



25min Local Food Plus Grade II Facilitator Notes

Objective: Students will challenge their taste buds to identify Certified Local Sustainable food and also learn how their food choices support a local sustainable food system.



Recipe Category: Food: 'Outside the Box'



Cooking Time: 25 mins



Level of Difficulty: Grade II



Recipe Ingredients:

- LFP certified pears
- Conventionally grown “mystery” pears



Curriculum Links: (example)

Grade	Subject Area	Ontario Curriculum Links
II	Health and Physical Education	<p><i>Living Skills</i></p> <p>Use appropriate decision-making skills to achieve goals related to personal health. (O)</p> <ul style="list-style-type: none"> ▪ Demonstrate understanding of the impact of parents, the media, and culture on values and goals related to healthy active living. (S)
	Social Science & the Humanities	<p><i>Food and Nutrition – Self & Others</i></p> <p>Identify the various reasons for the choices people make about food. (O)</p> <ul style="list-style-type: none"> ▪ Explain how families, peers and the media influence an individual’s food choices and habits. (S)
		<p><i>Food and Nutrition – Personal and Social Responsibilities</i></p> <p>Identify consumer responsibility in the investigation of current food issues. (O)</p> <ul style="list-style-type: none"> ▪ Demonstrate an understanding of Canada’s food-grading practices and food labeling regulations and terms (e.g. nutrition information and claims, serving size, percentage of recommended daily intake). (S) ▪ Describe the influence of marketing and advertising on personal food choices. (S)

Introduction: (5 mins)

- Introduction: Local Food Plus (LFP) is an award winning non-profit organization working to build a market for local sustainable food. With the growth of the local food movement, the “Plus” us a Certification system that helps consumers identify farmers who commit to ecologically responsible production, provide safe and fair working conditions, healthy and humane care for livestock, protect and enhance wildlife biodiversity, reduce energy consumption and greenhouse gasses and foster a strong local economy. Once these farmers have been certified, LFP helps to connect them with retailers, restaurants, institutions.
- Outline of subject matter: Life is about *choices*... and eating is no exception! Just like farmers make *choices* on how to produce food, you too have a *choice* about what kind of food you eat. Do you want a pear that is grown sustainably and produced close to home or do you want another kind of pear? We encourage students to have take part in their family’s grocery shopping by shifting \$10 a week to *Certified Local Sustainable* food to support fare that's fair, healthier communities and good food for tomorrow –BUY TO VOTE! In turn, their family will be supporting local farmers, reducing greenhouse gas emissions and helping to build a stronger local economy.
- Overview of the workshop:
 - Become Farmers! (Activity One)
 - Students will each complete a farm work plan, making the tough choices that farmers face every growing season.
 - What does it mean? (Activity One)
 - Students will discuss their farm plan with the group, what motivated their choices and what it means for their farm.
 - Become Eaters! (Activity Two)
 - Students will switch gears and discuss what kind of food they want to eat.
 - What can you do? (Activity Two)
 - Finally, students will have the opportunity to actually vote for a local sustainable food system by casting a ballot to shift the way their family spends their food dollars.

- Taste the difference! (Activity Three)
 - Students will put their taste buds to the test to see if they can identify the Certified Local Sustainable pear against the conventional mystery pear

Activity One: So farmer... how do you produce your food?

In Activity One, students will become farmers! Each group will be given different scenarios and asked to answer questions about their farm plan related to the:

- Final destination of their food
- Use of chemicals and animal antibiotics
- Use of on-farm energy
- Treatment of farm workers
- Level of biodiversity and protection of wildlife habitat

When the students have completed their farm plan, they will discuss why they made their decisions and how it impacted the overall success of their farm. The facilitators will then hold up a Local Sustainable pear, and ask the students – “what group of farmers produced this apple?” The students will then discuss what it means to *Certified Local Sustainable* by Local Food Plus – more detailed information about the certification standards will be provided to teachers.

Activity Two: Hey Eater.... what kind-of-food do you want?

Now that students know the various choices that farmers make to produce their food, they will switch hats – they are now eaters! Students will be asked to share their favorite foods and discuss how these foods can become part of a local sustainable food system? (For example: “I LOVE PIZZA... what parts of the pizza could be local sustainable? Cheese, tomatoes, onions...”) In addition, students will also share their favorite restaurants and suggest places where they would like to see more local sustainable food!

Once they are convinced of the social, economic and environmental benefits of *Certified Local Sustainable* food and will actually have the opportunity to *cast their ballot* in support of a local sustainable food system. Parents and teachers can also submit a ballot electronically at www.buytovote.ca.

Activity Three: *Certified Local Sustainable*: Can You Taste the Difference?

Time permitting, students will put their taste buds to the test by being asked to identify a Certified Local Sustainable pear against an imported conventional pear using all of their senses. Once students think they have identified the Certified Local Sustainable pear, they will be asked to discuss ‘why’ they have selected that particular sample.