

SHARING FOOD

Getting together with friends or family to eat a meal can be such a joy in life! Sharing a meal together is thought to promote wellbeing and happiness, and is a great opportunity to have a chat and talk about what's happened during your day.

Think of big occasions in your life – weddings, celebrations, parties, even funerals - there's usually some food to share. Coming together to feast and celebrate, or to commemorate an occasion is something that we have always done.



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This is an early Iron Age cauldron (700 BCE) cauldron. It is one of two from Llyn Fawr, Rhondda Cynon Taf. It would have been suspended by its handles over a fire and used for special occasions.

Feasts were really important during the Iron Age, with people travelling to get together in large groups. This cauldron would hold enough boiled meat stew to feed perhaps 30-50 people.

OBJECTS OF COMFORT

#OBJECTSOFCOMFORT

Photographer David Hurn has taken quite a few images of people enjoying food together. Have a look at the photographs – do any of them remind you of times in your life?



Food at a party after a Baptism held at Butetown Community Centre, Cardiff, Wales. 1999

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Have you ever been to a buffet?

Had chips on the beach?

Had a Christmas dinner or done some cooking while camping?



Family eating fast food, mainly fish and chips by the sea while on holiday, Rhyl, Wales. 2014

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Isle of Wight Festival. Getting food often means a long wait, cooking your own is much better. 1969

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Have you ever been to a music festival with friends?

Have you tried food at outdoor events? Or prepared your own outdoors?



Christmas dinner at the Klinkert's, Tintern, Wales. 2013.

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OBJECTS OF COMFORT

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Cafés are so important for a community. They can help bring people together, or provide spaces for quiet contemplation.

This photo is from the 1950s and shows the Talbot Café in Port Talbot. It was run by the Rabaiotti family, who had several cafes in south Wales.



Have you spent time eating or drinking in cafes?

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The Rabaiotti family used this amazing coffee machine. It was brought over from Italy in 1921.

Were there any Italian cafes where you were brought up?

Did you visit them?

What kind of food did they serve?



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This painting shows three men eating together, perhaps having a leisurely lunch, drinking wine and coffee and enjoying the summer day.



Lunch in the Country, 1868 By Honoré Daumier

© Amgueddfa Cymru

*What do you think they are talking about?
Do you remember having picnics or eating outdoors?*

Suggestions for tactile or sensory elements/ additional activities:

Everyone could bring along a photograph of themselves sharing food or drink with others. They could talk about memories related to sharing food.

Why not share some food together today? Perhaps everyone could help out in preparing a picnic.