



FOOD RELATIONSHIP GALLERY WALK

Topic:

Family and cultural traditions influence your relationship with food.

Question 1:

What is one of your family or cultural traditions that includes food?

Question 2:

What is your favorite part of that tradition and what role does food play in your enjoyment?

Question 3:

What would happen if food was no longer part of a certain family or cultural celebration? How would it change this event?



FOOD RELATIONSHIP GALLERY WALK

Topic:

Food preferences influence your relationship with food.

Question 1:

Think of a time when you tried a new food and really liked it. What was the food and what did you like about it?

Question 2:

What do you notice about foods that you like?

Question 3:

How does your attitude about trying new foods affect whether or not you will like them?



FOOD RELATIONSHIP GALLERY WALK

Topic:

Food experiences influence your relationship with food.

Question 1:

Can you recall a positive eating experience that really stands out in your memory? What about that experience makes it really memorable?

Question 2:

Can you describe one way that a positive food experience might influence a person's relationship with food?

Question 3:

Can you describe one way that a negative food experience might influence a person's relationship with food? How could they turn it into a positive experience?



FOOD RELATIONSHIP GALLERY WALK

Topic:

Nutrition knowledge influences your relationship with food.

Question 1:

What is something you have learned about nutrition and healthy eating?

Question 2:

Explain how what you've learned about nutrition and healthy eating has affected your eating habits.

Question 3:

How can your knowledge about nutrition help you live a healthy lifestyle?



FOOD RELATIONSHIP GALLERY WALK

Topic: Dietary restrictions influence your relationship with food.	
Question 1:	Think of someone who has dietary restrictions. How does that change their eating habits?
Question 2:	How might having a family member who has dietary restrictions affect a family celebration or tradition?
Question 3:	How can you support a friend or family member who has dietary restrictions?



FOOD RELATIONSHIP GALLERY WALK

Topic:

Media influences your relationship with food.

Question 1:

What is a message that you remember getting about food and nutrition from the media? (This could be social media or traditional media like TV or movies.)

Question 2:

How do the messages you get about food and nutrition in the media affect your current eating habits?

Question 3:

What could you do if you hear or see a negative message about food and nutrition in the media?



FOOD RELATIONSHIP GALLERY WALK

Topic:

Other people influence your relationship with food.

Question 1:

Think about a friend or other person that you have heard talk about food or nutrition. What is one thing that you've heard them say?

Question 2:

How has hearing a friend or other person talk about food or nutrition affected the way you eat?

Question 3:

What could you say or do if a friend or other person you know said something negative about a food that you like?