

I AM...

Use page 1 to explore and reflect on what makes you, you!
Include a self-portrait or photo, magazine cut-outs of things you like, words...

FOOD IS...

"Food is not rational. Food is culture, habit, craving
and identity."

JONATHAN SAFRAN FOER

Use Page 2 to create a collage about the foods you eat, think about and write down
why you eat what you eat.

YOU ARE WHAT YOU EAT

The first mention of the phrase 'you are what you eat' came from the 1826 work
Physiologie du Gout, ou Medetations de Gastronomie Transcendante, in which
French author Anthelme Brillat-Savarin wrote:

"Tell me what you eat and I will tell you what your are."

On Day 3, write down everything you eat. Journal about how you felt when you were
done eating and at the end of the day.

FARM TO PLATE

"There's a person behind every bite that you eat, whether it's the
farmer, whether it's the beekeeper, whether it's the people who
pick our food and pack our food...there's humanity behind"

YOLANDA BURRELL

On Day 4, write down everything you eat, but this time, do some research and find out
where your food comes from.

FOOD TRUCK CHALLENGE

On Day 5, your challenge is to brainstorm and come up with at least one menu item
that includes only locally sourced foods. Give it a creative name for the menu. Think
about how much you would charge.

I AM...

FOOD IS...

FARM TO PLATE?

Jot down the foods you eat and put them in the correct column!
You'll have to do some research to find out where your food comes from!

COULD BE PRODUCED
LOCALLY

HAS TO COME FROM OFF
ISLAND

FOOD TRUCK CHALLENGE

A new local food truck in Kodiak, Alaska: MILLION RECIPES, specializes in locally caught fresh fish and also serves Kodiak harvested produce and locally raised chicken. All menu items strive to include ingredients grown on Kodiak Island. Now, it's YOUR turn to create a menu item!

MENU ITEM NAME:

WHERE DO YOUR INGREDIENTS COME FROM?

“Food for us comes from our relatives, whether they have wings or fins or roots. That is how we consider food. Food has a culture. It has a history. It has a story. It has relationships.”– Winona LaDuke

WHAT'S THE STORY BEHIND WHY YOU CHOSE WHAT YOU DID: