

### Talking Points:

#	EXAMPLE	SEEMS APPROPRIATE BECAUSE:	IS INAPPROPRIATE BECAUSE:
1	"Wow, you're so young to have so many kids!"	Seems like a good way to connect with someone	It is possible that asking about children could bring up unpleasant memories or feelings for a participant. Some people have been separated from their families, for any number of reasons.
2	"Have you ever tried the pre-made pizza crust at Trader Joe's?"	Pre-made pizza crust at Trader Joe's may be good, inexpensive, and easy-to-prepare for a meal.	Trader Joe's stores are largely placed in richer neighborhoods, which means some participants may have reduced access to these stores. The same is true of other stores that are located predominantly in well-off neighborhoods, or are attractive because of good quality, but may be inaccessible to clients because of cost (i.e., Whole Foods, PCC, etc.).
3	"I only buy organic produce." "You should only eat non-GMO."	Organic food can be considered healthier than conventionally-grown food.	Organic food is not available at all stores, and is more often available at higher-priced stores that are more often located in richer neighborhoods. If available at a location a client shops, organic produce may be prohibitively expensive.
4	"You must know how to make tofu taste good!" "You must know how to make rice!"  (directed at an Asian or Asian-American person)	You might be trying to relate to and celebrate someone's culture. It could seem culturally appropriate.	You are making an assumption on what someone eats because of their race. Alternatively you could ask, "who here knows a way to make tofu taste good?" or "does anyone have tips for making rice?"
5	"What is your favorite Christmas food?"	You could be trying to relate and start a conversation	Not everybody celebrates Christmas, so we don't want to presume they do. Alternatively, you could ask "what is your favorite holiday food?" or "what is your favorite celebratory food?"
6	"This would taste really good with rum in it."	You are exploring different uses and preparations for foods, and perhaps connecting with some participants about shared tastes, or even careers (e.g. if someone is a bartender, etc.) We talk about tips in class for what to change/add and how to use the recipe as a framework.	Alcohol can be inappropriate for a number of reasons. Some cultures do not allow alcohol, so this discussion can be alienating or offensive. Participants may be struggling with issues of alcohol abuse, which can make the topic difficult. Even if there is no one to whom it is offensive, talking about alcohol is off-topic and takes away from the purpose of the class.

7	<p>“Walk up to the front of the room so you can see what we’re doing here”</p>	<p>This might seem like a good way to engage participants to help them get closer to the cooking. We try to be interactive and hands-on!</p>	<p>Not everyone is mobile. A participant in class might be elderly, immobile, disabled, or any combination. They might feel isolated if you do this. Alternatively, you could say “would someone like to come up and stir?” and make sure you hold up what you are doing to all the participants so everyone can see what is happening.</p>
8	<p>“Tofu is SO gross!” “That food’s WEIRD.”</p>	<p>Someone may just be expressing their tastes or how much they like a food.</p>	<p>Acknowledge that they may really not like that food, but also that everyone has different tastes. Something that one person does not like can be something that another person enjoys and/or is a cultural food. Talk about the nutritional benefits of the food (“tofu is a great source of protein...”</p>
9	<p>“If you give me your phone number, maybe we can get together to talk about that.”</p>	<p>You think you might be able to help this person find a resource, solve a problem, etc.</p>	<p>There is a power dynamic that exists between participants and volunteer instructors. It is inappropriate to ask for personal information of any kind from a participant. It is also inappropriate to give your personal information to them.</p>
10	<p>Today we’ll be making a healthy version of soul food. (or Mexican food, etc.) <i>*facilitator</i></p>	<p>You’re introducing a recipe that is healthy and delicious</p>	<p>This statement makes the assumption that the cuisine (soul food, Mexican food) is inherently unhealthy. Instead of calling it the “healthy version,” describe the ingredients you chose to include. For example, “we’re using brown rice to include a whole grain in our recipe.”</p>
11	<p>“Oh, bread has too many carbs in it. You shouldn’t eat it.”</p>	<p>Some people think this is true.</p>	<p>No food is all good or all bad. Grains can be healthy, especially whole grains! Instead you could help them find what breads will be healthiest for them.</p>
12	<p>“Dairy foods, like milk, make us healthy. We should drink milk every day.” <i>*facilitator</i></p>	<p>Milk and other dairy products have a lot of nutrients. And it’s on MyPlate!</p>	<p>Not everyone consumes dairy products, for various reasons. Discuss other ways to get the nutrients found in dairy.</p>
13	<p>“Yeah, I never eat bread/butter/cheese/etc. because it makes you fat!”</p>	<p>Seems like it could be accurate, and some people think fat = unhealthy.</p>	<p>Eating healthy doesn’t always lead to losing weight. Also, body weight alone is not correlated to health. Bodies can be healthy at many sizes, and a person’s personal healthy weight might look different depending on their body and lifestyle. Also, you don’t know someone’s past; a comment like this could be harmful to someone who has recovered from disordered eating, or really for many reasons.</p>

14	<p>“Oh, I’d never eat fried chicken; it’s so unhealthy.”</p>	<p>We’re teaching healthy habits, and fried food is not healthy!</p>	<p>There is no such thing as a bad food! Everything is ok in moderation, and even foods we consider unhealthy can be part of a healthy diet, as long as they are not overused. This question has an added layer of cultural insensitivity, as fried chicken is often associated with black culture. Alternatively, you could mention other ways of preparing meat (baking, sautéing, etc.).</p>
15	<p>“Hey guys—good morning!” “Hey ladies! How are you?”</p>	<p>Seems fun and colloquial.</p>	<p>Although ‘guys’ is often used for groups of people of all genders, it is still a gendered term. ‘Ladies’ is similarly gendered, and makes an assumption that all of the people in the room are women. Alternatively, you could say “hi everybody!” or “how are you all doing?” or brainstorm your own!</p>
16	<p>“These burritos are good, but I think they’d taste way better with some meat in them—maybe some ground pork? Mmmmm.” <i>*facilitator</i></p>	<p>Meat is a common ingredient in burritos, and for some people adding ground pork might be a tasty addition.</p>	<p>Not everybody chooses to eat meat for many reasons, and some cultures/religions don’t eat pork, so this comment may make some people uncomfortable.</p>
17	<p>“Pizza is junk food. It’s not good for us.”</p>	<p>Depending on the toppings/dough, pizza may be a “sometimes” food.</p>	<p>This comment could make people who love pizza and eat it often feel bad. Instead of labeling foods as “bad/junk foods” versus “good/healthy foods”, refer to foods as “everyday foods” that give our bodies lots of things we need, versus “sometimes” foods, or foods that have less of the things we need. Talk about how to make pizza with healthy ingredients.</p>
18	<p>“Of course you like the spring rolls, because you’re Asian”... <i>*participant</i></p>	<p>Spring rolls did originate in Asia.</p>	<p>It’s not good to assume that someone has tried something/likes something only based on race/culture, as that doesn’t tell you anything about their personal experiences.</p>
19	<p>“I just wanna take him (a volunteer) home.” <i>*participant</i></p>	<p>They are trying to give a compliment.</p>	<p>It is an inappropriate comment and can make the person feel dehumanized. Change the topic of conversation, check in with the parties involved</p>
20	<p>“If you’re deaf, how do you work in a kitchen?” <i>*facilitator</i></p>	<p>They were genuinely curious and were making conversation.</p>	<p>When unprompted, this question can be rude because it implies that deaf people cannot work in kitchens. The deaf person may choose to talk about their experiences, but let them volunteer that information on their own if they want to.</p>
21	<p>“This recipe is wrong. That’s now how you make that.” <i>*participant</i></p>	<p>The recipe is different from the one they know, and their intent was to share knowledge with the group.</p>	<p>There are many ways to cook any dish. Ask the participant how they would make it. Direct the conversation to a discussion about different ways to make the same or similar foods, and emphasize that recipes are flexible and adaptable.</p>

<p>1.</p> <p>“Wow, you’re so young to have so many kids!”</p>	<p>2.</p> <p>“Have you ever tried the pre-made pizza crust at Trader Joe’s?”</p>	<p>3.</p> <p>“I only buy organic produce.” or “You should only eat non-GMO.”</p>	<p>4.</p> <p>“You must know how to make tofu taste good!” or “You must know how to make rice!” (directed at an Asian or Asian-American person)</p>
<p>5.</p> <p>“What is your favorite Christmas food?”</p>	<p>6.</p> <p>“This would taste really good with rum in it.”</p>	<p>7.</p> <p>“Walk up to the front of the room so you can see what we’re doing here”</p>	<p>8.</p> <p>“Tofu is SO gross!” or “That food’s WEIRD.”</p>
<p>9.</p> <p>“If you give me your phone number, maybe we can get together to talk about that.”</p>	<p>10.</p> <p>Today we’ll be making a healthy version of soul food. (or Mexican food, etc.) <i>*facilitator</i></p>	<p>11.</p> <p>“Oh, bread has too many carbs in it. You shouldn’t eat it.”</p>	<p>12.</p> <p>“Dairy foods, like milk, make us healthy. We should drink milk every day.” <i>*facilitator</i></p>
<p>13.</p> <p>“Yeah, I never eat bread/butter/cheese/etc. because it makes you fat!”</p>	<p>14.</p> <p>“Oh, I’d never eat fried chicken; it’s so unhealthy.”</p>	<p>15.</p> <p>“Hey guys—good morning!” “Hey ladies! How are you?”</p>	<p>16.</p> <p>“These burritos are good, but I think they’d taste way better with some meat in them—maybe some ground pork? Mmmmm.” <i>*facilitator</i></p>
<p>17.</p> <p>“Pizza is junk food. It’s not good for us.”</p>	<p>18.</p> <p>“Of course you like the spring rolls, because you’re Asian”... <i>**participant</i></p>	<p>19.</p> <p>“I just wanna take him (a volunteer) home.” <i>*participant</i></p>	<p>20.</p> <p>“If you’re deaf, how do you work in a kitchen?” <i>*facilitator</i></p>
<p>21.</p> <p>“This recipe is wrong. That’s now how you make that.” <i>*participant</i></p>			