



The Meaning of Food Activity

Description

Students will learn how food allows us to connect with family, friends, and peers, in many meaningful ways.

Duration: 10 minutes

Grade Levels: Elementary

Objectives

1. Explore the relationship between food, family, and community.
2. Develop a deeper understanding of the many ways that food helps people connect with each other.

Material List

1. Dry erase marker or chalk
2. Smart board or chalk board

Activity and Discussion

1. Begin by asking the class to think of different ways that food brings people together or is the main component of an activity, holiday, function, or event.
 - a. Examples: Family meals, birthday parties, holiday dinners, cooking as a family, etc.
2. Continue to build upon the idea of food as the ultimate connector by asking the class to think about all the different ways that food plays a role in their lives.
 - a. Examples: Food provides nutrition and energy
 - b. Food helps to express culture, faith, and traditions
3. The following is a list of extra questions to further launch the discussion and to help brainstorm ideas
 - a. Do we eat food for reasons beyond nutrition?
 - b. Do you think that we ever express love with food?
 - c. How do you think that hunger might impact an individual's ability to connect with a community of people?
 - d. What role does food play in your family's culture or traditions?
 - e. Why is it that when we first visit a different country or region, tasting the food is often one of the first things that we do?
 - f. Why do we bring food to families that are grieving, or families that are celebrating? What is comfort food?