

THIS IS WHAT WE EAT AT HOME

MUHAMMAD SULAIMAN, 9

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of our participants!



Sulaiman: My name is Sulaiman. I'm 9. I like to play football and basketball. My hobby is (to) draw.

Shiyun: So today we're going to do a food diary. Do you know what's a food diary? It's like... what time do you eat every day?

Sulaiman: Sometimes I wake up 6.40(am). When my mother wakes up me, I just sleep back. She wakes up (at) 5 o'clock, then she cooks.

Shiyun: So your mother will wake up every day at 5 o'clock to cook. Do you have breakfast (at home)?

Sulaiman: No. My mother gives me money to buy bread.

Shiyun: What sort of bread do you usually buy?

Sulaiman: Sandwich and... spider bread.

Shiyun: Spider bread? What is a spider bread?

Sulaiman: Like, ah... I don't know.

Shiyun: Maybe you can draw it.

Sulaiman: (begins to draw) There's a hotdog, then there's something on top of it.

Shiyun: Then it looks like a spider web. What do you eat during recess time?

Sulaiman: Sometimes I eat nasi lemak, my favourite food that one.

Shiyun: So (at) 11 o'clock you will eat nasi lemak for lunch. When is the next time you will eat again?

Sulaiman: After school finishes, (I eat at) student care. (It is) very boring.

Shiyun: What do they usually give you at student care?

Sulaiman: Noodles, plain burger, and rice.

Shiyun: Everything is very plain. They don't give you spicy food. That's why you don't like it?

Sulaiman: No. I hate the noodles one.

Shiyun: What time does student care finish?

Sulaiman: 6.30(pm).

Shiyun: So finally your boring day is over because student care finishes. At home, do you eat immediately?

Sulaiman: No. I just buy something like ice cream, mini cookies... also got Push Pop. I didn't eat dinner.

Shiyun: You never eat dinner?

Sulaiman: No. only (during) Ramadan.

Shiyun: Only (during) Ramadan you will eat dinner?

Sulaiman: Ya.

Shiyun: Your mum cooks in the morning at 5 o'clock. Who eats the food?

Sulaiman: My (elder) brothers.

Shiyun: So your last meal of the day is a Push Pop at 6 o'clock. After that you will not eat, and then you will go and sleep?

Sulaiman: I watch YouTube!

Shiyun: Yes. I mean in terms of eating, is this the last thing you will eat for the day?

Sulaiman: Sometimes I'll find an apple or orange. Find something to eat at home. But there is nothing, so I just go sleep.

