

Meals Then and Now

Use this worksheet as a basis for exploring how meals have changed over two or three generations.

Your grandparent (or a neighbour or family friend of their generation)

1. Ask a grandparent or someone of that generation to list a typical main meal they had when they were children. Check off whether the food was made at home, bought in a package, or ordered from a restaurant.

Typical main meal	Made at home	Bought from store	Ordered from restaurant

2. How many packaged items are in the list?
3. How often did your grandparent eat together as a family? _____times per week
4. Where did they eat?
5. Did they do any other activities while they were eating? If so, what were they doing?
6. What time of the day did they eat their main meal when they were children?
7. How much time did they spend eating their main meal?
8. Who made the meal and how long did it take?
9. What were the challenges for eating together as a family?

Meals Then and Now

Your parent

1. Ask a parent to list a typical main meal they had when they were children. Check off whether the food was made at home, bought in a package, or ordered from a restaurant.

Typical main meal	Made at home	Bought from store	Ordered from restaurant

2. How many packaged items are in the list?
3. How often did your parent eat together as a family?
_____times per week
4. Where did they eat?
5. Did they do any other activities while they were eating? If so, what were they doing?
6. What time of the day did they eat their main meal when they were children?
7. How much time did they spend eating their main meal?
8. Who made the meal and how long did it take?
9. What were the challenges for eating together as a family?

Meals Then and Now

Your family

1. Now list one of your family’s typical main meals. Again, check off whether the food was made at home, bought in a package, or ordered from a restaurant.

Typical main meal	Made at home	Bought from store	Ordered from restaurant

2. How many packaged items are in the list?
3. How often do you eat together as a family? _____times per week
4. Where do you eat?
5. Are you or your family doing other activities while you are eating? If so, what are you doing?
6. What time of the day do you eat your main meal?
7. How much time do you spend eating your main meal?
8. Who makes the meal and how long does it take?
9. What are the challenges for your family for eating together?

Meals Then and Now

Compare the meals then and now: Is there a difference between the meals from each generation?

If so, what do you think caused meals to change?
