

## **FOOD PATTERN INTERVIEW SHEET**

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

Interview a grandparent or a person in his/her senior years. Be prepared to respond in class how food patterns have changed in the past several years.

1. What types of food did you eat during your teen years?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
2. What types of food did you eat during your thirties/forties?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
3. What types of food do you eat today?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
4. What do you think is the reason for the changes or differences in the food patterns?