



# Talking Food Card Deck

45 questions to help start  
conversations about food and  
food poverty.

This deck was co-designed by experts with lived  
experience working with Leapfrog, a research project  
based at Lancaster University.

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3 kinds of question...

**Building  
Trust**

**Exploring  
Food**

**Talking  
Food  
Poverty**

# **Did these cards work for you?**

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Please share a photo or  
a message with us on  
Twitter, Instagram  
or by email

**#foodstories**

**@FoodPowerUK**

**leapfrog@lancaster.ac.uk**

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**Pass**

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**What  
was your  
favourite  
meal as a  
child?**

**What meals  
did your  
gran or  
grandad  
cook for  
you?**

**Where do  
you sit down  
to eat?**



**What  
is your  
favourite  
takeaway?**

**Do you like  
olives?**

**Red or  
brown  
sauce?**

**What's  
your most  
memorable  
dessert?**

**What is  
your fave  
smell of  
food?**

**What's  
a good  
breakfast?**

**When do  
you eat tea?**

**Do you  
call your  
evening  
meal dinner  
or tea?**



**What do  
you call a  
bread roll  
where you  
live?**

**Who  
normally  
cooks in  
your house?**

**Where  
do you  
keep your  
ketchup?**

**Have you  
ever baked  
a cake?**

**Do you  
prefer  
sweet or  
savoury  
food?**

**Where  
do you  
normally  
buy your  
food from?**

**How often  
does your  
family buy  
in food?**

**How long  
does a food  
shop last in  
your house?**



**Do you  
know how  
much money  
cooking  
costs you?**

**What foods  
do you  
think are  
healthy?**

**Do you  
enjoy home  
cooked  
food?**

**What's  
the best  
hangover  
food?**

**What  
vegetables  
do you like  
to eat?**

**What do  
you think of  
vegan food?**

**How often  
do you  
eat a good  
breakfast?**

**What did  
you have  
for tea last  
night?**



**What food  
is in your  
fridge now?**

**How often  
do you eat  
out or get  
takeaway?**

**Do you ever  
throw away  
food from  
your fridge  
that's not  
been eaten?**

**Have you  
been taught  
to cook?**

**Is there any  
food you  
loved as a  
child that  
you can't  
buy now?**

**Do you  
know what  
you spend  
on food in a  
week?**

**What do  
you know  
about food  
poverty?**

**How do  
you feel  
about food  
poverty?**



**Can you  
cook  
healthy  
meals from  
scratch?**

**When was  
your last  
meal, and  
what was it?**

**How often  
do you skip  
meals?**

**What food  
have you  
got in your  
cupboards  
to make a  
meal with?**

**Does  
anyone help  
you with  
food?**

**Have you  
ever been  
to a food  
bank?**

**What food  
do you  
normally  
get from  
the food  
bank?**

**Do you have  
to enough  
to eat every  
day?**



**Can you  
afford to  
buy the  
food you  
like?**

**Do you tend  
to cook  
meals from  
scratch or  
buy ready  
made food?**

**Would you  
prioritise  
using gas  
and electric  
to cook or  
to put the  
heating on?**