

Learning Activity

Module 4: Nourish

The first activity involves creating a recipe or dish from a list of three ingredients. You can brainstorm these ingredients or have a friend nominate them for you! Here is our suggestion: rice, cheese & spinach.

Second, we have a list of foods uploaded to the Online Portal. Tick, highlight or circle foods you have tasted. If you get a chance think about the ones you feel most strongly about. What creates that feeling? Is it texture, smell, appearance or maybe a memory from the past? Do you gravitate towards foods that are sweet, salty, spicy or sour?

