



Meaning Maker.org

- Meaning Maker [Food Edition](#) provides food for thought regarding your food choices, customs, habits and issues.

**Your personal tool for a
“Value Added” experience.**

- Cultivate your diet with a new, renewed or updated approach to daily food selection, preparation and consumption.
- Enjoy the rich feast that results when you are attentive to food culture.
- Spice up your conversation with enticing foodie jargon that will make your friends salivate.
- Over time, Meaning Maker [Food Edition](#) will provide you with the nourishment required to conquer all obstacles, fuel gastronomical adventures, and feed yourself the celebrity chef spreads you deserve.
- Meaning Maker [Food Edition](#) is good for pretending you are a foodie, impressing friends and acquaintances, getting that much needed first date, improving your health, training and tantalizing your tastebuds, and transforming the animal act of eating into a delectable culinary sport.

Meaning Maker comes in a variety of experiences.
Download and print Meaning Makers
for all of your social engagements.

Log onto meaningmaker.org
to share your Meaning Maker experience.

Fact or Food Fiction:

- T F ketchup is a vegetable
- T F occasional fasting is a healthy practice
- T F chicken soup can cure the common cold
- T F fish is often color enhanced
- T F sausage is made from waste meat
- T F brightly colored foods are more nutritious than light foods
- T F shark fin has medicinal properties
- T F garlic wards off colds and flu
- T F sulfites in salad bars can kill you
- T F an apple a day keeps the doctor away
- T F fermented foods improve the immune system
- T F bread crust will make your hair curly
- T F fats are unhealthy
- T F Americans eat less than 1% of known edible foods
- T F water shortages are contributing to starvation
- T F French Fries were invented in France
- T F beef and dairy cows produce methane gas emissions
- T F breastfed babies rarely need to be burped
- T F anorexia and bulimia are cultural
- T F victory gardens helped win WWII
- T F cancer cells feed on sugars
- T F nutmeg is a hallucinogen
- T F seed banks are protected from international war
- T F raw cashews and raw bitter almonds can be fatal
- T F type 2 diabetes is caused by a poor diet
- T F oysters are an aphrodisiac
- T F movie theaters market subliminally: flash images of food
- T F elephants, the largest land mammal, are vegetarian
- T F in some cities front yard gardening is illegal
- T F mad cow disease is caused by making cows cannibals
- T F the USDA and FDA protect our food sources
- T F microwave popcorn causes infertility and cancer
- T F Meaning Maker is most fun with a glass of wine
- T F canned cream of mushroom soup makes the best casserole
- T F autoimmune diseases are caused by GMO's and processed foods
- T F plastic bottles and food can liners leach toxins
- T F eating potato sprouts can cause coma and death
- T F cows are given antibiotics because they can't digest corn
- T F microwaving food reduces the nutritional value
- T F processed food is allowed a percentage of rat hairs & feces
- T F nutrients are concentrated in the skin of vegetables
- T F breakfast is the most important meal of the day
- T F you are what you eat

Real foodies:

- cook at home
- text photos of their meals
- watch *Iron Chef*
- eat at trendy venues
- own over 20 cookbooks
- know the chef's name
- gift people edible arrangements
- have refrigerators the size of a small bus
- aspire to be on *Check Please*
- read foodie magazines
- only eat at 5 star restaurants
- don't call themselves foodies
- read the labels on everything
- rate restaurants on social media



Meaning Maker.org

Food Edition

Instructions:

Complete periodically. File for future reference.

Current Diet _____

Weekly Food Budget _____

Date _____

FOOD & ME *(habits & preferences)*

I eat:

- to be healthy
- for energy
- between drinks
- as a social activity
- only because it is required
- because I am hungry
- because it is time to eat
- obsessively
- for pleasure
- competitively
- to satisfy a craving
- to pass gas, belch and burp
- without thinking about it
- to relieve stress
- what I am served
- to sustain my biological needs

I often eat:

- while driving
- wearing a bib
- in binges
- standing up
- with family
- with a proper place setting
- alone
- out of a bag
- all day long
- while working
- quickly
- out of the pan
- with my fingers
- in front of the TV
- with chopsticks
- all you can eat
- everything on my plate

I like it:

- raw
- ethnic
- deep fried
- slow
- healthy
- sweet
- fresh
- cooked
- spicy
- tart
- hot
- convenient
- barbequed
- organic
- liquid
- greasy
- bland
- garlicky
- from a machine
- fast
- rich
- salty
- packaged
- with the fat

I regard myself as:

- a foodie
- a tastemaker
- a sloppy eater
- too poor to care
- unsophisticated
- a person of simple tastes
- health conscious
- a food snob
- a gourmand
- a glutton
- current
- a dieter
- a world class chef
- an appreciative dinner guest
- a picky eater
- an oinker
- easy to please
- knowledgeable
- a fast food junkie
- a fast food junkie

I know I am a healthy eater because:

- I am strong
- I feel good
- I follow current diet trends
- I avoid trans fats & food additives
- I always choose the salad bar
- I shop at a health food store
- I follow the food pyramid
- I eat what my body tells me it wants
- I avoid adding whole sticks of butter to recipes
- I eat a variety of fresh fruit and vegetables everyday
- I am thin
- of my bmi
- I count calories
- I am gluten free
- I have clear skin
- I cook from scratch
- I am healthy
- I have lots of energy
- I eat organic

I learned to cook:

- I never learned to cook
- by observation
- from a family member
- in home economics class
- by trial & error
- from cookbooks
- to attract a mate
- by reading the box
- watching cooking shows
- at a culinary academy

Daily food preparation is:

- how I bond with family
- stressful and unnecessary
- fun and relaxing
- an important ritual
- way too much work
- done by someone else
- the drive through window
- an important part of home

Growing my own food:

- is that even possible?
- is so Martha Stewart
- Safeway is fine for me
- fights corporate greed
- is a ridiculous thought
- makes me self-sustaining
- you mean pot?
- makes me healthy
- gives me control
- tastes better
- puts farmers out of business
- is my connection to the earth

When I travel I:

- enjoy street food
- purchase packaged food
- picnic in my hotel room
- drink bottled water
- yelp it
- understand the local culture through food
- follow guidebook recommendations
- find recognizable chain restaurants from home
- bring food from home
- inspect kitchens first
- worry about germs
- use hostel kitchens to cook
- eat at 5 star restaurants only

Foods I consume that alter my consciousness:

- blender drinks
- salty crunchies
- mac + cheese
- mushrooms
- high fructose corn syrup
- coffee
- soft drinks
- MSG
- cow milk
- sugar
- chocolate
- red meat
- wheat
- magic brownies

Favorite indulgences:

- ice cream
- oysters
- junk food
- foie gras
- gummy bears
- bar food
- PB&J
- imported foods
- drive through restaurants
- chocolate
- truffles
- super-size
- steak tartare
- tv dinners
- chips
- butter
- smores
- happy hour
- sushi
- caviar
- coffee
- lobster
- bacon
- movie popcorn
- cheese
- _____

Food Phobias:

- vegetables
- pink slime
- mold
- botulism
- undercooked meat
- recognizable body parts
- certain textures
- pot luck
- the undead
- e. coli
- raw food
- expired packages
- ingredients I can't pronounce
- _____
- fish bones
- foreign items
- factory farming
- killing animals

Food adventures I'd be willing to try:

- wild fungi
- live goldfish
- absinthe
- insects & grubs
- moonshine
- roadkill
- wild game
- pet food
- brain
- vegetables
- escargot
- fugu
- uncooked meat
- blood
- bone marrow

ISSUES, JARGON & STORIES *(cultural knowledge)*

Food Awareness:

global health impact	low	1	2	3	4	5	high
disposable packaging	<input type="checkbox"/>						
buying local produce	<input type="checkbox"/>						
imported food and beverages	<input type="checkbox"/>						
outdoor barbecuing	<input type="checkbox"/>						
vegetarianism	<input type="checkbox"/>						
bovine growth hormone	<input type="checkbox"/>						
organic farming	<input type="checkbox"/>						
marine debris	<input type="checkbox"/>						
fair trade purchasing	<input type="checkbox"/>						
heirloom seeds	<input type="checkbox"/>						
factory farming	<input type="checkbox"/>						
genetically modified foods	<input type="checkbox"/>						
industrial corn	<input type="checkbox"/>						
industrial soy	<input type="checkbox"/>						
colony collapse disorder	<input type="checkbox"/>						
single serving packages	<input type="checkbox"/>						
bat phobia	<input type="checkbox"/>						
neonics	<input type="checkbox"/>						
access to clean water	<input type="checkbox"/>						
veganism	<input type="checkbox"/>						
paleo diet	<input type="checkbox"/>						
farmer's markets	<input type="checkbox"/>						
slow food	<input type="checkbox"/>						
fast food	<input type="checkbox"/>						
aquaculture	<input type="checkbox"/>						
potassium sorbate	<input type="checkbox"/>						
aspartame	<input type="checkbox"/>						
palm oil	<input type="checkbox"/>						
composting	<input type="checkbox"/>						
shade grown coffee	<input type="checkbox"/>						
plastics	<input type="checkbox"/>						
cottage industries	<input type="checkbox"/>						
pesticides	<input type="checkbox"/>						
ocean dumping	<input type="checkbox"/>						
climate change	<input type="checkbox"/>						
beef and dairy cows	<input type="checkbox"/>						
synthetic fertilizers	<input type="checkbox"/>						
synthetic meat	<input type="checkbox"/>						
home gardens	<input type="checkbox"/>						

I understand the history, issues and politics of:

- organic
- superfoods
- classic
- fresh
- medicinal
- GMO
- fair trade
- food labels
- fertilizers
- hybrid
- ancient
- original
- natural
- antioxidant
- toxic
- sustainable
- kosher
- farming
- heirloom
- traditional
- seedless
- preservatives
- artisan
- rBGH
- antibiotics
- pesticides
- food processing