

Traditions through taste

Connecting with food using our senses and storytelling

For centuries, people have brought their recipes to other countries. Sharing stories about where our food comes from has long been a way of preserving, celebrating and sharing our rich diversity through the power of good food.

How it works

If practical, encourage participants to prepare a traditional dish that they love to bring along to the Get Together. Remember to use seasonal ingredients wherever possible.

Next, use the prompts below to guide conversation.

Have you created or do you have a traditional recipe that you like to cook?

Describe how this dish makes you feel – does it spark memories?

Can you describe the origins of the dish and any traditions around it?

Talk about the preparation of the dish and think about the senses.

Through your senses, try to describe the ingredients and where they came from. Think about **texture, colours** and **flavour**, as well as **smell** and **sounds**.

