

K-12 IYS Activity



Summary

There are many foods available to us that come from many places, both local and far away. These foods meet our nutritional needs in different ways, and we need to choose among them to provide a balanced diet for ourselves. In this activity, participants use knowledge about the five food groups (grains, vegetables, fruit, milk products, and protein) to plan and produce a group meal and determine which ingredients were produced locally and which came from farther away.

Learning Objectives/Outcomes

1. To learn about the five food groups
2. To learn about the locations in which these food products are grown.
3. To produce a nutritionally balanced meal using this knowledge.

Materials (per student, group etc.)

- Food Groups handout: one per participant.
- A location to meet and eat a meal.

Farm To Table (October 2015)

Ages of Audience

1. Middle School
2. High School
3. Adults

Recommended group size?

About 20

Where would this activity be offered?

1. Universities
2. Local schools
3. Libraries

What type of room do you need?

1. Classroom seating
2. Lab/work benches

Type of Lesson (may be more than one)

1. Hands-on (participants touch the stuff)
2. Outdoor: Farmer's Markets
3. Indoor: Grocery stores and classroom

Time Needed

1. Instructor: Two hours of prep time to copy the handout and to find some examples of locally grown foods.
2. Participant/class time: Two hours separated into two 1-hour sessions.

If the activity costs money, how have you funded this in the past/suggestions for others?

Costs will include copying of the handouts and a meeting location. May use a local school, agricultural extension office, or university meeting site.

Methods/Procedures

1. At the first meeting, discuss the five food groups. Discuss the foods that can be grown locally and those that have to be shipped (this will vary considerably, depending on location).
2. At the first meeting, assign each person the task of choosing a food from one of the five food groups and preparing a dish to be eaten at the next (second) meeting. Be sure the total of all participants' choices make up a nutritionally balanced meal.
3. At the second meeting, each participant will discuss their meal (food) choice and discuss which food(s) was produced locally and which food(s) was shipped from another production area.

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Discussion Questions

1. What are the five food groups?
2. Which foods are locally grown in your area?
3. Which foods must be shipped from other areas into your location?
4. Where are the foods available for purchase or for direct production (e.g., in a home garden)?
5. Which foods are processed and which are available for immediate consumption?

References

Food groups handout source: http://www.nourishinteractive.com/system/assets/free-printables/9/kids_food_groups_chart_easy_printable_guide.pdf?1362089128

Additional Resources

- http://www.fao.org/ag/ca/training_materials/cd27-english/sm/soil_moisture.pdf
- <http://passel.unl.edu/pages/informationmodule.php?idinformationmodule=1130447033&topicorder=3&maxto=7>
- http://extension.oregonstate.edu/polk/sites/default/files/MG_Handouts/ec_1561_improving_garden_soil_with_organic_matter.pdf



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