

Food Journeys: An Exploration

Three Short films from the Curriculum “Nourish” and One Testimonial

1. Anna Lappe
 - What experiences have shaped your relationship to food and diet?
 - What food traditions, values, or habits have you inherited from your family?
 - What is something you would like to change about the way you eat? What is something you are happy with?
 2. Bryant Terry
 - How would you characterize your eating style?
 - Describe an experience where you’ve changed your eating habits for the better. What was that process like?
 - Describe a memory of a food or meal that is special to you.
 3. Nadine Burke
 - How has your relationship to food and health evolved over the years?
 - What are some ways we can remind ourselves to eat well?
 - What are some other healthy lifestyle changes that can support our food journeys?
 4. Amanda Rieux
 - What would be a perfect meal, tastiest and happiest?
 - What would be the most nourishing meal you could feed yourself? How do the two meals compare? As we evolve do these meals change?
 - How do we decide what to eat each day?
-

Food Journeys Activity

An Open Conversation: Teachers get together in groups of 2-5 and choose one of the Food Journeys listed above. First have a conversation around the set of questions that you have chosen. Then choose one of the following activities to extend and deepen the experience. Choose one person to share at the end.

Step One: Choose one of the above Food Journeys and read the questions together. Then, have a conversation and share your answers with one another.

Step Two: Use one of the following classroom techniques to share the outcomes of your conversation with the group at the end of the period.

Brainstorm: Choose a key concept from your discussion and write it on your flip chart. Then, generate a list of related ideas that flow from the key concept. Write those on your chart also. Choose a recorder and someone to present your ideas.

Categorize/Clarify: Using your flip chart, create a group word map. Begin with a key word from your discussions in the center. Build on that word by adding words related to the key word; arrange them in categories around the center word. Choose someone to share your work.

Compare and Contrast: Create two main ideas that came out of your discussion. Record them on your flip chart. Discuss and record similarities and differences between the two ideas. Choose someone to share your work.

Jigsaw: Each group member chooses a main idea of the chosen video. Each of the ideas may be different. Write them down on your flip chart. Then your job is to figure out how each statement is a piece of the whole idea, like a jigsaw puzzle. How are they related? Do they come in a particular order? Does one lead to another, how? Choose someone to share your work.

Think-Pair-Share: Teachers work in pairs and record a summary of each other's answers to one of the sets of questions above. Share highlights of each other's thoughts.

Quick Write: After your discussion, each of you will spend 2-5 minutes writing your personal thoughts down on paper. Make sure you allow your thoughts to flow out onto the paper. Share any surprise thoughts with your small group when everyone is finished writing. Choose someone to share some of those surprising ideas that came out in your writing.

Group Sharing