



Food Education Standard 1

Food builds community. Talking about and sharing food brings us together.



What is a food that you like to eat?

What is a food that you don't like to eat?

What foods do other people like?

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Food Education Standard 2

Every food has a story of where it grows and the people who grow and eat it.



Where does food come from?

Which foods go together?

Who grew this food?

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Food Education Standard 3

Different foods need different things to grow. Food is a part of nature.



**Food and the
environment are
interconnected.**

What are the names
of the seasons?

What times of the
year can food
grow?

Which parts of
plants do we
eat?

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Food Education Standard 4

We can make up our own minds about food.

What are some places where you see different foods?

What is a food that I want to eat?

Who can help me choose foods to eat?

Food behaviors are influenced by external and internal factors.

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Food Education Standard 5

Foods can help build our bodies and minds.



What are some foods that will give my body energy?

How does food build my body?

How does this food build me up on the inside?

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Food Education Standard 6

Foods can help build our bodies and minds.



**We can make
informed food
choices.**

What are some
different kinds
of food?

What is a food
that makes me
feel good?

Do people eat
all the same
foods?

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Food Education Standard 7

We can change the world, one bite at a time.



We can advocate for food choices and changes that impact ourselves, our communities, and our world.

What are some different kinds of food?

What is a food that makes me feel good?

Do people eat all the same foods?

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