

How my Grandparents Lived

Activity Sheet

Goal

The goal of the exercise will be to create a poster display on the differences between the lifestyles of your grandparents and young people today.

The display should include themes such as Diet, Physical Activity and Entertainment. Feel free to cover more areas though.

Method

Each student should interview at least one older adult in the community. They can use the interview template we have designed or they can choose to design their own.

The information gathered in the interview can be used by the class to create a poster display. Alternatively the class can be divided into groups to do a display on a chosen topic. For example one group may cover Physical Activity while another covers Diet.

Learning Outcomes

Students will gain an insight into how lifestyle in Ireland has changed over the past 50 years.

Name

General Information

When were you born?

What age are you?

Where did you live?

Diet

What sort of foods did you eat as a child?

Did you get your food from a supermarket or did you grow it?

What types of drinks did you have?

How often would you have eaten sweets or chocolates when you were young?

What do you think are the main differences between peoples diets today compared to when you were growing up?

Do you think peoples diets were healthier when you were young? Why?

Entertainment

Did you watch much TV when you were young?

What types of things did you do for entertainment when you were my age?

Did you play computer games?

Physical Activity

How did you get to school when you were my age?

How far from school did you live?

How did you get to the shops or to town?

What Types of physical activity did you do?

Other Information