

Plan a BodyKind Shared Lunch Event



AUDIENCE
Late Primary, Secondary



SESSION LENGTH
40 mins (plus extra time if event is implemented)

About BodyKind

BodyKind Schools runs every September in conjunction with Body Image and Eating Disorder Awareness Week (BIEAW). BodyKind Schools main call to action is kindness; it encourages young people to be *kind* to their own body and to others. Online, face to face, everywhere!

Why it is important to support food curiosity in young people.

There are many reasons why young people tease, taunt or bully other young people. A main driver however is often difference. When young people observe others eating food that is unfamiliar and not part of the typical Western way of eating, they may react in a negative and sometimes offensive manner. Food shaming amongst young people can be caused by a lack of exposure and appreciation of culturally diverse foods, simply put, it's different to what they might eat and like.

When a young person is food shamed or teased this can impact that young person's relationship with eating and/or their body.

By supporting a curious approach, young people can increase their food literacy and have the opportunity to try a variety of foods as well as be more accepting, kind and respectful to others and.

ACTIVITY AIM :

This activity encourages young people to take a respectful and curious approach to food that is unfamiliar or that may be diverse or multicultural or even just something that they do like or eat. It aims to help promote a positive food and eating environment by increasing acceptance and reducing food shaming. It also encourages young people to be BodyKind by being curious and open to eating a wide variety of foods and respecting and celebrating the diversity in their own and other people's food choices.

HOW TO RUN - Plan a Culturally Diverse Shared Lunch Event:

You will need:

- Paper, pen and texts.
- Introduce the activity – you can use the notes on the left-hand side and the first 2 paragraphs on the next page.
- Then ask students: How can we be more accepting of culturally diverse and unfamiliar foods?. Desired Responses:
 - learning about the culture or heritage associated with a range of diverse food.
 - encouraging each other to talk about our cultural background and heritage, and the cuisine that is unique to our culture or family.
 - encouraging each other to taste and try new and unfamiliar foods.
 - role modelling positive food behaviours and food acceptance.
 - establishing a food environment that is kind, curious and tolerant amongst all students.
 - highlighting that most of the mainstream foods we eat today are in fact multicultural (for example burritos, pasta, sushi, noodles, gelati, churros, crepes).
- Next, provide each student with the *Plan A Culturally Diverse Shared Lunch Event* activity sheet.
- Students are to work in pairs to answer the questions on the activity sheet and complete the related tasks.
- Then invite students to come together and share their answers and strategies for creating a respectful and diverse food culture in their classroom and school.
- As an extension activity students may go on to implement a shared lunch event, perhaps as a BodyKind fundraiser. For help and further ideas, see the BodyKind [Fundraising Guide](#).

To learn more about how you can help create a positive eating environment for young people see the BodyKind tip Sheet for Educators "Creating a Positive Eating Environment for Students at School"

To find out more, contact:

E: education@butterfly.org.au
www.butterfly.org.au

Teachers Guide

Plan A BodyKind Shared Lunch Event

ENSURE A 'DO NO HARM' APPROACH when adopting this activity with students:

- This activity supports students to have a positive relationship with eating.
- Please be aware that students who may be experiencing an eating disorder, in treatment or recovery from an eating disorder may find this content challenging, or even triggering. Please ensure you share this lesson with parents/care-givers prior to running to ensure they can determine suitability of their child being involved.
- It may also pose a challenge for neuro-divergent students and/or students experiencing food insecurity.
- As this activity explores eating and eating practices, it is recommended that this activity be used at the Educator/Teachers discretion.
- Avoid sharing personal details about your own eating experiences.
- Aim to ensure discussions are strength-based.

STEP 1: Introduce BodyKind and the activity.

We are proud to be participating in BodyKind Schools, which is an initiative of Butterfly Foundation. BodyKind Schools aims to raise awareness and promote a positive body image, by being BodyKind. It's not always easy to like, love or appreciate your body so instead BodyKind Schools encourages young people to find ways to be *kind* and practice *kindness* towards their own body and also to others.

Being BodyKind includes nourishing and fuelling our bodies regularly throughout the day with a wide variety of foods that we enjoy. Being open-minded and curious about different foods supports us in eating a range of different foods. It's also important that we respect each others food choices and preferences, even if they may be unfamiliar, and avoid commenting negatively on what or how people are eating. In doing this, we can help create a positive food culture at our school that is inclusive and accepting. For this activity, you will work in pairs to plan and organise a culturally diverse shared lunch. You will need to think not only about what foods to offer but the way it is served and the atmosphere you want to create.

STEP 2: Ask students to:

1. Work in pairs to complete the Activity Sheet
2. Nominate a spokesperson to present their plans for the event to the group

POST ACTIVITY Discussion

- Many of the foods that we eat originated from another culture and country. Ask students list any additional foods that they enjoy, and the country of origin of those foods?
- How might you respond if someone comments negatively on our food choices?
Possible responses: "Thanks for your interest, I am comfortable with my food choices". Please don't comment on my food choices, it's my decision what I eat". "I don't think it's appropriate to comment on what someone eats. Can we change the subject"? "You should try some, you might like it".
- If students decide to implement the planned event as a BodyKind fundraiser, what other considerations will the class need to make? For example:
 - Do you need to gain approval from school leadership?
 - How will you promote the event to parents/care-givers?
 - If you are expecting parents and care-givers to prepare the dish, what information and instructions will they need?
 - What food safety considerations are required? How can the event be suitable for students with food allergies?
 - It's important to note that for a range of reasons, not all families are able to readily access and afford food items to participate in this activity. Please consider how you could be sensitive when asking parents to provide food to share, keeping in mind food security issues.
 - What additional items will you need to bring for the event (for example, cutlery, paper plates or bowls, tablecloth, centrepieces, decorations, or other culturally relevant items)?
 - Will your event be indoors or outside?
 - How will you collect any funds (e.g. gold coin donation) and keep them secure?

Plan a BodyKind Shared Lunch Event Student Activity Sheet

Activity Outline:

We can be BodyKind by eating a wide variety of foods and respecting the diversity of food preferences in others. When we approach unfamiliar foods with curiosity, we create a positive food culture that is inclusive and accepting. This activity encourages you to work in pairs to plan a BodyKind Culturally Diverse Shared Lunch Event.

Task 1: Planning Your Event

Work in pairs to discuss the questions and record your answers in the spaces provided.

What dish or dessert would you bring? How would you describe it, what are the main ingredients, flavours and textures?

This may include multicultural foods, bush tucker or foods that are unique, special or traditional to your family.

Why would you bring this specific dish? Why is it special to you and your family?

Who would traditionally prepare this dish or dessert?

Is it prepared by a grandparent, or an elder, or does the family come together to prepare the dish?

Is your dish linked to any special events, celebrations or family traditions?

For example, Diwali, Persian New Year, Chinese New Year, Ramadan, Orthodox Easter, Christmas?

How is this dish traditionally eaten?

For example, using hands not cutlery, sitting on a sofra (similar to an indoor picnic, traditional to many Islamic cultures), consumed as part of breaking a religious fast such as Ramadan.

What considerations will you need to make to help create an environment that is reflective of the heritage of the dish you are sharing?

This may include: sitting in a way that increases social connectedness and communication (for example, sofra, long dining table, picnic), allowing an adequate length of time for eating and socialising, bringing decorations, centre pieces or other cultural features, playing traditional music to create a special atmosphere.

Plan a BodyKind Shared Lunch Event Student Activity Sheet (2).

Task 2: Establishing a BodyKind Food Culture That Minimises Food Shaming

Work in pairs to discuss the following.

Q: What does an inclusive, and respectful food environment mean to you?

Q: How could you class work together, to create an inclusive and respectful food culture in your school?

Other ideas to increase food curiosity...



Considering the foods you currently eat and enjoy, identify or research their country of origin.



Share information on your cultural background and discuss as a group the various the different foods enjoyed from those cultures.



Discuss what role modelling positive food acceptance look likes in practice.



How can you have a curious approach when an opportunity to try a new or different food is offered.

Sometimes talking about our body and eating may be uncomfortable and challenging for some young people.

If this is happening for you, please let you teacher know as it's ok to step out for a while. If after completing this activity you feel you might like to talk to someone about your relationship with eating, please chat with your teacher, school wellbeing staff or a trusted adult.

TALKING HELPS!

Butterfly Foundation operates a free National Helpline for anyone struggling with their body image or eating.
8am-Midnight (AEST), 7 days a week.
Phone, webchat or email
(1800 33 4673)
www.butterfly.org.au/helpline