



Remote Reminiscence – Getting Elders Online

1

Theme #13 – Food

This activity pack looks at memories of food, cooking and eating.

You can use this resource as a stand-alone series of activities or in conjunction with a short film available for free on our YouTube channel.

Why not have a look through and pick ideas to support activities with friends, family, and in groups too.



The link for the accompanying film can be found at the end of this activity.



Remote Reminiscence – Getting Elders Online

2

- This section is all about Food.
- We will cover memories of mealtimes, baking and favourite treats.
- The accompanying short film will also look at some of the tools you could use to trigger memories.

Icebreaker Activity

- Can you share what food you absolutely hated when you were growing up – what couldn't you bear to eat?
- What rituals did you have around food – prayers, special meal days, specific cutlery?
- Where did your food come from? Did you grow it?



Figure 1: Food postcards. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.



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Activity: Mealtimes

3



Food

Think about mealtimes – What did you do when growing up?

- Where did your family eat meals?
- Who was usually there at mealtimes?
- Who did the cooking? Washing up? Setting the table?
- Were there prayers before eating?
- Table manners?
- Favourite dinners?
- Food you hated?



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Memories

"We had a cereal for breakfast, I don't think we were badly hit during the war but sometimes hard-boiled eggs were hard to come by. Food was quite basic I don't think that was really rations or anything. We always had Sunday dinner, but mother wasn't really keen on cooking." Pat

"There was 11 of us in my family and so not much food to eat, we used to go picking and foraging in the New Forest. Food had to go to the ones who are working so my dad and my brothers. I do remember bread and dripping." Mary

"We used to have to go to the shop to get the butter and cheese in the shop and you could only get what was in your ration book." Eileen

"I would have powdered eggs every morning with toast and porridge, the powdered eggs were all right if we scrambled them." Derek

"We always had a Sunday roast and the rest of the week was just scraps really, however there was this one time we had a tin of salmon and so we laid the table all out nice, but we heard some planes outside so we all went outside to have a look and when we came back the cat had got on the table and eaten the salmon."

Joan

"We were on Rations so not much food to go round, however the airmen would sometimes shoot rabbit and deer. We hung the deer up on a pole but they got found out and had to give up they meat ration." Tom



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Activity: Remembering baking

5

- Did you or your family bake bread?
- Do you remember any different recipes?
- What else did you bake? Which was your favourite?
- Why not write down the recipe for your favourite dish and share it with family members.



Figure 2: Breaking Bread project image. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.



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Activity: Favourite sweets

6

Childhood Pastimes

Quality Street Tin

'Sweets were a treat. My gran would give me some money to get a small bag of sweets on a Friday from our local shop. In those days, sweets came in big jars and you'd have to tell them at the till exactly what you wanted. They'd weigh them on these big brass scales that would balance out with ounce weights. Not like today's digital ones. They used to slide the sweets off the scales into striped pink and white paper bags. You'd only get Quality Street at Christmas because they were expensive.'

During the war, sweets and ice-cream were on ration. The ration book had to be presented to the sweet shop owners for them to cut the coupon out. Popular sweets were Basset's Liquorice Allsorts, Rowntree's Wine Gums, Cola Cubes, Humbugs, Pear Drops, Mint Imperials, Rhubarb and Custard, Sherbet Lemons and Gobstoppers.

Discussion Questions

1. Do you remember sweets being rationed?
2. Have you got a sweet tooth?
3. What is your favourite sweet?
4. Do you remember them being weighed out on the scales?
5. Which sweets were popular after the war?





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7



Food

What favourite sweets can you remember? Any of these?

- Gobstoppers
- Spangles
- Candy cigarettes
- Lemon drops
- Parma Violets
- Treacle toffee
- Cough candy

What else do you remember?





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Activity: Outing

8

- Organise an outing with friends for something nice to eat, like tea and cake.
- Think about your favourite foods.
- Do you have any particular habits when it comes to food – such as putting the cream or jam on your scone first?
- Did your family have any particular names for certain types of food, or different ways of pronouncing names such as 'scone'?



Figure 3: Cake. Copyright - Strike a Light – Arts & Heritage.



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Food Then & Now

- Think about what your favourite foods used to be.
- How may this have changed over the years?

9

Strike a Light

Favourite Foods, Then and Now

What did you like?

Food

STEAK & KIDNEY PUDDING	LASAGNE
SAUSAGE & MASH	STIR FRY
LIVER & ONIONS	STEAK & CHIPS
UPSIDE DOWN CAKE	CHOCOLATE TART

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10

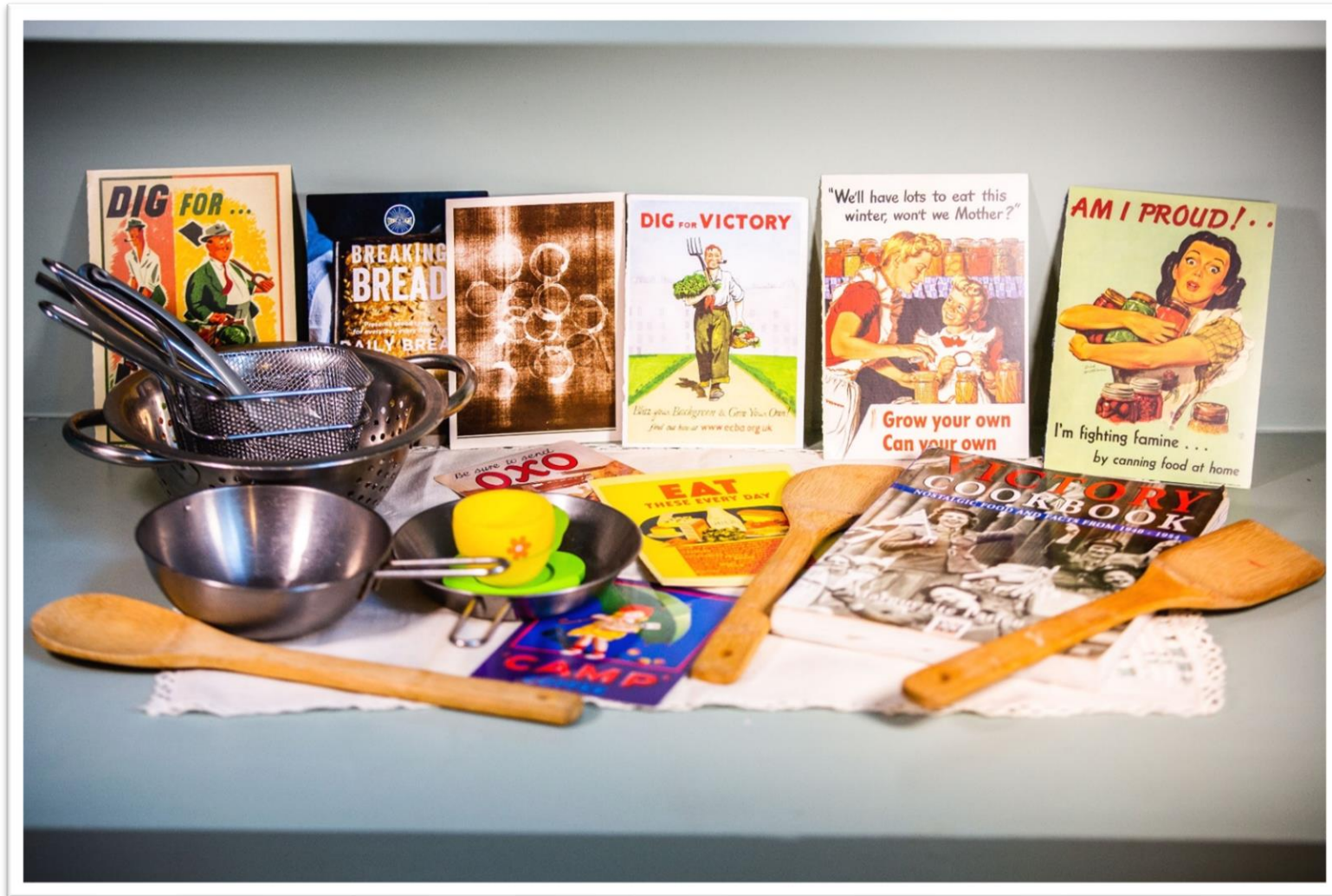


Figure 4: Selection of Food reminiscence prompts. Image taken by Summer Dean. Copyright - Strike a Light - Arts & Heritage.



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Visual Resources

Watch our short Food films here for more ideas and support:

Food - <https://youtu.be/D6DwAU6YU6o>

Food prompts - <https://youtu.be/39bB-ZyWUK8>



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