

## Special Meal Worksheet

Pick a specific meal or food that has a personal meaning to you. This could be a cultural dish, a favorite meal, or a food tied to a special memory.

### Reflection questions:

Why is this food important to you?

How does this food make you feel?

What would it mean to you if you weren't able to eat this food anymore?

Draw a plate of your special meal using colored pencils, crayons, or other art supplies.  
Include details such as colors, textures, and how the meal is served.