

INTERNATIONAL SCHOOL MEALS DAY 2022



CELEBRATING SCHOOL MEALS: Talking about tradition

Think about the traditions you have around food, and how sharing these habits makes you feel. A food tradition can be anything that you have done for a long time in eating, growing, or making your food.



Choose one of these questions or try to think of an answer for them all. Does anyone else in the class have the same tradition? *We've added some suggested answers below as ideas for you to think about.*



What is a food tradition that you do:

- By yourself? *I eat cereal every morning, in the same red spotty bowl.*
- With your family? *We grow oranges every year, and I always eat the first ripe one.*
- In your school? *We have fish every Friday, and the younger pupils get served first.*
- With your country? *On Lucia Day we always make a big feast and eat saffron buns.*



What is a food tradition that you do:

- Every day?
- Every week?
- Every year?

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CELEBRATING SCHOOL MEALS: Grown at home

Think about the food that you can find locally. It may be grown in a garden or on a farm, or produced in a factory near you. Is there a food that your country is famous for?



Choose one of these questions or try to find an answer for them all. You might need to do some research!



What food is grown or made:

- In your house?
- In your community?
- In your country?



Find a food that is produced in your country.

- Is it grown or made? How?
- What meal could you make with it?

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CELEBRATING SCHOOL MEALS: The future of food

Looking forward, think about how our food choices might change in the future and why this might be. What will you be eating when you're older?



Choose one of these questions or try to find an answer for them all. What will your food look like in the future – in school and beyond?



What meals do you think *you'll* eat when you're older?



Which parts of your diet will you keep? Which will you change?



What do you think meals in your house will look like in:

- 5 years time? How old will you be?
- 10 years time? How old will you be?
- 20 years time? How old will you be?

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