

Why do we  
need a more  
connected  
relationship  
with our food?

## Take it further:

### THINK

What curiosity questions can you ask?

*e.g. Why do our bodies need food? Where does your food come from before it arrives at the supermarket? Who makes the food that you buy at the shops and how is it made?*

### FEEL

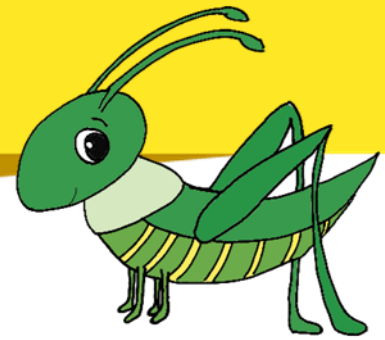
How might different people feel about this?

*e.g. What do you enjoy about eating? How do you feel when you eat your favorite food? What memories and feelings do you connect with different foods? Why might it be important to eat slowly? How does it make you feel when you see food being wasted?*

### CONNECT

What links can you start to make?

*e.g. How can food connect people? How are meals and food patterns connected to the seasons (spring, summer, autumn, winter)? What is a local farm? Why do you think it may be valuable to visit a local farm and experience how food is grown?*



## Activity ideas:

1. For many of us, the food we buy from the supermarkets comes from all over the world. Many of us no longer grow our own food or purchase it from a local farmer, and we often don't think about where our food is coming from. It might be grown in your country or halfway around the world! We are becoming very disconnected from our food.

Where does your food come from? For one day, check the labels on the foods that you eat for every meal to see where each part comes from. Use this helpful worksheet to note your findings:

[Where does my food come from?](#)

2. Sometimes we are eating a meal and are not fully aware of what lies on our plates, or how something really tastes or smells. This activity introduces the practice of eating *mindfully*. This means to focus on your senses when you are eating - how does your food smell, how does it taste, how does it make you feel to eat this dish? Eating mindfully will make us more aware of our food and enables us to attach more value to our food.

Use this worksheet to help you: [Eating Mindfully](#)

3. Create a 'vegetable person' using real vegetables. This is a very fun and creative activity to do with things in your house. Get inspired by the following examples and make your own vegetable person. See for example [the cucumber carrot](#), [the lion made of bread](#) and [the cauliflower sheep](#)!

*\*USE THE **THINKER'S GUIDE** TO HELP YOU*

What other activities could you do?

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