

What Does Food Mean to You?

Objective of Activity

To have students identify what meaning they attach to certain foods. Students will play a word-association game that may reveal things about their personalities, preferences and past experiences.

Teacher Background Information

- None

Material Required

- What Does Food Mean to You? activity sheet

Instructions

1. Distribute the activity sheet and instruct students to complete it. After reading each trigger word, tell students to write down the food that first comes to their mind. There are no right or wrong answers.
2. Collect the completed activity sheets and read some of the responses out loud anonymously or have students share their answers.
3. In a class discussion, note that food has different meanings for different people. This difference makes each person unique and adds variety to life.

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What Does Food Mean to You?

Next to each word below, write the first food that comes to your mind
For example, "adventure" may remind you of "trail mix".

health _____	illness _____
party _____	expensive _____
yuck _____	cheap _____
home _____	cool _____
love _____	hot _____
friendship _____	baby _____
munchies _____	child _____
memories _____	teenager _____
holiday _____	dad _____
religion _____	mom _____
hunger _____	grandparent _____
tradition _____	refreshing _____
ethnic _____	comfort _____
excitement _____	yummy _____
convenience _____	unusual _____

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