Food Sustainability – Home Grown

Lesson Objective: Students learn about Eating & Living Healthily

Students can define Food Sustainability, Scratch kitchen, Food miles

Students learn that a healthy diet is essential to better life and is better for environment

|  |  |
| --- | --- |
| World Maps | Approp. Papers |
| Tape | Pencil, paper, marker |
|  |  |

Materials:

Instructions:

Introduction of Activity

1. Ask students “What foods do you like to eat?” [Counselor take note of answers]
2. Ask students for any definitions of “Food Sustainability”
3. Introduce Joel Blice as someone who’s going to teach us a bit about healthy foods and being sustainable
4. Introduce key terms: food mile, scratch kitchen, buy local, home grown
5. Joel will introduce the chef and enjoy the presentation and food
6. Handout equipment for “Food Origins Bingo” [if necessary]

Explanation of Food Origins

1. See pdf file attached.

Hand out prize to winner of Bingo!