



# Lesson 2: Activity

## My Favorite Food & Food Culture

### Activity Overview

Students will reflect on their own eating habits and culture.

### Grade Level

K-6th grade

### Materials

- Pencils
- Coloring crayons/color pencils

### Instructions

- Adults can read each question aloud or with a child and allow them to answer questions one at a time.
- Allow time for your kids to draw and encourage creativity. This is all for fun because we love food and think it's fun!
- Have kids share their answers.

**Note:** This is a great time for adults to take notes on their child's eating habits.



# K - 3rd Grade Activity

## My Favorite Food & Food Culture

### Instructions

Reach each question and complete the activity together.

### Questions

- 1.) What do you normally eat for breakfast? \_\_\_\_\_
- 2.) What is your favorite food? \_\_\_\_\_
- 3.) What is your favorite school lunch? \_\_\_\_\_
- 4.) What is your favorite food to have for dinner? \_\_\_\_\_

Draw pictures of your family's favorite foods.

### Additional Family Question

If you were only this big (show them 1-inch) and you had to live in a bowl of food, what would it be? Why that food?





# 4th - 6th Grade Activity

## My Favorite Food & Food Culture

### Instructions

Reach each question and complete the activity together.

### Questions

- 1.) What do you normally eat for breakfast? \_\_\_\_\_
- 2.) What is your favorite thing to drink? \_\_\_\_\_
- 3.) What do you usually drink? \_\_\_\_\_
- 4.) What is your favorite school lunch? \_\_\_\_\_
- 5.) What kind of snacks do you make for yourself at home? \_\_\_\_\_
- 6.) Name 3 foods you eat at a family BBQ or picnic. \_\_\_\_\_  
\_\_\_\_\_
- 7.) On the back of this paper draw your favorite dinner meal. Be creative!

### Additional Family Question

Write a poem/song/story about how you eat and/or how a certain meal makes you feel. Present this to your family.

