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.
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 ____________________