**Your favorite eating place**

Overview: We will examine what the school nutrition environment is and what it can become. As adult learners, it is important to recognize what preconceptions we bring to the table and to then reflect how the Smart Lunchroom Movement changes, expands and deepens our understanding of how school nutrition environments work and our role in transforming them.

**Brainstorming**

Step 1: think of your favorite place to eat a meal. It could be your own kitchen, your mother’s, Thanksgiving dinner table, a favorite restaurant, a sunny park… Be creative and honest – there’s no wrong answer! Go with your instinct. Write your setting in the circle at the center of the diagram.

Step 2: Close your eyes and visualize that place. How does it look, smell, sound? How do people act there? How do you feel when you are there? What is the food like? Why do you like it so much? Write your answers on the spokes, adding more spokes if needed.

Step 3: As a group share your answers and record on flip chart.

Step 4: Individually think of you school’s nutrition environment. What does it feel like in its current state? Be create and honest – there’s no wrong answer! Write down words that come to mind to describe your district/school’s nutrition environment.

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Step 5: As a group share your answers and record on flip chart and compare answers to my favorite eating place descriptive words.

Step 7: Which of the descriptive words that you used to describe your favorite eating place would you like for students and staff members to relate to your district/school?

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