



Session 17

RECAP

So far we have learnt...

- ★ About what empathy is
- ★ The difference between empathy and sympathy
- ★ To try to put ourselves into someone else's shoes

The importance of food

In its simplest form, eating is putting food into your body. It's good to be aware of the nutrients and types of food you need as well as the types of food you enjoy eating.

What you eat can affect you both physically and emotionally.

Eating is important for your mental and emotional wellbeing because you rely on food to survive. It makes you physically strong and feeds your brain, which impacts your emotional and mental health.

CAUTION

Some people find eating and food difficult to think and talk about. If this is the case for you, then please be gentle with yourself. If you find the next couple of weeks of headstrong a challenge, that is ok - they aren't here to make you feel judged, just be mindful about talking to someone if you do find them tricky.

Enjoying a balanced diet...

What would you expect to see
on a balanced plate of food?

Food favourites and Food fears...

For example, Mrs Cole's favourite food is...


Banana Bread

Mrs Cole's food fear is...

Mayonnaise

Do you have any food favourites or fears? Tell the people you sit with what these might be.



A close-up photograph of pink cherry blossoms on a dark branch, with a soft, out-of-focus background. The blossoms are in various stages of opening, showing delicate petals and stamens.

My idea of heaven is a
great big baked potato and
someone to share it with.

Oprah Winfrey

What would be your idea of
food heaven?

HEALTHY SCHOOLS CHALLENGE:



As a form, decide to either cook, bake or bring in some of your favourite foods to share together. You will get points for both bringing in and trying food.

Make sure you check people's allergies - you won't lose points if you can't eat food for any reason.

Which foods did you enjoy the most? Why?



**COOKING IS NOT ABOUT BEING THE BEST OR MOST PERFECT
COOK, BUT RATHER IT IS ABOUT SHARING THE TABLE WITH
FAMILY AND FRIENDS.**

~ SKYE GYNGELL

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