



Food Topics

Here are some topics for sparking discussion about food. Choose a topic and express your opinion or knowledge on the subject. Use the Internet or library to learn more about a topic.

Discuss in a small group or with a partner any of the following food-related issues:

- The food chain
- Everyday foods from your country of origin
- World hunger
- The greatest food ever invented or discovered
- Food advertising
- Food labels and information
- Planning a dinner party
- Why we eat when we're not hungry
- The importance of food
- Restaurant favorites
- Preservatives and chemicals used with food
- Dieting and diet fads
- Food traditions during different holidays and religious events
- Health and nutrition
- The world's food resources
- The cost of food
- Eating disorders
- Recipes and recipe books
- Food and farming: how food is grown
- Super-sizing food at fast food restaurants
- Food history: past, present and future
- The food we eat

