

## Workshop: The Senses and Memory

*In this workshop, students will engage with ingredients used in cooking, using smell, taste, sight, and touch to think about how foods interact with our memories and feelings of place.*

Pick an ingredient – Smell it, look at it, touch it. Then fill out the table below.

<b>Ingredient Number</b>	<b>What does it make you think of?</b>	<b>What is it?</b>
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

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### **Visualizing memory**

Choose an ingredient (or one that isn't here), and draw the memory it makes you think of. On the back of the paper, write the story that goes with this memory.

