

"Do I lack a sense of moderation?!"

Bye, bye gluttony



## Objective

**To be aware** of the importance of caring for one's health, connected to healthy eating habits.

**To identify** the negative consequences of some wrong eating habits for people and the environment connected to us.

Let's get ready for the meeting

FOOD FOR THOUGHT FOR  
GROUP LEADERS  
by Fiorella Sestigiani  
Psychologist

GLUTTONY: a  
"conditioned  
freedom?"

The vice of gluttony includes all the attitudes related to one's relationship with food and to a lack of sense of limit in diet. People's behavior towards food is also conditioned by their social and cultural context. Surely there is a difference between living

in a society where food is not a problem, where there is a variety of food coming from even the distant regions of the world, and living in a society marked by scarcity of goods, precariousness and from uncertainty about the availability of the necessary.

**Beyond this context** it is fundamental to educate oneself on the meaning and observance of a limit, on the ability to control and manage oneself. Acquiring the ability to know how to resist a food helps us to mature as persons capable of self-control and who maintain a freedom and self-determination regardless of the situations in which we find ourselves: if I consciously decide that it is important for me to maintain a certain moderation in the food I eat, I will not be easily convinced by commercials that push me to buy – at least not before I have eaten what I have in the pantry!

**It also helps to be aware** of the motivations that lead to a particular attitude rather than to another. What are the convictions that support me in limiting myself, even if everything around me would invite me to overcome

the limit? Human existence is marked by limitations and no matter how hard we try to deny it, sooner or later we would have to deal with this truth. The strength of human beings is knowing how to accept these limits and become "leading actors" in managing them. If I choose to limit myself in taking sweets and do it not only for aesthetic reasons (to stay in shape) but also for health reasons and for a conscious choice of a balanced and healthy diet, I will probably avoid external limitations, such as health problems for overweight, and I will spare myself the trouble of having to fight with the addiction that sweets create. It is also important to know how to distinguish between needs and surplus, in order to be aware of real needs or external conditions.

**Another important reason**, in support of self-limitation, would be to recognize oneself as belonging to a single human family in which the imbalances in the availability of food between one region and another are enormous: I therefore decide to behave like a "brother or sister" of those who, unlike





# Go Go Go Gola!

(Cameroon)

**OBJECTIVE:** To focus one's attention on others during the game.

**VENUE:** Big space according to the number of players

**PLAYERS:** 3 or more

**MATERIALS:** pebbles / small objects (3 to 5)

**DURATION:** 15 min.

**FLOW:** Arrange everyone in a circle. At the beginning, the host chooses who starts the game and gives the [chosen] boy/girl a pebble. The young people have their hands open and pass the pebble clockwise or counter clockwise saying the word GO, placing the pebble on the hand of the one next to them. At the sixth passage of the pebble, they do not say GO but, GOLA (GLUTTONY)! They must be careful not to lose count and not to make mistakes. Whoever makes mistakes holds the pebble. After each time the game is stopped due to an error, the participants quickly change places in the circle. Another pebble comes into play and another round starts again, starting with the one who lost in the previous round. At the end of the game, whoever has most pebbles will be the most greedy and will have lost!

## REFLECTION:

- What was decisive for not making mistakes during the game? (E.g. of answers: pay attention to the others, do not lose count, do not be distracted, do not accumulate pebbles ....)
- Which food could represent the pebbles in relation to the word GOLA (GLUTTONY)?
- Let's try to find together three important reasons to convince a young person of your age to consume these food in moderation



## To each country its plate

**OBJECTIVE:** Identify the most used food in different geographical areas. Compose the food ration according to the food available on a territory and according to the food pyramid.

**VENUE:** Big space according to the number of players.

**PLAYERS:** 4 or more.

**MATERIALS:** clothespins and rope for laundry, photocopies of food cards, paper plates.

**DURATION:** 30 min.

**FLOW:** The players are divided into two or more teams of the same number. Each team receives an empty plate and a ticket with the name of a nation. The team [then] reflects on what food are most available in that country (about two or three minutes). On the ticket is also marked how a healthy daily food ration is constituted (5 portions of carbohydrates - cereals or cereal products; 5 portions of vitamins - fruits and vegetables; 3 portions of proteins - legumes, meat, eggs, cheese; 2 portions of fats - oil, butter, etc.). The task of the team is to put on the plate the right portions made up of food available in the represented nation.

The teams are lined up behind the starting line. On the other side a rope is stretched where the food cards are hung with clothespins. At the start the first player in the row runs to the rope, takes off a food present in their country, places it on the plate and returns to the starting line, making sure that the card does not fall (if it falls he must restart the

process from the starting line). All players will do the same. It is important that the team chooses and places on the plate food that make up a healthy food ration, with food that are common in the nation they represent. Among the food cards there are healthy food to prefer (cereals, rice, fish, vegetables, vegetables, fruit ...) And food to be consumed only occasionally (sweets, sodas, fries, sugar ...). When the team thinks that it has composed a sufficient number of cards for a balanced food ration, it shouts a sentence or word (eg "it is ready!") And the game is stopped. Together the participants evaluate the cards collected by the teams. The winner is the team that managed to put portions and food on the plate correctly, preferring healthy food and leaving food to be consumed only occasionally.

**FOR THE ASSISTANTS:** information on food guidelines from various countries around the world [can be found] on the FAO website

<http://www.fao.org/nutrition/nutrition-education/food-dietary-guidelines/en/>

**REFLECTION** (to be done in groups of 2 or 3 and then shared with the group):

- In your opinion - in the country you represent - are there people who consume far less or much more than the food provided by the daily food ration? What are the harms to their health?
- Wasting or consuming more food than needed also has consequences for others. Try to name some consequences for the environment and for other nations or people when eating food without measure.



## Inside the image

We suggest this activity below to discover with the boys and girls the message of the allegorical drawing of **GLUTTONY**.

**NECESSARY MATERIALS** some photocopies in A4 size of an allegorical drawing of gluttony, pens for writing

**FLOW** Divide the young people into small groups (2 or 3). Distribute a card to each group with the drawing of an animal. Ask them to look carefully at the character in the drawing for 1 or 2 minutes and let them try to create a story around it.

**Here are some questions** we can ask ourselves in creating a story: What is the name of this character? How old is he/she? What is he/she thinking about? How does he/she spend his/her days? Does he/she

have a job? What does he/she do in his/her spare time? Where does he/she live? Does he/she have any friends? How come he/she has so much food? What is that object in his/her stomach? How did it end there?

At this point ask each group to tell their story around their character.

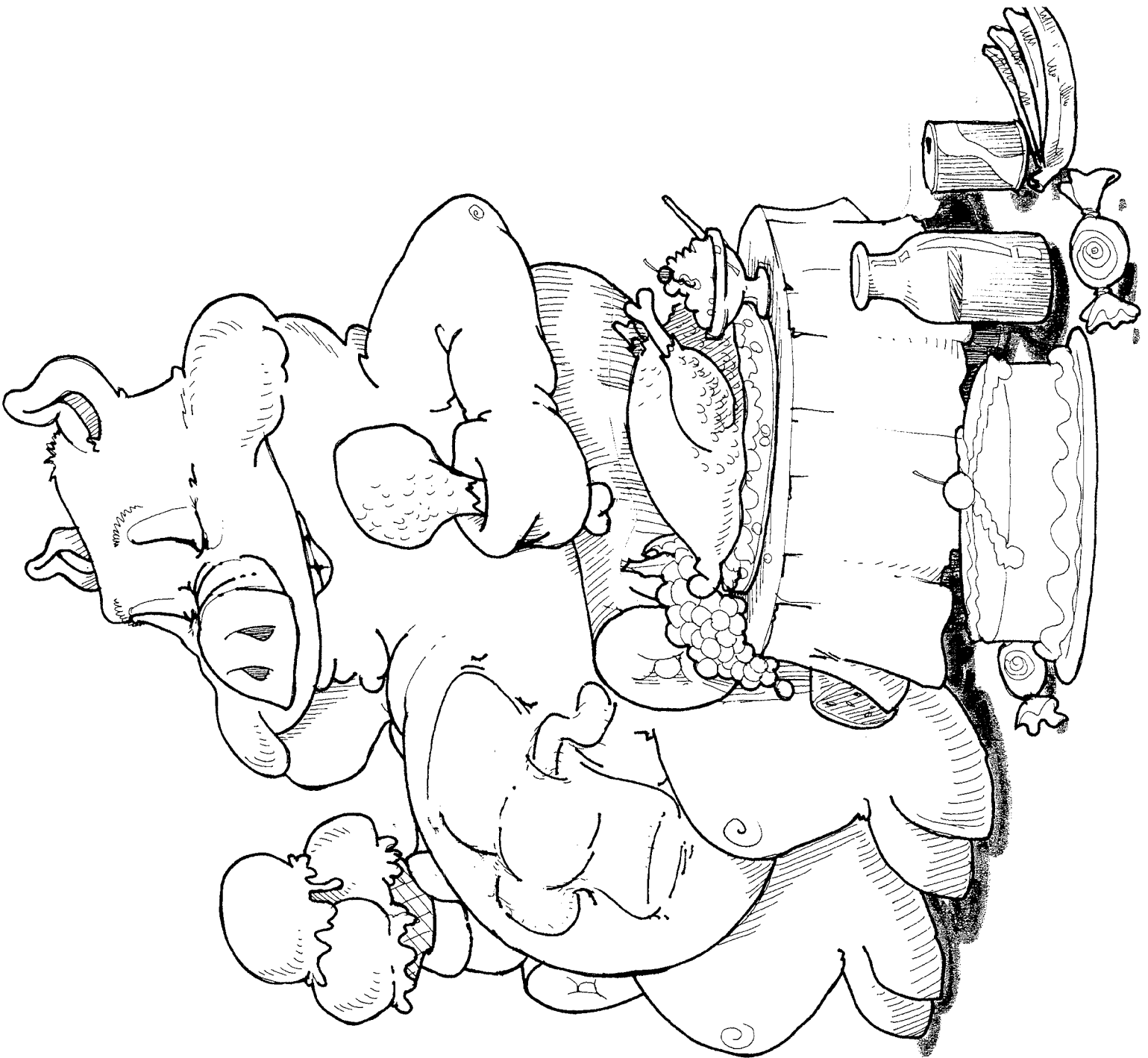
**REFLECTION** Once everyone has shared their story, stimulate a dialogue among all:

- Are there any elements that resembled each other in various stories? What are they?
- Imagine that this drawing is the cover of a book that contains all your stories. Try to come up with a title of this book together.

### GLUTTONY in film

On the website <http://assistentigen3.focolare.org> you can download the videoclip **Self-Control**. This is a song in English about a greedy character, illustrated with a funny cartoon. It highlights how it is a matter of personal choice and self-control to arrive at the right moderation in food.

**DURATION OF THE VIDEO:** 2'50''



## Let's live in this way

Today at lunch, because I had helped in the kitchen, I arrived at the table a bit later than others. So for me there was only a bit of pasta left.

**I was so hungry that at first glance I knew it would not be enough!**

But it was not over yet, because soon after I found out that I was not the last one, but that other guys had to sit at that table too!

At first I did not really want to share what little there was, **but wanting to love the others as myself**, I made several

equal portions so that no one would remain without anything.



Then when the second plate was served, many were quick to take the fries and, when it was my turn, there were no more.

I did not worry and I continued to eat the pasta. **And then the good news came:** for those who had not yet had the fries, some freshly fried ones were coming!

A. [Germany]

## GLUTTONY

Do you see that beast that looks like a ball: head, belly, legs, and which has a grinder in its stomach to eat faster?

It represents gluttony, that is, those who live just to eat and drink, spend their money to buy refined food, invite friends to make banquets and eat and gobble, with precious crockery and everything that they use for this purpose.

*Chiara*

Chiara Lubich,  
Gen 3 Congress, 1973, Rocca di Papa,  
"NO TO VICIES, YES TO VIRTUES"

Website <http://assistentigen3.focolare.org>  
Video in IT – EN – ES  
and PPT international version



### Points for Dialogue

- What is your favorite food? On what occasions do you eat it?
- Imagine having to leave for a desert island where you will have to stay for three days. In your suitcase you can bring only three things... what would you bring? What do you think is really necessary to survive?
- Have you ever seen someone who does not have enough food? And someone who has too much and wastes it? How did you feel when you saw these situations? What can we do to improve the situation?

**AFTER HIS BAPTISM**, Jesus went to the desert for a retreat, made of prayer and fasting. After a while he feels hungry and is tempted to turn the stones into bread to eliminate his hunger and in the future that of the crowds.

At first glance that proposal would not seem to contain anything strange. Did not God promise that misery and hunger would disappear in His kingdom? In fact, Jesus will multiply the loaves to satisfy the crowds that follow him. But, however precious and indispensable, material bread alone cannot suffice. Jesus responds to the tempter with these words: "It is written, 'One does not live by bread alone'" (Lk 4:4) and with these words, he warns us against that very strong temptation to make our happiness depend mainly on material goods.

More than ever today, people can be tempted to think that a more comfortable home, a healthier and more beautiful body, more money to have fun,

to travel, etc. would make them happy and solve their problems. Of course, these values must not be underestimated either.

However Jesus continues to repeat that these things alone are not enough.

People are made for immensely greater goods. They are made for God.

Therefore, stronger than anything else, the Word of Jesus - especially the commandment to love our neighbor - must become our reason for living, the only one capable of giving meaning and fullness to our life.

*Chiara*

Chiara Lubich,  
Text taken from the Word of Life of  
February 1986 and March 1990. Gen 3  
Centers



## Let's try

Let's practice in the next period  
with a... "Tetris Challenge"

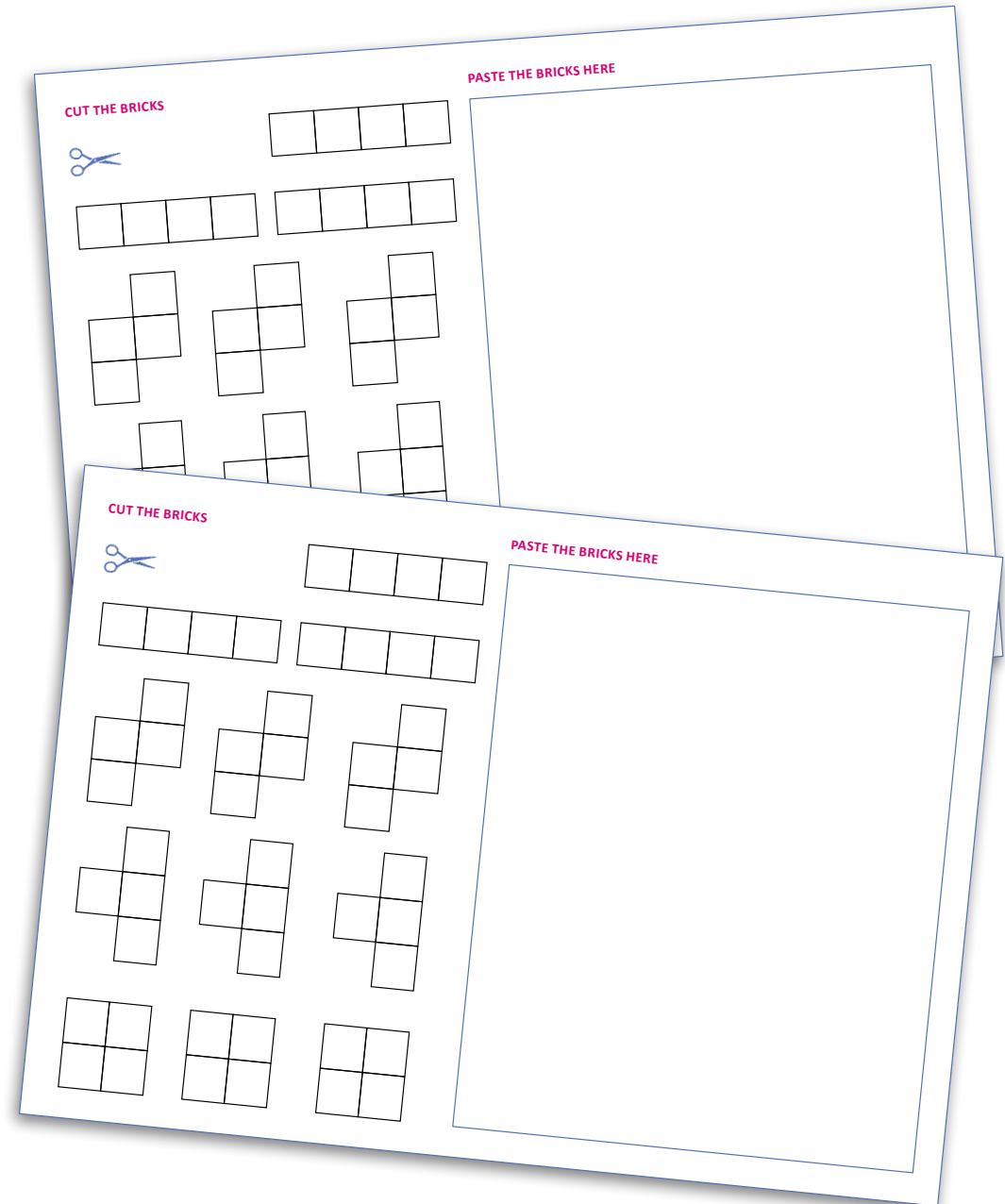
**MATERIALS:**  
photocopy of  
the "TETRIS"  
card for each  
boy. Print the  
sheets and  
cut out the  
bricks.

### Do you know the game Tetris?

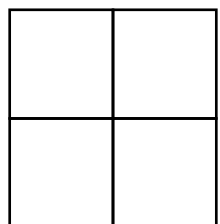
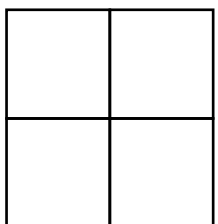
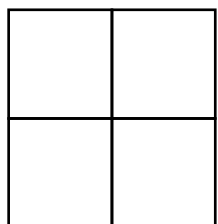
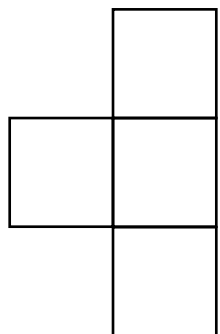
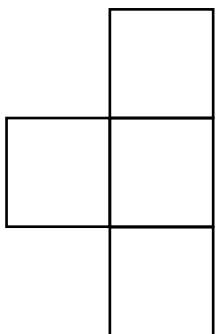
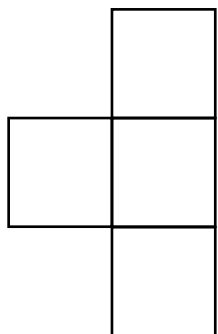
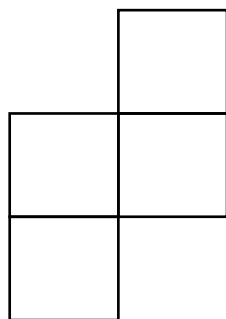
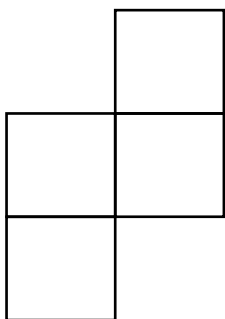
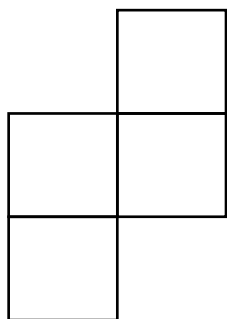
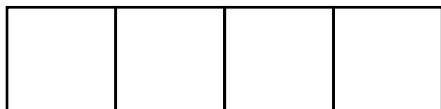
The aim of the game is to position the bricks so as to create a horizontal row of blocks without interruptions. We need to use all the space, without waste.

### Do you accept the challenge?

Let's commit ourselves in the next few days to using only what is needed: food, water, electricity. And all that is superfluous, let's put it in common, give it to a friend or to those who need it most. For every time we can live this way we can paste a brick on the sheet. Who will be able to build the highest wall without empty spaces?



CUT THE BRICKS



PASTE THE BRICKS HERE

