

What is Culture?

DISCUSSION TOPICS for FOOD

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- List all your favorite foods
- What are some foods you eat for breakfast/lunch/dinner/snacks/desserts?
- What comes to mind/do you think of when you hear the word “food”?
- What do you use to eat your food? (utensils/hands)
- Where/How do you get your food? (shop/buy, garden, farming, fish, hunt)
- What are the ingredients of the food you eat?
- Are there certain foods that you or your family do not eat?
- In your family, are there special foods for birthdays, holidays, weddings, or other occasions?
- In your home, who cooks? Do kids help with the cooking?
- In your home, how often/how many times does someone cook?
- Can you/we eat anything?
- Have you tried food from another culture? country? city? State?
- What would the world be like without food?
- How would the world be differently if everyone ate the same foods?
- What is a restaurant? What is a “fast food” restaurant?
- What does eating healthy look like to you?
- What does eating unhealthy look like to you?