



Our Kitchen Table - The Phan Family

Photo credit: [Cathy Ronalds](#)

Who is in our family

Danh and Anh Phan

What we are eating

Rice, home-made pho, pickled carrot, prepared with the help of the girls, broccoli, chicken and spring rolls, followed by fruit and sponge cake.

Respect for older family members

Respecting older people especially our parents have always been part of our Vietnamese tradition over many generations. Our parents have endured a lot of hardship and sacrifice for us to be who we are today. That knowledge is always in our mind. And it's the voice that keeps reminding us to show them respect and kindness.

We show respect by greeting the eldest first then youngest. In a meal our parents would eat first, and it would be disrespectful if someone else younger does. We are guided by their wisdom in many things and although sometimes we have a difference of opinion, it's important that they feel they have been heard. Respect in many ways, is our way our showing love.

The Kitchen Table is an initiative of Celebrate Ageing Ltd, a charity combatting ageism and building respect for older people. The aim of #TheKitchenTable is to promote respect for older people in families. The project documents portraits of families at their kitchen table and their stories about who is in their family, what they are eating and how respect for older people in their family is shown. More information on the project webpage: celebrateageing.com/kitchentable