



INTRODUCTION

This toolkit provides guidance on how we can take a meal and draw out a story, delving deeper into the meaning of food, wellbeing, and the relationships supported through preparing and eating country food together. Use a camera, like the one on your phone, to video record the stories. In short, this toolkit is about digital storytelling through food.

Before you continue you might want to familiarize yourself with the other toolkits.

STEP 1

Choose a country food meal

Decide alone or together with a Knowledge Holder what country food meal you want to focus on. This can be anything from cutting up and eating country food, cooking country food, fermenting and eating country food. You can also plan ahead and be ready when a country food that you want to focus on becomes available in your household or community.

STEP 2

Prepare approach to film-making

Each person is different and each meal is different. Tell the meal-maker beforehand that you are making “country food masterclasses” and invite them to decide how they want to teach you and the audience the meal.

- The meal-maker might teach by showing without any or much dialogue.
- The meal-maker might be providing instructions along the way of making the meal.
- With the approval of the meal-maker, you might want to ask questions during the filming.

STEP 3

Film the meal from start to beginning

Make sure you film as much as possible when video recording the story of a meal. This means that you can start the moment the meal-maker begins. For example, someone might put a cutting board or get their ulus or knives ready. Or perhaps the person will tell you what meal will be made.

STEP 4 (OPTIONAL)

Stories about the meal

Depending on the meal-maker, you might be able to ask some questions during the filming. However, some meal-makers might prefer to teach by showing without too much conversation. Whatever approach you take, it is good to ask whether the meal-maker wants to share some stories about the meal. You can offer that this can be done before, during or after the meal. If the person agrees to share some stories, you can let the person decide when the best time is. Remember that some meal-makers might not want to share stories and that is fine too.

If the meal-maker is willing to share stories, you can ask the following:

- Who hunted, fished, picked the plants for the meal?
- Where do you get the country food for this meal from?
- Why do you make this meal?
- What does country food mean to you?
- Where did you get the recipe from?
- How has the recipe changed over time?

STEP 5 (OPTIONAL)

Ask questions

If you have established with the meal-maker in Step 2 that you can ask questions during the filming, you could ask for a step by step what they are doing. Even if you know what is being done, you could still ask questions to help the audience who may not know.

STEP 6 (OPTIONAL)

Interview

You might want to do a more formal interview with the meal-maker after the meal. This can be helpful if they did not talk much during the filming process, or if you want additional audio for a voice over.

You can ask the same questions as in Step 3, but you might want to expand on some of the answers.

Remember that this is not mandatory, and very much depends on the individual.

STORY OF A MEAL SHOTS

When does a meal start? Is it when hunting or fishing is successful? Is it when someone prepares a meal? Is it when we are eating? Or is it even earlier, when someone goes out to hunt, fish, or gather country food? Or even before that when people are talking about country food? Whenever the meal starts, each moment provides a good entry point to tell the story of a meal.

You might be present when people go out on the land, ice, or water to hunt or fish or gather plants. Or, perhaps, you will join them. Other times, you might be present

when people return from their trips. You might only be present when the meal-maker prepares the meal in the kitchen. Ideally, of course, you will be present on all these different occasions but you do not have to worry if not – the story of a meal can be told in many ways.

Each of these moments provide different opportunities to tell a story and require establishing shots, medium shots, and close-ups. These different shots can make the story more interesting and understandable for the audience.

ESTABLISHING THE SCENE

Most of your audience might not know about your community, the land, or the household where you film. The audience needs context in other words. In film one of the most common techniques is to shoot establishing shots.

Establishing shots are long shots, often with the camera placed on a tripod, that set the stage. They can be of various lengths, but often a minimum of at least one minute is recommended (30 seconds if in a rush). You can decide whether you want to keep the camera focused on one point or you might want to pan (move the camera horizontal – sideways from left to right or right to left) or tilt (move the camera vertical – up or down) to provide some more perspective.

Examples of establishing shots might be

- A house
- A street
- The sign with the community's name
- Recognisable buildings in the community
- The surrounding landscape, ice or water
- A camp
- A mountain or cliff
- A kitchen
- A hunting/fishing/gathering scene from the distance
- A meal-making scene from the distance
- A pot on the stove

GETTING TO KNOW

Much of the film-making is done through various medium shots. Medium shots are particularly helpful for the audience to get to know a person, a scene, a meal. Whereas establishing shots provide the overall picture of a community, a scene, a meal, medium shots provide the means for the audience to understand what the film is about. Medium shots can also be of various lengths, but sometimes you might want to keep the camera rolling for a long time (10 minutes or much more if space allows).

Examples of medium shots might be:

- Food inside the pot on the stove
- Showing someone skinning or cutting up an animal
- A person eating from the torso up
- A meal-maker cutting up ingredients for the meal
- A ulu or knife or other tools used for meal-making
- Going into detail
- Close-up shots are particularly useful for the audience to see exactly what is happening and learn the details of meal-making. Remember, ideally, you move the camera towards something rather than using the zoom. With 4k filming you can focus up close and allow the audience to see what is happening.

Examples can be:

- A hand with ulu or knife cutting
- Meat in a pot boiling
- The face of the meal-maker
- Details of hunting or fishing equipment

