

TABLE TALK: QUESTIONS/DISCUSSIONS/IMAGININGS FOR AROUND THE TABLE DURING MEALTIME

- Mindfulness/hunger/body awareness. Stop and think: How are you feeling? Are you hungry? What do you notice in your body? Is your tummy growling? Are you tired? Is it hard to focus? Do you feel different after you eat? What's different? Stop, take three breaths and look at your plate.
- Let's pretend we're farmers and we are getting ready to plant and choose what we will have on our farm. What will we do? How do we get started? What do we need to grow food? (tools, water, sun, people) What do we need to raise animals? (specify each one...pasture, a barn or coop, etc.).
 - We need to prepare the soil, get ready to plant seeds—what seeds should we plant?
 - Maybe we'll have some animals, what animals would they be? What would we get from Chickens? (chicken, eggs) Cows? (beef, milk) Pigs? (pork, bacon, ham) Goats (meat, milk)?
 - What can we make with eggs?
 - What can we make with milk?
 - What can we make with chicken, beef, pork etc
- Have you had this food before? If yes, how did you eat it? Is it different than before? Is it soft/hard/crunchy/smooth etc? Do you like it? Is it sweet/salty/spicy?
- What color is your food? Have you had (color) foods before? If yes, what?
- What is a grain? Are there any on your plate? Where do they come from? Are they from plants? What part of the plant (show pictures of plants)?
- Is it a fruit or vegetable? How do you know that? (fruits have seeds on the inside, really tomatoes and squash are fruits!!)
- Does it come from an animal? What kind of animal?
- Did it come from the ground? A plant? A tree?
- What part of the plant is it? Is it leaves, stems or seeds? How do you know this?
- Where did it grow? What do you think it looked like where it grew? Do you think a person grew it? What is her/his name? Does s/he live in the city?
- Do we know the person who grew what we are eating today? If yes, what is the farmer's name? Where do they live? How did this food get to our plates?
- Where do you usually get your food? How does it get to your plate?
- Are there trees and plants and fields and animals near your house? What is close to your house? What is a farm? What does it look like? What is close to a farm?
- Let's make up a story/song about the farmers who grow our food.
- Where do animals live? What are their houses, names, food?

- Tell your own family's story. Where did your parents grow up? What about your grandparents? Did anyone grow up on a farm or live near one? Where did their food come from? Did they eat food that came from a farm? What food? What was the farmer's name? (If they don't know this, they can go home and ask and come back with information)
- Food Heroes: What is a hero? What makes someone a 'food hero'? Maybe they grow food, or cook food, or make sure the food is safe, or maybe it is your mom or dad...Who are your food heroes? Why are they important? Example: The farmer who grows our food and brings it to us-at the farmer's market, or in a CSA delivery, or in our school lunches or at the grocery store. The cooks at our childcare center who make yummy healthy food for us every day. Our parents who know our favorite food.