

Name _____

Thinking Through Food Questionnaire

Write your responses below.

- 1) Where is your closest grocery store? How often do you go there?

- 2) Do you prefer to eat meals at home or eat meals prepared somewhere else?

- 3) How often do you prepare or help prepare meals at home?

- 4) Have you ever grown food yourself? If so, what and how long ago?

- 5) Do you consider yourself a healthy eater? Why or why not?

- 6) Do you enjoy cooking now, or do you believe you would like it?



Name _____

Candace Boyd 3-2-1

List three things you learned by watching this episode:

1)

2)

3)

List two things this episode made you wonder:

1)

2)

Write one thing that troubled you about this episode:

1)



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Definition

Facts

Word/Concept

Examples

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Non-examples

Name _____

Recipe Analysis

What is your favorite meal (for example: pasta with garlic bread, pork chops and french fries, etc.) to eat at home?

Write it here, along with ALL of its recipe components:

Fill in the chart below, adding all of the information you can:

Food	Was it fresh or processed?	Where did you buy it? Or did you grow it yourself?
Ex: Angel Hair Pasta	Processes	Aldi
Ex: Basil Leaves	Fresh	Grew it myself

Continue on next page (slide 5)



Name _____

Food Creative Project Bank

You will complete an independent “food creative” project.

Some ideas to consider:

- A poster campaign for your school to encourage your classmates to eat fresh food
- A letter writing campaign to your local leaders to improve access to healthy food in your area
- An awareness poster to inform your school community about access issues in your area
- A class recipe book
- An A-Z picture book of healthy food choices
- A plan to introduce a school garden
- Other ideas?

Write your project idea here:

Why is this project a good fit for you as a food creative?

