



# Food



## Personal habits

Is food important for you?

---

Do you eat on the go often? Or do you take time to eat, sit down with friends?

---

How many meals per day do you eat? Do you snack a lot?

---

What's your favorite food? why?

---

Is food important in your family? Do / did you share meals with your family when you live at home?

---

What do you eat when you are sad? happy?

---

## Cultural habits

What place do you think Food takes in your culture?

---

---

---

How long, would you say, people take to eat a meal?

---

---

---

---

At what time people eat lunch and dinner?

---

---

---

Can you explain habits around food in your culture? ie in which room people eat, do they sit on the floor, which utensils are used? Do people cook a lot of different dishes? etc...

---

---

---

## Host Culture habits

What do you know about cultural habits around food in your future host culture?

1. 

---
2. 

---
3. 

---
4. 

---

What do you think about these differences? Will it be easy for you to adapt? What will you miss? Could misunderstanding around food arise, you think?