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# Homework outline: Create a collage

You will need to complete a **collage** as homework before our session and have it ready for us to review. Your collage will represent:

***“What cooking means to me personally”***

## Draw on your experiences, emotions, and feelings

The collage should **elaborate on your day-to-day experience of cooking and food preparation**, thinking about the day-to-day tasks and **any vivid memories of your past. Use** **words and images** to highlight how you feel about cooking and everything associated with it.

**Consider the following as you go:**

* Feelings
* Thoughts
* Things you do regularly (habits)
* Things you do less regularly
* General approach to cooking
* What differs between weekday and weekend meal preparation and cooking?
* Sharing and passing on food or recipes with friends and family
* Other: What else comes to mind for you when you hear your prompt statement?

# How do I create a collage?

You will need to create the **collage on a piece of butchers’ paper** or cardboard (i.e., large scale).

There are no limits to the possibilities of what can be provided by way of content. Some suggestions for how to create the collage are outlined below:

* Flick through your favorite **magazine.** Anything that grabs your attention, **cut it out and stick it on your paper to make a collage**.
* **Add some captions** to convey why the content is significant to you, so that we can talk about it when we meet up in person.
* **Draw it or write it** if you can’t find an image to convey what interests you.
* **Use colors and shapes** to help **convey the mood** of your collage.

Images can be anything you want to use. They will stand out to you for some reason – don’t be limited in what you choose and why.

They can be images that highlight the way you feel or want to feel. Take the time to source a range of images that express your experience clearly.

See **EXAMPLES** provided on the following pages.

## You MUST do this exercise BEFORE we see you to be paid.

This collage **must be done BEFORE we see you so that we can discuss it in our session**.

You will **need** **to show your collage to receive any incentive payment** at the conclusion of the session.

**Non-completion** **of this step** will mean we cannot complete the session, and will **void your participation**.

## Collage examples for reference

Here are a number of sample collages from unrelated projects.

These are intended to give you an idea of what we are after. Please note that we do not expect to see a reproduction of this sample, but it is **offered for context and reference** when constructing your own collage.

Consider the points outlined in the previous section when creating your own collage and **take the time to source a range of images and words** that **reflect** your **decision processes**.

**Remember**: not completing this activity will mean we will not be able to use you for the study and you will not receive an incentive payment.

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| BusyMum2 | Cooking |