



15 Food-Themed Narrative Prompts



1. Describe your grandparents' kitchen using only smells and sounds. What memories surface as you write?
2. Write about a meal that made you cry - whether from joy, disappointment, or something else entirely.
3. You bite into an apple and are suddenly flooded with a memory of a person you haven't thought about in years. What do you remember?
4. You discover that whenever you cook with anger, your food literally burns people's tongues - even when served cold. Write about the day you realize this.
5. A mysterious food truck appears in your city. Its menu changes based on what each customer needs (not wants) most. Describe approaching the food truck and what you're served.
6. Every time you eat something, you can taste the emotions of the person who prepared it. Describe the time you realize you have this power.
7. Using sensory language, describe in detail a food that your family eats often.
8. You're eating at a small restaurant in a country where you don't speak the language. Try to order using gestures, and write about what arrives.
9. Describe a food from your culture that you've never been able to properly explain to outsiders. Use descriptive language to show why its so special.
10. You find an ancient cookbook in your attic. The final recipe is written in a language that doesn't exist. Write a narrative about what happens next.
11. Write about a quest to find the last remaining plant of a nearly-extinct spice.
12. You're a food critic who just ate at a restaurant that seems impossible - the flavors are unlike anything you've ever known. Write a narrative about this.
13. Write from the perspective of the last piece of cake at a birthday party, watching as everyone takes a slice of the other desserts instead.
14. You're a chef who lost their sense of taste. Describe making something using only your other senses.
15. Write about someone who can only eat blue foods. How did this start, and how do they manage?



Food and memory

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Magical food

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Culture and food

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9. Describe a food from your culture that you've never been able to properly explain to outsiders. Use descriptive language to show why its so special.



Adventure and mystery

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Food character studies

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