

# Family Meals: Yesterday & Today

## Growing Up

*What was a typical family dinner like?*

- What time did you eat?
- What were your typical meals? favorites? worst meals?
- Who prepared it? Who served it? Who cleaned-up?
- How did your meal begin?
- What did you talk about at the family table?
- How did the family meal end?

## Eating Today

*What is your typical family or household meal like today?*

- How many days a week does your family or household gather for a meal together?
- What time do you eat?
- Who prepares it? Who serves it? Who cleans up?
- How does your meal begin?
- What do you talk about at the table?
- How does the meal end?