**Food Rules**

**Grade Level:** 8th

**Season:** Winter/Any

**Larger IGS Unit:** Food Systems

**Essential Question(s):** Where does food come from? How can our food choices affect the world around us?

**Objective:** Students will understand the impacts of our food choices on the environment, economy and community. Students will create their own food rules, and share them with the school community.

**Materials:**
- *Food Rules*, by Michael Pollan
- Art supplies: construction paper, scissors, glue, magazines, markers, etc.

**Introduction:**
Review *Strawberry Milkshake* lesson, and ask students to recall one of the ingredients from the list. “Why can’t we remember any of those ingredients?” None of them could be found in a pantry or grocery store...where did they come from?

Ask students, “How do we all make our food choices? What are the things you look for when you are deciding what to eat?” Invite students to chat with the person/people next to them for 2 minutes about their food choices.

Introduce Michael Pollan – he is an author and a food advocate (he also has a house on Martha’s Vineyard and has come to speak here several times). He has written many books – *Omnivore’s Dilemma*, *Botany of Desire*, *Cooked*, and a few years ago he wrote a book called *Food Rules*. His philosophy on American food choices is that there are so (too) many diets, fads, new “superfoods” and “bad” foods every other day, and people are generally lost in terms of their food choices, jumping from one food fad to the next. He wanted to help guide people back to the basics – his number one food rule is: Eat food, not a lot, mostly plants. He has elaborated on this idea and gathered food rules from people from all over the world. Some are funny, some seem very simple, but perhaps that is the idea.
Go through Michael Pollan’s “Food Rules” document, projected on the screen. Each student may read one aloud to the class.

**Activity:**
“Now let’s think together about our own food rules! The idea is that your food rules will be presented to inspire others, but mostly to inspire YOU to choose foods that make your feel truly **nourished**. You may use any medium you would like, as long as it can be displayed in the (cafeteria, classroom, hallway).”

Encourage students to write their *own* food rule, and not one we have heard already.

**Wrap up/ Assessment:**
- Students design their own food rule posters and display them at the school (in the cafeteria, classroom, hallway)

**Extensions:**