

FOOD AND FEELINGS, PART 2

Objectives

- Students will recall a food or dish they have eaten
- Students will connect food to feelings

Materials needed

- Pen and paper for all participants

Activity

Provide the following introduction:

- In this activity, we are going to make a connection between the food we eat and the feelings we experience. In Food and Feelings, Part 1, we talked about the ingredient you would be. Now, let's think about the ingredients that life has given us.

Step by step instructions:

- On one side of your paper, write the name of a dish and what it makes you feel. Feelings can include, but are not limited to, joy and warmth or anger and disrespect.
- On the other side of your paper, write WHO this dish makes you think about, how it makes you feel, or the last time you had it.
- Would anyone like to share?

...CONTINUE TO CLYDE'S TOP CHEF