



# Your Cooking History

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Think about your relationship to cooking and food over your lifetime and fill in the following questions.

1. What is your favorite cooking/food memory or tradition?

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2. How often do you cook?

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3. Do you like to cook? If not, please explain:

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4. What were the rules in your house around food as a child? What about now?

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5. Where do you eat your meals? Who do you eat your meals with?

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6. What about your current cooking/meal habits would you like to change or improve?

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7. Do you prefer to cook with recipes or without?

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8. What is one thing that would help you enjoy cooking more?

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