

Personal Food Story

With the goal of learning more about one another, making our cooking relevant to our lives and also showing how our food shapes us, we will each be sharing a personal food story with the class.

You saw the teacher present their own food story and dish with the class, now it is time for you to share your own! Your food story should be unique to you and help the class to know a small part of who you are.

Example themes could be (you are not limited by these):

- a story that describes why the food was made and brings the audience into the experience
- a food and life story about what the food is inspired by and how the dish is meaningful to you
- a story about a relationship or person who shared a recipe with you (eg passed down in the family, someone shared with you while travelling, etc)
- a story that is random and funny but connected to a dish that means something to you
- a dish that is traditional in a region your family came from



Criteria:

1. Select which day you will present
 - a.
 - b.
2. Meet with the teacher one week before presentation day to discuss details of your presentation
3. Bring a paper copy of your recipe on presentation day (can email a digital copy to teacher to print in advance)
4. Order your ingredients through teacher **one week** before presentation day if you will prepare it at school
5. Sign up for a work block to prepare your dish in advance **or** prepare it at home (you may have someone support you in the kitchen, but you must do the majority of the food preparation yourself)
6. Have dish ready to share at the beginning of class on presentation day (ensure you have thought about how you will serve it to the _____ students in the class)
7. Have your food story written up & submit to teacher but also be prepared to speak about your story on presentation day
 - a. If you will do a video in advance, you still need to submit a write-up to teacher either printed or digital
8. Complete a self-reflection on your presentation (provided)
9. Complete a feedback form for the other students who presented