

TITLE: Your Favorite Meal

OBJECTIVES:

1. To begin thinking about our own place in the food system.
2. To consider where our food comes from.
3. To consider who grows our food.
4. To surface stereotypes about farms, farmers and farm workers

Takeaways:

- Someone somewhere grows the food we eat. Despite depending on farms to feed ourselves and survive, most people know almost nothing about these places, how our food is produced, who grows our food, or how we get the food they grow.

TIME REQUIRED: 1-1.5 hours

MATERIALS: Flipchart and markers.

DIRECTIONS:

Part 1:

Ask the question: What is the best meal you've ever had? Encourage them to come up with a full meal, and not just one dish. Why did you like this meal so much? Ask the participants to write down a description of this meal. Go around the circle and have everyone describe this favorite meal.

Part 2:

Ask the participants to write down as complete a list as possible of the ingredients of this meal. Push them to be as thorough as possible, and to make guesses about ingredients if they're not sure. Encourage them to ask you and each other if they have questions. Go back around the circle and have each person share three of the ingredients from their list. If their answers include items that consist of several ingredients, for example- "ice cream," push them to think about what this item consists of.

Part 3:

Ask the participants to circle one of the 3 ingredients. Ask them to pick one that they think comes from a farm. Ask them to close their eyes and think about what they know about this ingredient. Where might it come from? What do they think this place looks like? Where is it? Who works on this farm? What does this person look like? Have Crew Workers share their impressions. Write down descriptions of farms and farmers on the flipchart under the headings "Farms" and "Farmers."

Part 4:

Debrief: Where do these ideas about farms, farmers and farm workers come from? Are these impressions based on first hand experience, TV, movies, etc.?



Do we have positive or negative impressions of farms, farmers and farming?
Where do these ideas come from?

The purpose of this workshop is simply to raise the question: how much do we really know about our food?

