

## Questions:

- ❖ Quand as-tu appris à cuisiner?
  - 17-18
- ❖ Qui t'a enseigné?
  - Mère
- ❖ Qu'est ce que tu préféré à cuisiner?
  - Modern gratin le salade difficile pour tradition mais Eid c'est bon
- ❖ Que pensez-vous est un bonne petit déjeuner, déjeuner, dîner? En bonne santé
  - Complè wheat avec beurre ou oil sans sucre en café ou thé. Tajin olive légumes. Salade soup legumes
- ❖ Combien de pain mangez-vous dans une journée? Les légumes et sucre?
  - Pas beaucoup avec la famille
- ❖ Combien caféine boirez-vous dans une journée?
  - Deux temps
- ❖ Que-est quelque chose mangez-vous toujours, dans une journée? Qu'est-ce mange chaque jour
  -
- ❖ Lequel repas est le plus importante?
  - Coucous, petit déjeuner

I interviewed my host mom for this journal entry. She manages the house which includes doing most of the cooking. My host sister will cook occasionally, but that usually just if she wants a certain meal. My host mom is a pretty good cook. She cooks a large variation of dishes. So far in the months that I've lived here, she hasn't repeated single dish.

The interview was pretty casual and she was happy to answer all of my questions. I had the questions pre prepped and translated. I hope the her answers didn't get lost in any of my translations. She was cooking Rfissa while I asked these questions. Rfissa is a traditional moroccan dish. My host mom usually leans towards cooking more modern dishes. "Cooking traditionally is difficult and I don't want to mess with those special dishes", she says. I think this is how most Moroccans view the preparation of traditional meals. She also thinks that traditional meals should be mostly kept for holidays like Eid, because that's what makes them special.

My host mom started to cook when she was around 17-18 years old. Her mom taught her, as she teaches my host sister and I now. She's a stay at home mom and spends most of the day cooking. She'll prepare lunch for her, my host dad (who always comes home for lunch), me and the occasional friend who will stop by. She spends around an hour doing that, then we eat, she cleans, rests and then starts the process over again for dinner. She usually complains of being tired. "Fatigue Ana, Fatigue" is usually what she tells me at breakfast. I don't

know if she means physically or if she means of routine. It's hard to tell if something's wrong.

Since she's in charge of our meals she manages the health of the family. Which can be a heavy responsibility. Balancing good cooking, taste preferences and health for a family can be stressful. I know my mom back in the U.S. would get stressed about that often. My mom would get stressed about managing her diet because she quit sugar for health reasons. I think my host mom feels the same because she is diabetic. Either way I think they both do a great job of cooking a mix of healthy meals.

They both like to cook with a lot of vegetables. A preferable day for my host mom starts with a good breakfast. "The most important meal of the day" she says like a classic mom. She usually has wheat bread with oil and cheese. For lunch she likes Tajin with olives and vegetables. And for dinner she likes to have soup and salad. She tends to not eat a lot of bread along with sugar.

In a slight miscommunication after I asked "what's the most important meal". She told me "couscous is the most important meal for friday." Couscous on friday is a special tradition in Morocco. My host mom always gives a little extra on friday's. Even if she isn't cooking couscous, she recognizes friday as a holy day. My host mom cares a lot about her cooking. She sometimes thinks that her cooking is bad because I don't eat a lot. I always explain to her that I'm just not a big eater and her cooking is "zween bzzafff".

