

WHERE DOES OUR FOOD COME FROM?



Introduction:

Humans eat very diverse diets, often depending on what is available throughout the year. In this module, students will learn where the food they eat comes from (such as plant or animal sources).

Length: 45 minutes

Season: Spring and Fall

Level: Preschool

Guiding Questions:

Preparation: Name some foods you know. Which are your favourites? How are they similar, and how are they different?

Development: Where does our food come from?

Integration: What are some new foods that you discovered, and how would you describe them to someone who has never seen them?

Broad Area of Learning: Environmental awareness and consumer rights and responsibilities.

Educational Aim: To encourage students to develop an active relationship with their environment while maintaining a critical attitude towards exploitation of the environment and consumer goods.

Focus of development: Awareness of social, economic and ethical aspects of consumption.

Essential knowledges:

Ask questions

Observe

Explore

Classify

Background information:

Human beings have traditionally gotten their foods from both plant and animal sources. Do you know where your food comes from?

As our technology grows and changes, we are also able to transform ingredients or food. A good example is an egg. It is not recommended to eat raw eggs, but if we cook it, it becomes a delicious food. A raw egg can also be mixed with other ingredients and cooked to make another type of food, like a cake! Not all foods need to be cooked, such as several fruits and vegetables.

Materials:

- Fresh fruits and vegetables and other foods: eggs, milk etc. (look at annexe 1 for suggestions)
- Non-edible products: wool
- Flyers, magazines with images of food products
- Annexes 2-5 (1 of each per class, if it's a small group. If not, have as many copies as necessary). These annexes can be enlarged and printed, or made by hand.
- Glue (optional)

Preparation:

Match the Food:

1. Find a book, video, or objects that talks about where food comes from. For suggestions, check out our resources at the end of the module, and on our website.
2. Discuss with parents what they are comfortable with their children learning regarding where their food comes from. E.g. hamburgers come from cows, chicken tenders are made from chicken etc.
3. Depending on class needs, choose ahead of time what flyers and magazines to use, and cut these out.
4. Collect fresh produce and other non-edible plant or animal products to show to the students.
5. Enlarge annexes 2-4 and print off one copy of each or create your own on a large scale. Annexe 5 is a blank version, feel free to include a different food source.

Food Art Activity

1. Using the same produce you collected, cut them into more manageable pieces for the students to create art with. (See [Le festin enchanté de Cru-Cru for examples](#))



Post Activity: Food Art!

1. With the help of a volunteer (or several) get the students to create a sculpture using some of the fresh produce (in the style of Soup Opera, or Le festin enchanté de cru-cru.)
2. The children will then present their sculptures, explaining where the different foods they used came from.

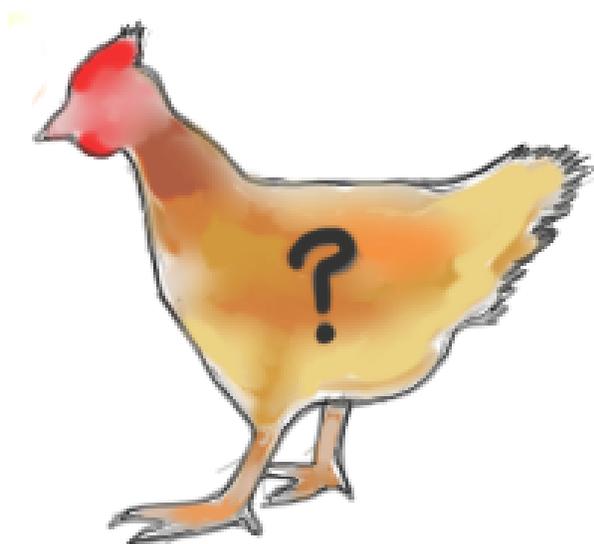
Pre-activity:

1. Read a book/ watch a video with the students, or simply look at different examples of foods. Once done, ask the students where the foods they saw came from. Is it possible for other foods to come from different places? For example, eggs come from chickens, but they can also come from ducks or quails.

Activity:

Match the Food to the Source:

1. Split the class into 3 groups, handing out the flyers and cut outs to the students.
2. Identify the foods on them with the students, making the distinction between a fruit, vegetable or other specific food; and a dish (such as spaghetti and meatballs, bean salad etc)
3. Set out your three posters where the students can place, glue, or draw in the different images they found.



Foods may have similar or very different colours, smells, tastes and textures. Learning about different foods is an adventure!



Suggested Foods to Discuss

- Eggs
- Yogurt
- Cheese
- Milk
- Butter
- Ice cream
- Different fruits and vegetables (local and exotic)
- Legumes: chickpeas, beans etc
- Wool
- Cereals and oats
- Pasta
- Rice
- Other grains: quinoa, millet, etc
- Pop corn
- Soy milk
- Tofu
- Seaweed
- Seafood*
- Meat and Fish*
- Nuts (images depending on allergies)
- Honey
- Flour (wheat, millet, rice, corn)
- Sugar
- Coffee
- Tea
- Cotton
- Herbs
- Juice

*Depending on your, and parents choice as to how to present meat products

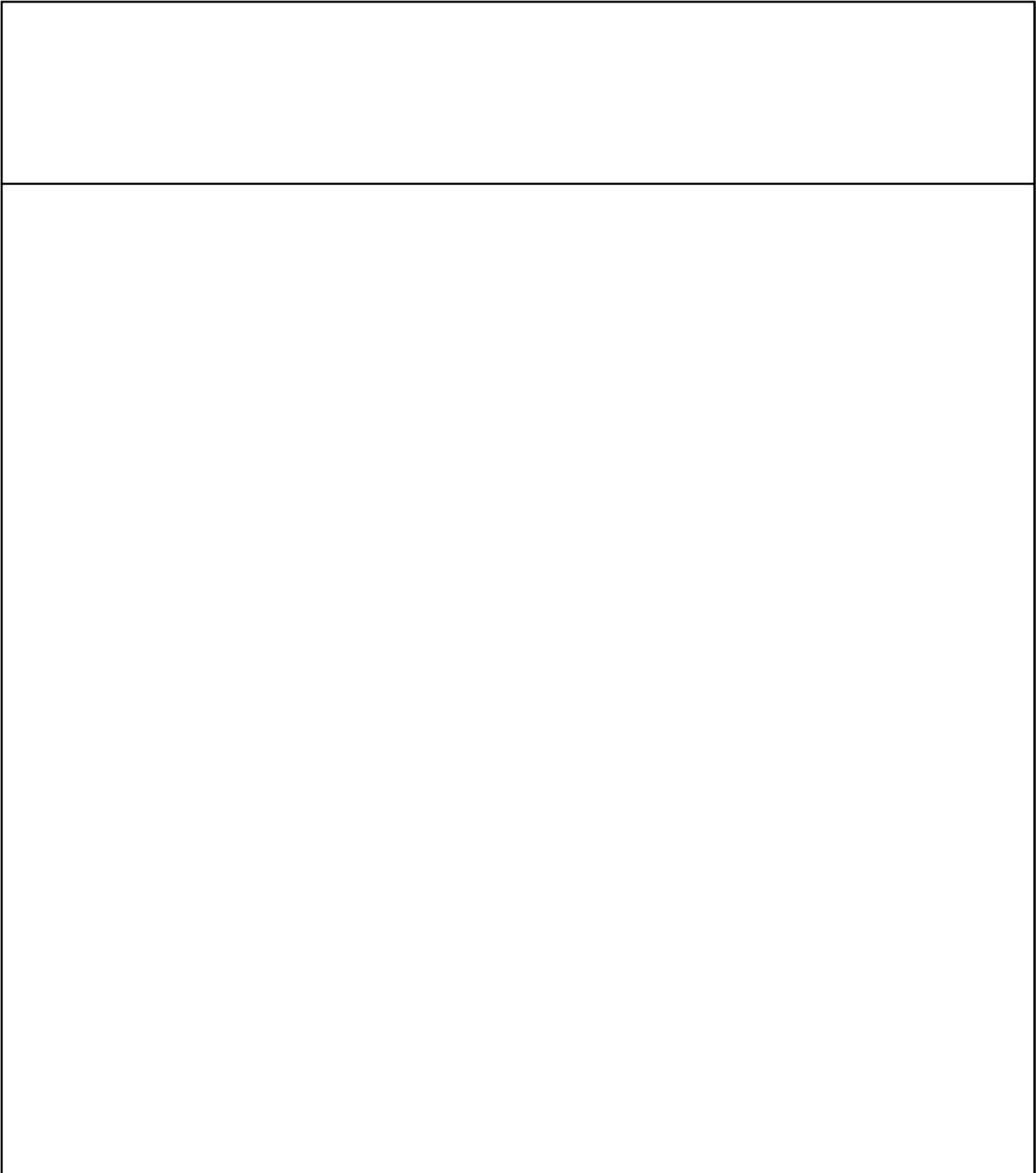


Animal Products



Vegetable Products

Products from the ocean



Resources :

1. Magic Schoolbus, Season1, episode 11: Goes to Seed . Use the first minute of the episode.
2. Soup opera (YouTube: <https://www.youtube.com/watch?v=Uv5IRAwXqug>)
3. Le festin enchanté de Cru-cru (publication du ministère de la santé et du service sociaux): <http://www.msss.gouv.qc.ca/nutrition/cru-cru/fr/accueil.php> (in french)
4. Canadian Food Guide, available from Health Canada: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>
5. Downloadable images (such as Kate Hadfield designs): <https://katehadfielddesigns.com/>
6. Twisty Noodle Website (<http://twistynoodle.com/coloring-pages/food/>)