Name	

# Thinking Through Food Questionnaire

Write your responses below.

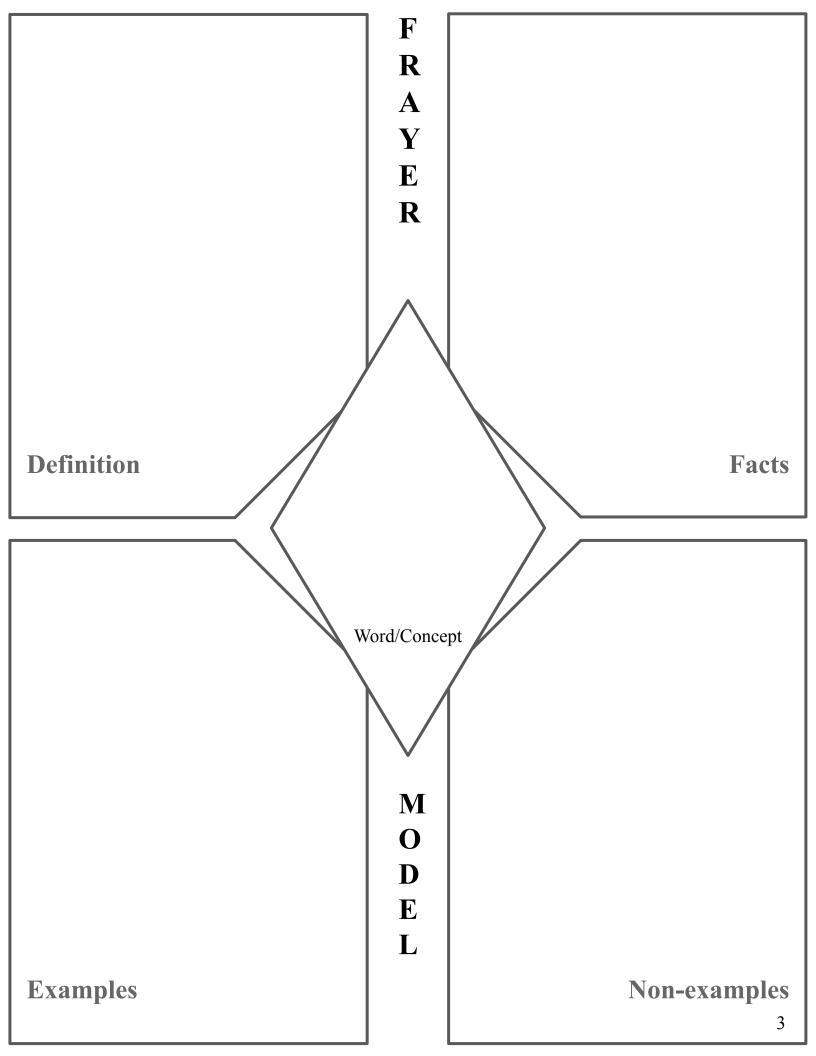
- 1) Where is your closest grocery store? How often do you go there?
- 2) Do you prefer to eat meals at home or eat meals prepared somewhere else?
- 3) How often do you prepare or help prepare meals at home?
- 4) Have you ever grown food yourself? If so, what and how long ago?
- 5) Do you consider yourself a healthy eater? Why or why not?
- 6) Do you enjoy cooking now, or do you believe you would like it?



Name
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Candace Boyd 3-2-
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)





Name
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# 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)



# Recipe Analysis

After analyzing your favorite meal, respond to the following prompts:

A) In what ways could you make this recipe healthier? List two ways.

B) How can you use this recipe as a way to be a "food creative?" (In other words, how can you alter this recipe so it is more "you?"

Print with slide 4



#### 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
- 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?

