

Nomcast – The Good Mood Food Special Part 3

Reflection Questions

These questions can be used and adapted for class discussion, or provided to students to engage with after watching or listening to the podcast episode. Some simple activity ideas are included to engage students.

The questions may seem vague – that is precisely the point! There is absolutely NO ‘right answer’ and students can respond in writing, drawing, to a friend or to the class. Or just... think for themselves!

The Good Mood Food Special

For the entire special suite of resources on food and mood, including springboard animated webisode and parts 1 and 2 of Nomcast, 4 curriculum-aligned PDF lesson plans and more reflection questions, visit:

<https://phenomenom.com.au>

– or –

Visit:

<https://thegoodmoodfood.com.au>

And for The Good Mood Food Moves digital wheel, visit: <https://go.phenomenom.com.au>



Ph!

Mixed Nut Macarena

Ayy Macarena!

1. Hands out face down, then face up
2. Tap shoulders
3. Tap head
4. Tap hips
5. Tap backside, shake, jump and clap (4x)

Full sequence [here](#)

Download Poster →

Factitious!
Eating nuts releases feel-good chemicals in your brain, called endorphins



This project has been funded by Hort Innovation using horticulture research and development levies and funds from the Australian Government. Hort Innovation is the grower-owned, not-for-profit research and development corporation for Australian horticulture. For more information visit horticulture.com.au



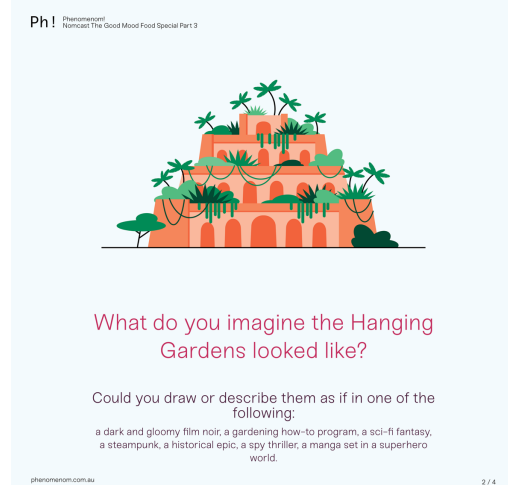
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What's your favourite tree?

Specific or general, anything goes.

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What do you imagine the Hanging Gardens looked like?

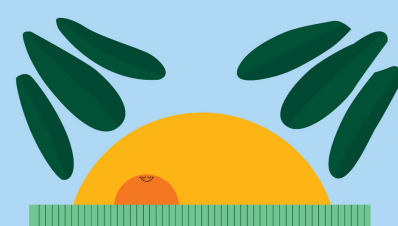
Could you draw or describe them as if in one of the following:

- a dark and gloomy film noir, a gardening how-to program, a sci-fi fantasy, a steampunk, a historical epic, a spy thriller, a manga set in a superhero world.

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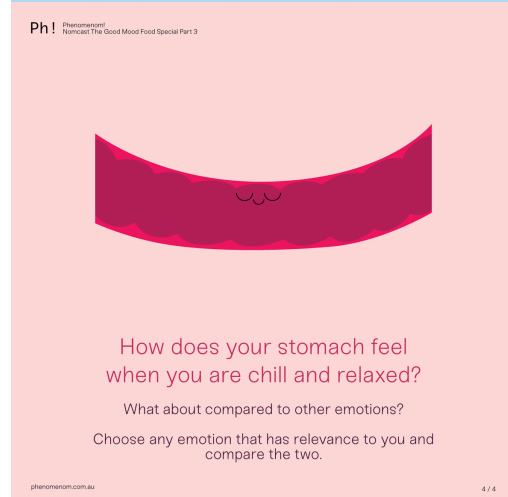


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What does it feel like to walk barefoot on grass or to lie on the grass and look up at green leaves against a blue sky?

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How does your stomach feel when you are chill and relaxed?

What about compared to other emotions?

Choose any emotion that has relevance to you and compare the two.

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