

## Green Treasures – My Food Story

For this project we are looking at how food brings people together and allows us to connect across generations and cultures, playing a critical role in defining our identity, cultural heritage, and ethnicity. Immigrants bring recipes and traditions of their countries to their new homes and these recipes are adapted using local ingredients. You will interview a family member, friend, community member or elder to tell the story of a food from their community or home that is representative of their heritage and that has been influenced by their current surroundings. The following are sample questions – use the resources provided on the [challenge website](#) to help you develop additional questions.

### Sample Interview Guide

Your name \_\_\_\_\_

Informant's name \_\_\_\_\_

Date \_\_\_\_\_

#### Sample Biographical Questions:

Where did you grow up? \_\_\_\_\_

Where have you lived? \_\_\_\_\_

#### Sample Foodways Questions:

When you answer the following questions, think about plants used by your family and friends, community members and elders for food, medicines, religious/spiritual or other purposes.

What traditional food did you eat a lot of growing up? \_\_\_\_\_

What were the plant ingredients used? (List the ingredients in the spaces provided.)

Traditional Food

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Plant Ingredients

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What traditional foods do you still eat today? \_\_\_\_\_

Have the plant ingredients changed? (List the ingredients in the spaces provided.)

Traditional Food

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New Plant Ingredients

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Do you remember if some of the plants were also used for other purposes like medicinal, as beauty products, decorative or for religious traditions?

Plant

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Uses

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Can you share with me an important memory or story you have using any of these plants? \_\_\_\_\_

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Can you think of any other interesting plants and plant uses?

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Other thoughts, questions, or points to discuss:

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