

# FOOD MATTERS

We are what we eat

Course #:	22S-FMR
Format:	Seminar
Moderator:	Nina Scott Katy Van Geel
Date and Time:	Tues, 9:30 - 11:30 AM 10 weeks, Starting 2/21/2022
Location:	Zoom
Max # of Participants:	16
Auditors Accepted:	No
Max # of Auditors:	

## PURPOSE:

We want to talk about food, specifically, about the food you were fed by your parents and the food you eat now. We will share memories and recipes of dishes important to your family, from canned spaghetti to haute cuisine.

## DESCRIPTION:

Food matters, because it literally has made you who you are, and also because it speaks volumes about family traditions, which have also made you who you are.

Christina Baker Kline echoes this thought in her book entitled *The Way Life Should Be*. "It's impossible to look at family traditions without talking about food: why we eat, what we do, at home as well as on the street and in restaurants. What does the food we eat say about who we are?"

Family traditions can range from obeying the Sabbath, to fish sticks on Fridays, to TV dinners, to making pickles and canning applesauce, to growing a vegetable garden, to learning how to make specific ethnic foods, to holiday fare.

And don't forget the family stories that involve food. Every family has them, and we want to hear yours.

## ROLE OF PARTICIPANTS:

Ask yourself: what does the food you ate/eat say about who we were/are? Begin by asking yourself what motivated you to want to take this seminar. What food-related thoughts first came into your mind? Begin your presentation with that, and go from there.

If you want to demonstrate a specific technique or just how you cook something, we can talk about how to set up your computer in your kitchen so others can watch.

And of course, somewhere along the line you may have read a book that influenced your food habits. Share your thoughts!

## RESOURCES:

Your memories, your favorite cookbook, your recipe card box.

## ABOUT THE MODERATORS:

Katy and Nina have moderated five previous seminars dealing with food.