



Guide to Hands-on Learning



second harvest
HEARTLAND
Food changes everything.™

Section 6: Origins of Food

Lesson Description

Students learn where their food comes from and why it might come from far away.

Materials Needed

A classroom-sized world map
Sticky notes



Preflection

Today most people have very little information about where their food is grown and processed. Not that long ago, people ate food that they hunted, grew, or gathered from where they lived. Now food is shipped all around the world.

- Think about why some foods might grow only in certain countries, due to climate or types of soil. Also consider the differences between locally and non-locally grown foods.
- Our food comes from many different places and it takes work to find out where it comes from.
- Do you know where your food comes from?
- Why does some of our food come from so far away?
- Who grows it?

Activity 1

- Pick two ingredients from the food you ate yesterday that you think were grown in another country.
- Write down what you already know about where it comes from.
- Look on the Internet, in a dictionary, and in encyclopedias to find out where the ingredients are grown (if you can't find out on the label).

Ingredient	Where is this food grown?	Why is this a good place for the food to grow?	What other foods are grown in this country?

Write down the ingredients you researched on sticky notes—one note for where an ingredient was grown. Post them on the classroom world map so you can see where a few of the foods have come from that you ate yesterday.

From *Equal Exchange's, Win Win Solutions: An Introduction to Fair Trade and Cooperative Economics*, equalexchange.coop/win-win-solutions-1

Activity 2

Create a group or individual collage using pictures of foods that you see or eat every day. Think about how many different ingredients are in a piece of pizza and research where those ingredients come from. Use the CIA World Factbook – choose five countries to research.

Reflection/Discussion Questions:

- What role does food play in your life?
- Your meal is made up of many different products. What do you think the raw ingredients were?
- How far did your food travel and were there any stops along the way?
- How did the raw ingredients become the food on your plate?
- Does it matter to you where your food comes from and how it was made? Why?



Extension to Learning

Make a list of foods locally grown. Visit a local farmers market and see if you can find these foods. Are there foods you didn't expect to see? Talk to the farmers about how they grow their food.

Look at the resource list at the end of this guide. Follow the links to learn more about our Harvest to Home program, which allows us to collect agricultural surplus and fresh, local food from the Minneapolis Farmers Market.