

Recognising our

INTERDEPENDENCE

We hope you enjoyed Challenge #1!
Here comes our 2nd weekly challenge for the
whole family! Ready?



The World Came to my Home!

1 Pick any 1 meal of the day that the family shares together.

Choose your favourite food item from this meal on the
table e.g. a slice of orange or a spoon of honey. Place it on
your tongue. Remember *not to chew!*

2



- Pay attention to its taste, its texture, the temperature... in your mouth.

3 Now think of how it came to your table! The delivery and shops
that made it available, the farmers or manufacturers that contributed
to its current form. Remember not to chew!

You can now begin to chew slowly, enjoying its flavour
& thinking of all the **people, things** and **events** that made it
possible for you to enjoy. e.g. The honey bottling factory, the
beekeepers, the bees, the flowers etc.

4



*Before you've
finished breakfast
you've depended
on more than half
the world.*

- Dr. Martin Luther King

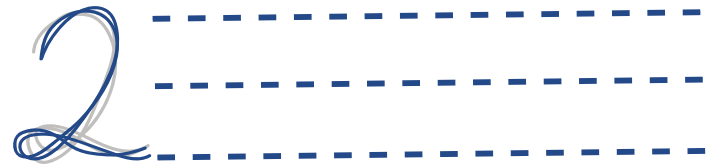
5 As you keep enjoying that mouthful of food remember of all the far away places that this food came from. E.g. Cocoa in your cereal from Africa or the honey from a far away forest. **Recall how amazing it is to have the world visit your home today!**



Things to Remember :

1 Each one takes turns to share aloud with the family, all the different people, things and events that contributed to them enjoying that food.

What different parts of the world or your country visited you today?



3 At the end of the week you can mark on the map all the places you visited from the safety of your home.

Remember you could do this choosing a different meal a day for the week.

