



# You are what you eat

**Browse** the classroom and choose the picture you find most interesting. **Share your thoughts** about the picture with the others. Who do you think is the owner of the fridge?



Use [this template](#) to **create** a social media profile for the person you think owns this fridge.



**Go online** and check [the original picture show](#) to find out about the real owners of the fridges.



**Listen** to these two radio features to learn more about the topic:

- [What your lunch says about you](#)
- [Food and mood](#)



Do you think, that the statement “you are what you eat“ is true?  
**Discuss.**

