



DISCUSSION GUIDE

1. In one scene, Cho's mother refuses to drink powdered milk, saying that it "tastes like war" (19). How does the memoir delve into the connection between food and memory?
 - a. In what ways does the significance of the title, *Tastes Like War*, show up throughout the book?
2. *Tastes Like War* starts in 1976 and ends in 2008. The memoir jumps through time, going between Cho's childhood, her adolescent years, her young adulthood, and the years before her mother died. How does this structure influence the way we read the story? How does it help Cho tell her story?
3. In the prologue, Cho writes that she has had "at least three mothers" (2) in her life. In what ways did Cho's mother change throughout her life? How did each of these different versions of the same woman affect Cho as she grew up?
4. The author says "my mother didn't have to be schizophrenic" (56). What does she mean by that? In what ways does our environment affect the way we move through life?
5. What are the stigmas surrounding schizophrenia? What are the ways you have witnessed schizophrenia portrayed in the media? How do you think the author challenges these portrayals in *Tastes Like War*?
6. Grace M. Cho mentions several dishes that were important to her mother, and the memories she associates with them. What were these dishes? How do their significance within her own memory shape her experience eating them?
7. Cho's mother was resistant to teach her how to cook as a child, although it was something she herself centered much of her life around. In what ways does the author tie together trauma, family, and food?

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