

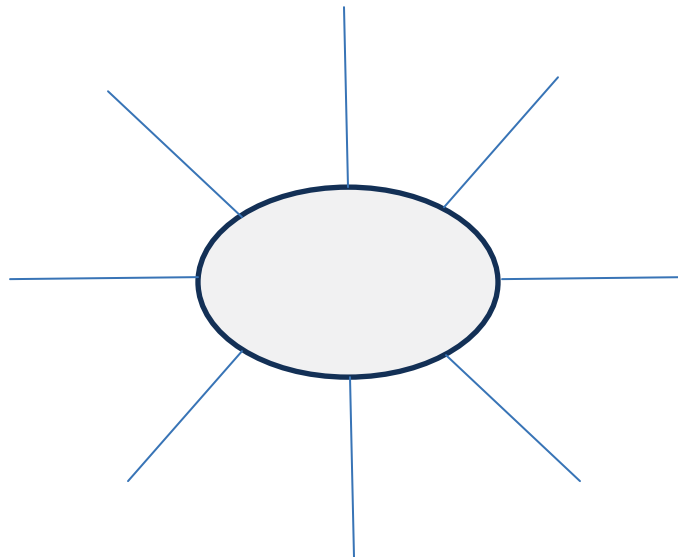
## Philosophy of School Lunchrooms: Your Favorite Eating Place

**Overview:** During this workshop, we will examine many ideas of what school lunchrooms *are* and what they *can become*. As adult learners, it is important to recognize what preconceptions we bring to the table and to then reflect periodically on how the modules of the workshop change, expand, and deepen our understanding of how school lunchrooms work and our role in transforming them. Throughout this course, each participant will define and then refine his or her philosophy of school lunchrooms and then outline an action plan for bring that vision to life.

### Brainstorming

Step 1: Think of your favorite place to eat a meal. It could be your own kitchen, your mother's Thanksgiving dinner table, a favorite restaurant, a sunny park... Be creative and honest – there's no wrong answer here! Go with your instinct. Write your setting in the circle at the center of the diagram.

Step 2: Close your eyes and visualize that place. How does it look, smell, and sound? How do people act there? How do you feel when you are there? What is the food like? Why do you like it so much? Write your answers on the spokes, adding more spokes if needed.



It's Not Nutrition...Until It's Eaten!



Step 3: As a group, share your answers. Record on a large paper or screen, letting participants add more answers to their diagrams if desired.

Now, review your diagram. Which of these descriptive words and phrases ALSO relate to your school lunchroom(s)? Circle those words and share your answers.

Now, most importantly, how many of the words would you LIKE for students and staff members to relate to your lunchroom(s)? Circle those words and share your answers.

Step 4: Choose 5-7 of the circled words and phrases which you would most like to bring to your school lunchroom(s). Write them below, one idea per bullet point.

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*We're not finished yet!* Place this sheet in a safe place – we will return to it later in the workshop. In the meantime, as you hear about other lunchrooms and share experiences with fellow participants, feel free to return to this page and elaborate on additional features you would like to see in your ideal lunchroom. We will continue to build your Philosophy of School Lunchrooms throughout our program.

***Important note: Do not be afraid to write, rewrite, scratch out, etc. Do not neatly save this for later! We would love for everyone to participate fully. There are clean duplicates of all of these forms in the back of your binder – so USE these, please!***

