

“You are what you eat”

In this session of Coming of Age, we eat a meal together.

The dish you bring is supposed to represent your opinions and feelings about food.

Here are some examples of the kinds of food choices youth have made in the past:

- Youth involved in sports have brought the kind of food that they eat to stay in training, since athletes know they have to eat food that keeps them fit
- Youth who support animal rights have brought vegan dishes—vegan dishes have no animal products whatsoever in them, because vegans believe it's wrong to harm animals
- Youth who are environmentalists have brought dishes that don't cause harm to the environment (such as organically-grown food, locally-grown food)
- Youth with food allergies or intolerances have brought dishes that don't make them sick, because everyone should be able to have food that doesn't make them sick
- Youth have brought comfort food—if you're under a lot of stress, you need food that keeps you relaxed and sane