



Student Name:

Reflecting on Food - New Food Rituals

Summary: When is food joyous for you? Is there a moment that involves eating in your day that you look forward to? This short reflection activity will help you think about your food rituals or routines and practice gratitude.

Materials:

- Computer or other device to view the video
- Paper and pen or pencil

LISTEN: Listen to this short reflection prompt on food rituals: “Reflecting on Food - New Food Rituals” <https://www.youtube.com/watch?v=OSAWoY3ge9Q>

WRITE: Respond to the prompt in the space below.

Student Notes: Want to share your response or do more reflection activities?

- We would love to see your responses and post them on our social media platforms! If you would like to share with us, please ask permission from a parent or guardian. Tell them to fill out our [Media Release Form](#). Send the signed form along with your response to Edible Schoolyard at learning@edibleschoolyard.org.
- Try the [Food Memory Activity](#) or [Family Smell Memory Activity](#). Both of these activities involve reflecting and remembering past experiences and writing about them.

References:

Edible Schoolyard Project (2020 April, 23). *Reflecting on Food - New Food Rituals*. [Video]. Retrieved from <https://www.youtube.com/watch?v=OSAWoY3ge9Q>

Notes for Teachers/Parents

- This activity...
 - Supports students in practicing reflection and gratitude. Encouraging students to identify moments of joy connected to food within their day and spend time describing those moments is a form of gratitude practice.
 - Reaches our student outcomes of:
 - Development of a relationship with food.
 - Development of the ability to reflect.
- The *student notes* section of this document details ways to engage further. One of the prompts suggests students share their response. That section requests that students get permission and that parents fill out a media release form.