Food as a Metaphor

Objectives: You will write a poem about yourself using food as a metaphor. You will describe yourself in a new and exciting way and learn more about how metaphors can be used to create description.

Define Metaphor: _______________________________________________________________________

Step 1: Brainstorm a list of your favorite foods. These foods can include breakfast, lunch, or dinner items, and can include beverages as well.

Step 2: Use the list of foods to describe some of your features. Think of how the foods could be used to represent your traits. For example, I love raspberries. I might put in my poem that the line, “My hair is fresh raspberries.”

Examples of physical items you might use: face, hair, brain, legs eyes, hair hands, fingers, toes, skin, shape, etc.

Step 3: Describe how the two things are alike in an additional line. For example, “My hair is fresh raspberries/ bright, bold and never missed.”

Step 4: Organize your poem spatially, either from head to toe or toe to head. If you have an overall theme, you can create a title that goes with the theme or just create a title that you think fits the description in your poem.

Extra Special Poems: You may want to create an overall theme for your poem, like you=fruit salad, burger or a particular type of foods. Try to convey your personality and emotions, desires, fears, hopes and unique traits in the poem.

Example lines:

My hair is spaghetti,
Its sticky curves rest on my shoulders.

My eyes are meatballs,
My pupils are olives.

My heart is a tomato
juicy and ripe.

My desire is the sauce that pumps through my veins.

My dream is a bubbling pizza, the toppings are my hopes.