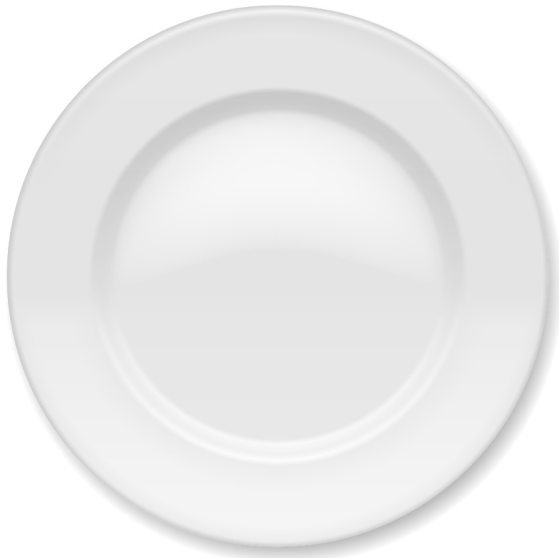


MY FOOD AND ME



- How many times a day do you eat? Which is your main meal of the day?
- In your own opinion, what do you eat or drink too much of or too little of?
- Are there any foods you don't eat because of religious, ethical or tastes reasons? Which?
- Do you ever eat out at restaurants? Which factors help you to decide where to eat (price, type of cuisine, location, etc...)?
- Do you eat the same types of food as your parents or grandparents? Why or why not?
- Describe your kitchen (appliances, furniture, colors, cooking equipment, etc...).
- Who cooks at your house? Is it a shared responsibility? Why or why not?
- What do you cook the best?
- What is your favorite type of foreign cuisine? Why?
- Which is the best and worst dish from your country?
- Where do you buy groceries? Why?
- Do you ever check where your food comes from? Do you buy *local*?
- Do you ever check the ingredients list on the food you buy (preservatives, high-fructose corn syrup, artificial flavoring, etc...)? Why or why not?



Draw your ideal plate of food.