

Personal Involuntary Memory Worksheet

Last night for dinner I had _____.

When I want comfort food I reach for _____.

A specific memory I associate with that food is _____.

_____.

The last time I went out to eat for a celebration, it was at a/an _____ restaurant. I ordered _____.

The first time I went to that same restaurant was for _____.

When I travel, I like to stop at _____.

A specific memory I associate with this is _____.

_____.

A food that makes me feel let down or deprived is: _____.

A specific memory I associate with this is _____.

_____.

In my fridge right now there's _____.

A food that I cook regularly that someone from another culture might consider exotic is _____.

_____.

The flavor that always brings me back to childhood is _____.

A specific memory I associate with this is _____.

_____.

I learned to cook from _____.

Their favorite dish is/was _____.

A food that I enjoy now but never tried until I was an adult is _____.
The first time I tried it because _____
_____.

When we went to my grandmother's house (or other close relative), we would eat/drink
_____.

The best meal I ever had was _____.

The worst meal I ever had was _____.

I associate the following memory with:

Coffee: _____

Naan: _____

Soup: _____

Funnel Cakes: _____

Spinach: _____

Pickles: _____

Marmite: _____

Strawberries: _____