

Lesson 1

Where does Food come From? What is Sustainable?

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Grade Level: 2nd/3rd

Subjects:

- Food
- Sustainable Farming

Duration: 45 minutes

Description: In this lesson, students will become more aware of food as energy, various kinds of foods, and where foods originate.

Goals:

1. Introduce “food awareness”
2. Explain the meaning and importance of “sustainable farming”
3. Reinforce learning about foods with fun activities

Objectives:

1. Students will be able to identify various foods and their “food groups”
2. Students will be able to explain the meaning of “sustainable farming”
3. Students will be able to identify at least 3 reasons why sustainable farming is important

Materials:

- Color Crayons
- Glue
- Scissors

- Teacher made worksheets for “Food Diary”
- Student Folders
- “Sustainable Farming” map and information sheet for student’s folders
- Large teacher made map
- Teacher made fruit/vegetable flash cards
- Fruity Bingo Game (if time permits)

Procedure:

Introduce leaders of group session. Introduce lesson.

Today we have come to speak to you about something that is very, very important. This is something that we do everyday—about 3 times a day or more. If you didn’t do this, you would get very, very tired. You wouldn’t want to come to school, you wouldn’t want to play, you wouldn’t want to watch TV and you wouldn’t want to do schoolwork. What do you think this “something” is? Answer: **Eating**

Why is “eating” important?

What do foods do for us?

Answer: **Gives us Energy**

What is “energy”?

Answer: Being able to walk, talk, think, and play. Being able to move around and made decision

PASS OUT FOOD DIARY WORKSHEET

- After you put your name on your paper, look down to the word **BREAKFAST**.

What did you eat today for breakfast?

Share some answers. **Flash Cards**

Where does sausage come from?

Answer: Pigs....Farms

Where does bacon come from?

Answer: Pigs....Farms

Where does ham come from?

Answer: Pigs...Farms

What is cereal made out of?

Answer: Wheat, grains, rice,
Corn.....Farms

What is toast made out of?

Answer: Bread—grains.....Farms

What do all these foods have in common?

Answer: Come from Farms

- Look for the word **LUNCH**

What do you plan on eating for lunch today?

Share some answers. **Use Flash Cards**

Where does salad (lettuce) come from?

Answer: Farms

Where does lunch meat come from?

Answer: Cows, etc.....Farms

Where do eggs come from?

Answer: Chickens.....Farms

What do all these foods have in common?

Answer: Come from Farms

- Look for the word **SUPPER**

What do you hope to eat for supper today?

Share some answers. **Use Flash Cards**

Where do hot dogs come from?

Answer: Variety of meats put together
Meats.....Farms

Where do hamburgers come from?

Answer: Cows.....Farms

Discuss food items origination.

What do all of these have in common?

Come from Farms

PASS OUT “SUSTAINABLE FARMING MAP” for student folders.

Discuss map:

- What do you see? Answers: Farmer, river, tractor, etc.
- What do you think this farmer is doing?
- What do you think might be in his fields? Answers: Lettuce, carrots, etc.
- What animals do you see? Answer: Cows, pigs, goats, horses
- What do you think the big trucks are doing? Answer: Taking food to stores
- Do you see how the food has to come from the farmers?

“Sustainable” Show large nationwide map

- What would be better? To buy something close? Or, to buy something far away?
Answer: **Close** Why? **Cheaper, fresher, faster and healthier**
- Why would it be less expensive? Answer: **Less gas to transport**
- Why would it be fresher? Answer: **Quicker to get to store**
- Why would it be faster? Answer: **Shorter distance to get to store**
- Why would it be healthier? Answer: **Less preservatives**
- What do you think “sustainable” means? Answer: **Keep going**

Sustainable Farming: The farmer can keep going because:

- Keep farming because people buy his product
- Use his own animals fertilizer to prepare his fields
- Use “strip cropping” to improve soil
- Use less chemical sprays to keep plants and people health
- Protect his water and soil so it will be good for years to come
- Raise healthy livestock for longevity

PASS OUT MATERIALS TO MAKE A PAPER PIZZA

We are going to build a pizza together.

- What do we do first? Answer: **Get the dough ready**
- What do we do next? Answer: **Put on the pizza sauce**
What is in tomato sauce? Answer: **Tomatoes**
Where do tomatoes come from? Answer: **Farms**
- What shall we put on next? Possible answer: **Cheese**
Where does cheese come from? Answer: **Cow milk**
Where are cows raised? Answer: **Farms**
- What shall we put on next? Possible answer: **Pepperoni**
Where does pepperoni come from? Answer: **Meat**
What kind of meat? Answer: **Sausage**
Where does meat come from? Answer: **Farms**

REVIEW

As students show the class their pizzas, as they finish—

- Review where vegetables initially come from Answer: **Farmer**
- Review where meat comes from Answer: **Farmer**
- Review what buying “locally” means Answer: **Buying from the farmer close by**
- What are the reasons it is best to buy locally, if possible.
 1. Fresher produce
 2. Less preservatives
 3. Cheaper
 4. Support the local farmers