



Food Memoir Guidelines

Note to Instructors: This assignment can be adapted to music or other topics.

Format & Submission

Citation Style: MLA, APA, or CMS.

Length: 4-5 pages double-spaced, standard font.

Sources: Your own observations and experiences.

Submission: Upload to Blackboard/Google Classroom Assignment Dropbox.

Due Dates

Friday Feb 9 for proposal.

Monday Feb 16 for Peer Review.

Friday Feb 25 to Instructor for Feedback.

Resources

- Purdue OWL
- Chapters on Research Writing from U Should B Writing
<http://bcray6.wixsite.com/ushouldbwriting>
- Course Website (for brainstorming tips, rubric, and suggestions)

Purpose

For this paper, you'll write a personal narrative based on the role that food has played in your personal or family life. You might focus on a specific food, or discuss cooking and diet in general. Some people may have fond memories of a recipe passed down through generations. Meanwhile, others may have had to learn how to cook for themselves. Either way, your goal is to craft a paper that reflects on the value of food to you personally. This assignment is meant to facilitate reflection and metacognition--awareness of your thinking and how it has evolved. Writing about the meaning of a specific object or phenomenon helps channel metacognition.

Requirements

Introduction: You should introduce the food, diet, or recipe in the first paragraph and begin to explain its role in your life. Here, you'll also explain how your attitude toward this subject has changed over the years. Make its significance to you clear, and also what readers stand to gain from reading your essay.

Main Body: Here, you'll develop your narrative and reflection. As you write, try to balance narration, description, and reflection. Include discussion about how certain experiences have made you feel, but also what they revealed to you over time. How as your attitude toward this food or topic changed? What can you learn about yourself and your relation to others, or the world, by focusing on this food? For instance, does reflecting on this part of your life or family reveal certain aspects of the way you think or behave? How?

Conclusion: The conclusion should recap each article's major contribution to your understanding of the issue. It should also drive home why this issue matters for readers, and how these articles might change or influence people's understandings, or motivate them to action.

Works Cited Page: The conclusion should recap your narrative and its importance. Here, you'll drive home what you want readers to take away from your story.

Tips & Suggestions

- Spend time brainstorming and freewriting about events in your life that seem important.
- Reflect on why these moments matter. What do they mean to you, and what could they mean to other people?
- Consider whether these experiences showed you a problem or gap in ways we think about learning, writing, or communication.
- You might have also learned life lessons, or gained insight that could be helpful to other people.
- Break your writing up into stages. You might only brainstorm for a few days in a notebook or Word Document. After that, you can write in stages. One day, you'll just establish your main narrative. Another day, you'll try to add reflection. After that, you can devote days to polishing your introduction and conclusion, and so on.
- Reading more articles than you'll cite is never a waste of time. This is a natural part of the research process. Sometimes, one article leads to another, more valuable one.