

The People I Like to Eat With

Grades K-2

Overview

How we eat is as important as what we eat. This lesson encourages students to begin to reflect on aspects of meal and snack times that can make them an enjoyable experience, including the people they eat with. Food connects to our minds, bodies and spirits, and some of the people we like to eat with can also provide us with positive feelings and experiences.

What Students Will Learn

- Students will reflect on and describe their experience eating with others during meal and snack times.
- Students will begin to reflect on and describe other factors that make eating experiences enjoyable.

Time



- 30 minutes (may vary by grade and if extension activities are included)

Materials

- Pencils/crayons
- The People I Like to Eat With Activity Sheet



Curricular Links

- Physical & Health Education
- Science
- English Language Arts

BC Curriculum Competencies K-2

- Explore how food and eating practices promote health
- Create stories and other texts to deepen awareness of self, family, and community
- Express feelings, ideas, stories, observations, and experiences through the arts

TEACHING TIP

This may be a sensitive topic for some students. If mealtime causes them stress or anxiety, re-focus the lesson activity on a specific meal or snack experience at school, or a meal that brings them joy or enjoyment or a person they would like to eat with in the future (real or fictional).

The People I Like to Eat With Activities

1. Ask students to think about the people they most enjoy having a meal or snack with (e.g. family, grandparents, elders, aunt or uncle or other caregivers, friends, teachers and/or peers at school).

- Have a class discussion about what makes eating with these people enjoyable.

2. Have students plan a meal or snack with the people they most enjoy eating with (or someone they would like to eat with), and ask them to think about everything they need to plan to make the meal or snack an enjoyable time. Using the activity sheet provided below, have students draw a picture of their planned meal or snack and the people they will be eating it with.

Educator prompts:

- Who are the people you will include in your drawing?
- Will it be a special occasion, or something you do often/every day?
- Where will you eat? Inside or outside?
- What time of year is it?
- Will you play music?
- What foods/drinks are you having together? Are they your favourites? Did you help prepare them?

Note for Navigating Food Talk: Talking about foods in a neutral way helps students develop a positive relationship with food and eating. We all eat different foods to get what we need to grow, play and learn. Just like all people have unique personalities, how we eat looks different to everyone and will depend on family situation, culture, personal tastes, and many other factors. To learn more about these important concepts visit teachfoodfirst.ca.

3. Post the students' pictures around the class. If you have time, have students present their drawing to the class. You may have older students share a written description.

4. Wrap up the lesson by emphasizing the fact that what makes a meal or snack time enjoyable can be different for each of us (e.g. favourite foods, where or when or how we eat, but also who we most enjoy eating with).

Grade Specific Considerations:

- **Kindergarten:** In addition to who they like to eat with, have students discuss other aspects that make a meal or snack enjoyable for them.
- **Grade 1:** In their drawing, have students use one or two words to describe the attributes of the foods they have drawn for their meal or snack (e.g. colour, shape, taste, texture, sound, smell, and where and how it grows).
- **Grade 2:** Have students write out a short description (one or two sentences) of who they like to eat with and how they decided what to draw/how they chose the meal or snack for their drawing.

Extension Activities

- After students have drawn their picture, have them ask a parent, grandparent or caregiver whom they most liked to eat with when they were younger. Ask them to describe one of those times (e.g. what did they enjoy about it, when and where were they, what foods/ drinks did they have?)
- As a class, develop a story about people each bringing their favourite food to a meal: What does the menu look like? Who are the people being invited? Include a discussion of other things that would make the meal more enjoyable.

Additional Resources

- [Teach Food First: An Educator's Toolkit for Exploring Canada's Food Guide](#)

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