

# Proposed Interactions and Engagements in the Family Foodscape

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## *Abstract*

One's gastronomic habits and choices are developed and deeply rooted to their practice within the family home as a child. Parents' engagement in teaching children through food preparation and cooking not only passes on a family's history and culture but also broadens the children's sense of mindful eating. This simple education and active engagement within the family home can instigate lifelong awareness to food choices and actions in the private and public sphere.

However, the kitchen's built environment seriously challenges this educational opportunity within the home. The standardized workspaces of kitchen designs do not allow children to participate and contribute to the family "foodscape". The inaccessibility to a safe work area in the kitchen for children denies them the knowledge and behaviours that can develop during their interactions with family and food preparation.

What if we can alter the family kitchen to include an adjustable workspace that is controlled by the parent and can grow with the child? Such an object allows children to be involved in the cooking process and in turn bridges the learning gap between food from the earth and food on the table. An accessible workspace for children in the family kitchen can foster learning through interactions and dialogue. More importantly, it empowers children with a better relationship with food and family and the resulting evocative connection can act as a reminder throughout their lives.

This presentation will address the focus of the conference by exploring the concept of mindful eating through shared interactions with food preparation and cooking within the family home. The investigation will delve into how the proposed strategy and practices can educate and empower children with gastronomic knowledge and behaviours that can sustain throughout their own lives but eventually pass onto future generations.