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 Meditations 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...
Throughout the day, list the foods you eat in the spaces below, according to when you eat them. For example, one box might be breakfast, another box snack time, one for lunch, and so on. Write down *everything* you eat!

How did you feel when you were done eating? (Full, still hungry, energized, lazy, tired, happy, satisfied are some good word choices).
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!

<table>
<thead>
<tr>
<th>COULD BE PRODUCED LOCALLY</th>
<th>HAS TO COME FROM OFF ISLAND</th>
</tr>
</thead>
<tbody>
<tr>
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</table>
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: