



**MIND
ACTIVITY**

FRANCIS & FRIENDS

SLOW FOOD VS. FAST FOOD

written by Rich Nelson

Activity Instructions

We live in a “Fast Food” world, but there is increasing interest in what is oftentimes called “Slow Food.”

Step 1 - Learn more about where your food comes from

Many people do not know where their food comes from, who grows it, how it was grown, what sacrifices were made to grow it, and how eating it connects us to the larger web of life. Exploring any of these topics with children will help them become much more aware and appreciative of the food we have and how we can be better citizens through the choices we make about our food.

Find a local Farmers’ Market or a local Community Supported Agriculture (CSA) farmer and visit them (use the links to the right to search your area). With your children, ask the farmer or local producer about what all went into bring this food to market. Consider becoming a regular shopper at the Farmers’ Market to get to know the people who grow your food. Or consider becoming a member of a CSA (local food coop) to enjoy a share of your farmer’s seasonal harvest. Some CSA farmers will even allow you to help harvest in exchange for food, if that is something that interests you. Purchase food and then ...

Step 2 - Practice Mindful Eating

An excellent way to become more connected to the food we eat is through Mindful Eating. It involves slowing down and enjoying our food free of distractions, aware of taste, texture, etc., giving thanks for the food we are eating and enjoying the pleasure of it all. For a good, brief overview on how to do this, visit <http://www.mnn.com/food/healthy-eating/stories/mindful-eating-5-easy-tips-to-get-started>

Discussion Questions

1. What did you learn about where our food comes from?
2. What did you learn about food by eating more slowly?
3. How can we use these lessons to become more thankful and aware of the gift of the food we enjoy?

Supply List

Find a local Farmers’ Market at
www.localharvest.org/farmers-markets/

Find a local Community Supported Agriculture (CSA) farmer at
www.localharvest.org/csa/



Prayer

Life-giving God, we thank you for the food that sustains our life. We thank you for all the people, plants and animals who give of their life so that we can live. Let every bite be a reminder to us of the gift of food. Amen.