



Food

Whilst the Caribbean is made up of many islands with different cultures, languages and traditions, food is one thing that unites everyone.

Caribbean food is a fusion, with influences from Africa, Asia and Europe. The dishes are something to behold, with fresh ingredients from above and under the ground and from the sea and rivers.

Images of food and the smell of certain ingredients can be used to spark memories for someone living with dementia.

So unlock the stories and some of those secrets by using the following steps:



Look at the pictures marked 'Food' in the box



Smell the resources in the box or items you have at home such as mango, nutmeg, cinnamon, fresh thyme, or similar

Then think and talk about the following questions:

- What is your national dish?
- What is your favourite food from the Caribbean?
- What is your favourite non Caribbean food?
- Who was or is your favourite cook and why?
- Where did you go to buy your food when you first arrived?
- What do you like to make?