



## **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?