



WHERE DOES OUR FOOD COME FROM?

ACTIVITY



BACKGROUND: This game is about learning where our food comes from to support students in understanding the benefits of eating locally grown or produced foods.

MATERIALS NEEDED:

- 10-15 food items (either actual pieces of food or pictures)
- 2 large bowls or bins labelled with categories "Canada" and "Outside Canada"
- Correctly sorted list of foods
- Paper to write their ideas on why eating local is good for you and planet

SAMPLE SET UP:



INSTRUCTIONS:

Before the Activity: Select 10-15 different types of food. These can either be actual pieces of food, or can simply be pictures of food. Make sure that the food items come from a range of locations, with at least a quarter of the food items being grown within Canada.

1. Have students sort the food into two piles: Canadian grown/produced, and grown/produced outside of Canada. Make sure the students are discussing where they think the food comes from as certain food items can be grown in multiple locations.
2. After the students sort the food items into the two piles, check to see if their sorting was correct.
3. If the students placed some items incorrectly, they can receive another chance to sort the items. For each additional chance they receive, the students must give 2-3 reasons why eating local is better for them, the earth, or the atmosphere. Make sure you write down their answers so that if they need additional chances you can ensure there are no repeats.
4. At the end of the activity, post the list of student answers as to why it is important to eat local. If you would like, there could be some sort of local food prize.

EXAMPLES OF FOOD ITEMS:

Canadian grown or produced:

- Apples
- Carrots
- Turnip
- Garlic
- Strawberries
- Milk and other dairy
- Maple syrup
- Cranberries
- Honey
- Meat and poultry

Outside of Canada:

- Oranges
- Bananas
- Avocado
- Lemon/Lime
- Coffee
- Chocolate
- Rice
- Pineapple
- Mango
- Coconut