



Learning by Doing **Activities**



Learning
through food to
**shape our
future**





"Just as your child's eating habits can be learned in the first years of life, what will define her/him as an integral human being is also forged in these years. At feelfoodflow we want to help you use food as a vehicle for the acquisition of the most important **mindsets** and **skills** so that your child can actively shape her/his future and the future of our planet."

feelfoodflow.

Co-creating meaning
around children nutrition



Mindset

Ideas and attitudes
with which your child
approaches a
situation.

They will support
her/him on being
successful with a
given skill set!

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Skill Set

Your child's abilities in a give area that will support her/him on solving problems effectively in different life situations.

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Growth

Strong focus on learning and resilience.

Your child's talents can be developed through hard work, good strategies, and input from others.

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Creativity

Curiosity and purpose to reshape the world.

Your child questions everything and finds solutions or different meanings to things.

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Entrepreneurial

Seeing an opportunity in problems, and taking action.

Your child has a call to generate a change by materializing her/his ideas.

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Collaborative

1+1= Teamwork!

Your child understands the value of bringing different perspectives and experiences together—the power of joined ideas and their result once put into practice.

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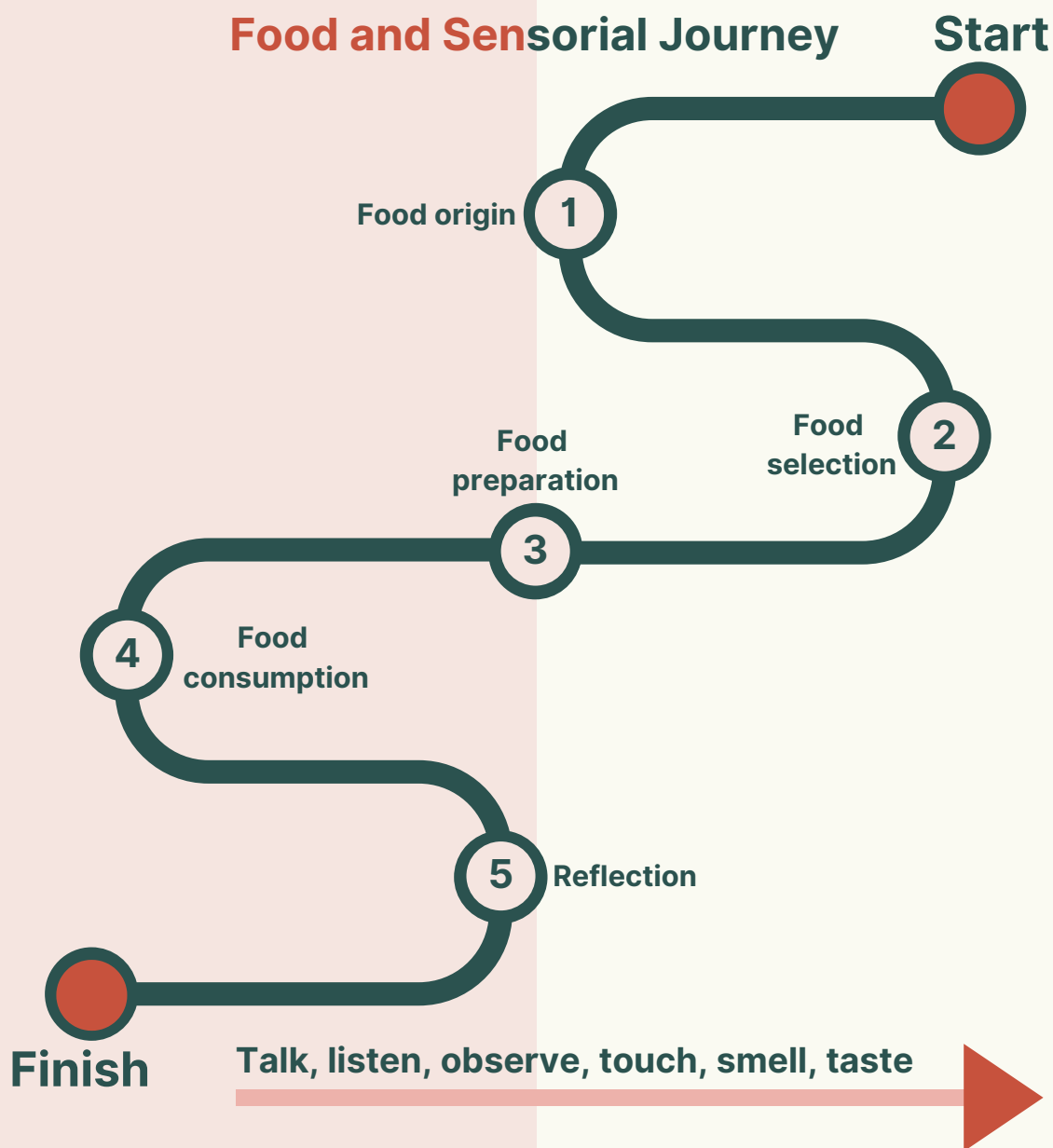
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Complementary feeding

Each activity has 5 steps which correspond to a phase of the food and sensorial journey. Tick the boxes once you have completed an entire activity from one of the phases.



Once you have successfully completed all the phases, share your experience with us via DM on Instagram. We will post it and once a month we will randomly select one person who will receive a special gift.

Growth

Creativity

Entrepreneurship

Collaboration

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