
- Opportunity for discussion and interaction
- Openness and willingness to share personal memories and reactions to images.

This activity aims to integrate creativity and visual elements into the discussion of food and drink memories, which can lead to meaningful conversations and a broader understanding of different perspectives.



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