

## Journal #3: Food

What is your most favorite food of all? What is your favorite meal of all? What is your favorite restaurant to eat at? What is your favorite food to make at home? What is it about these that makes them your favorite? Aromas, textures, unique taste, etc.

What is your least favorite food to eat? What won't you eat because of what it looks like or sounds like- even if you've never tried it before? Is there something you used to not like to eat, but now you love? What did you used to like, but now don't?

Do you have any family recipes, cultural meals, or eating traditions (i.e. go to Cheesecake Factory for your birthday)? How can food bring people together?