



Activity #1

*Appropriate for 3rd grade and above- can be adapted for younger audiences.

The Meaning of Food¹

Description:

A discussion of how food helps us connect with others in meaningful ways

Objective:

By exploring the relationships among food, family and community, participants will develop a deeper understanding of the many different ways food helps us connect with others.

Materials:

Smart board, white board, or flipchart with markers

Time:

10 minutes

Activity Directions:

- Ask the group to identify different ways that food brings people together, or is the centerpiece of an activity, function or event. For example: *Family meals, holiday celebrations, community gardens, parties, potlucks, cooking together, picnics, church dinners, etc.*
- Build on the above by asking the group to reflect on all the different ways that food plays a role in their lives. For example, food provides: *nutrition, energy, life, and is a way to express love and comfort. It also becomes a vehicle to express traditions, culture and faith.*
- You may wish to use the questions below to help launch the brainstorm and guide the discussion.

¹ Inspired by and adapted from <http://www.pbs.org/opb/meaningoffood/>

Discussion Questions

- Do we eat food for reasons beyond nutrition? What are they?
- Do you think that we ever express love with food? How?
- Is food ever used to comfort? Can you give examples?
- Why do we bring food to families who are grieving – or celebrating?
- Is food one way that we express and share our family history? Can you share an example of that from your own family?
- Does your family have any special recipes? If yes, what are they? Who created them? Have they been passed down over more than one generation?
- Tasting the food in a different country or region is often one of the first things we do when we travel. Why is that?
- Do you have any special memories of preparing food with someone you love, or of a meal that was particularly delicious? If so, share what made the experience stand out.
- How did our grandparents or great grandparents access and prepare food differently from the way we do now?
- How do you think that hunger can impact a person's sense of connection to their community?