

Lesson 4

Three Ideas for Reflection

- Listen out for nutrition messages during the week. Are there any that seem suspect to you? Why? How does it make you feel when you hear them? Do they create knowledge by assuming connection (as in Well Now) or by assuming separation (as in reductionist science)? What can you learn from your response?
- Draw a time-line noting when you introduced new foods to your cupboard or started experimenting more when eating out. Can you identify where any 'food fashions' influenced your eating? Perhaps it was a 'must have' new bread, or 'superfood', or you began kick-starting the day with a coffee on your way to work, or simply discovered something fantastic that you'd never tried before.
- Have there been any events that have changed or disrupted your everyday eating?

