**Conversation starters**

Start a conversation with your group using the following headings as an idea:

*“How often do you make food and eat it?”*

*“What is your favourite dish to make?”*

*“Who did most of the cooking in your house when you were growing up? “*

*“Do you think it’s more cost effective to cook your own food?”*

*“Do you use recipes to cook? If so, where is your go-to place for recipes?*

*“Which do you prefer- cooking or washing up afterwards? “*

*“Have you ever tried cooking recipes from another culture? What did you make and how did you find it?”*

*“Would you rather cook or bake?”*

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