

Where Does Your Food Come From?

Activity



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

Materials:

- 10-15 food items (actual pieces of food or pictures)
- 2 large bowls or bins labelled with categories “Canada”, “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 approximately one-third to half of the food items being grown within Canada.

Possible food items:

- Canadian grown/ produced: apples, carrots, turnip, garlic, strawberries, milk container and other dairy, butter, maple syrup, lettuce, cranberries, honey, chicken, beef, pork.
- Outside Canada: oranges, bananas, avocado, melon, lemon, lime, coffee, chocolate, rice, pineapple, mango, coconuts.

During the activity:

- 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.
- After the students sort the food items into the two piles, check to see if their sorting was correct. If the students placed some items incorrectly, they can receive another chance to sort the items. However, 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.
- 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, but this is not necessary.