

# Food for thought Project



# Food for thought

- Brought about by 2 Farmers wives and a Head Teacher when doing a one off breakfast group and finding children didn't know where their food came from.
- Didn't know Cows were girls and needed to produce a calf to have milk

# Food For Thought

- Put together by action learning programme which needed positive thinking.
- Goal
- Reality
- Options
- Will

# Food for thought Project

- So many of our consumers know very little of where our food comes from and the importance of a healthy diet.
- Healthy choices at an early age will develop into healthy choices in Adulthood.
- Parents are very important in this role especially from 0-5 as they whole depended on parents for guidance

# Food For Thought project

- Goal
- What exactly do you want to achieve?
- By When?
- How much of this is within your control?
- Is the goal positive, desirable, challenging, attainable?
- How will you measure it?
- Do you want to break the overall goal down into more manageable or realistic goals?

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- Reality
- Why haven't you reached this goal already?
- What have you done so far to move towards this goal?
- What have you already learned from that?
- Are there any contracts which stop you moving towards this goal?
- How might you overcome them?

# Food for thought project

- **Options** finding solutions & alternative strategies
- What could you do to move towards this goal?
- What else could you do?
- If time was not a factor- what could you do?
- If resources were not a factor –what could you do?
- Is there anybody who does this really well?
- What do they do which you could try?

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- **Will** Testing commitment and making plans concrete
- Which of all these options will you choose?
- How does this help to achieve your goal?
- Who else needs to know about your plans?
- How will you get the support you need?
- What obstacles do you expect to meet?
- How will you overcome them?
- When will you take the first step in your plan?