

Name _____

Classroom _____



Interview with an Elder

Find a grandparent or elder (neighbor or anyone older than your parents) and ask them if you can interview them for a learning project. Interview them about how things have changed and how they kept healthy when they were growing up.

Some suggested questions:

- What did you eat and where did you eat as a young person?
- What did you do for physical activity?
- Did you have computers or video games?
- How do you think things have changed the most since you were a kid with the way people eat and stay active?
- Why do you think there is more Obesity, Diabetes, and health problems occurring with kids than when you were a kid?

Use the rest of this page to record the interview responses (you can use the back of the page if you need more space).
