



conscious consumer
unit two

ask

What is a sustainable
food choice?

acquire

- student & teacher handouts
- scissors
- PowerPoint presentation
- newspaper articles

explore

- interactive PowerPoint presentation

analyze

- questions and Answers on article “Debunking Sustainable Food Myths”

act

- sustainable meal menu

U2L2 | Sustainable food choice

This lesson will help students discover their food choices and the impact of their food choice. Students will explore food and how it impacts people, the planet and the profits. Finally, students will think about selecting foods that are sustainable. There is an option to create and serve a sustainable meal. Connected to food choice is an article “Debunking Sustainable Food Myths” by Emma Gilchrist with multiple choice and short answer questions that is set up in a similar fashion to the OSSLT.

subjects: Hospitality, Food and Nutrition, Green Industries, Environmental Science, English

timing: **Activity 1**

Food wants and needs sort sheet | **20 minutes**

Activity 2

Eco-Footprint food quiz | **20 minutes**

Activity 3

Sustainable food choice? | **30 minutes**

Activity 4

Sustainable meal menu | **20 minutes**

Extension activity is to make the sustainable meal | **75 minutes**

Activity 5

Article “Debunking Sustainable Food Myths” and worksheet | **30 minutes**

learning goals

- To reflect on food choices in regards to wants and needs
- To understand what is my personal food footprint?
- To understand what are some of the criteria for a sustainable food choice?
- To create a sustainable meal menu.
- To complete multiple choice and short answer question on an article about sustainable food myths.

success criteria

- Be able to sort out foods that they need and define the difference between a food need and want.
- Be able to interpret their results of a quiz for their eco-footprint on food.
- Completion of the worksheet on “What is a sustainable food choice?”
- Create a menu for a sustainable meal.
- Completion of the worksheet on the article “Debunking Sustainable Food Myths.”



U2L2 | Sustainable food choice

ask

Inquiry questions

- What is the difference between food needs and food wants?
- Do I eat sustainably?
- What is a sustainable food choice?
- Can I create a sustainable menu?
- Why is making sustainable food choice my responsibility?
- How can an awareness ad help to create a sustainable food system?

acquire

Activity 1

Food Wants and Needs sort sheet
Scissors

Activity 2

Eco-Footprint food quiz
Sustainable Food Choice PowerPoint U2L2P2

Activity 3

Sustainable food choice?
Worksheet U2L2A3 “What is a sustainable food choice?”

Activity 4

“Debunking Sustainable Food Myths” question and answers
“Debunking Sustainable Food Myths” article

explore

Activity 1 | Food wants and needs sort sheet

In this activity each student will begin to think about food and their food choices. To activate learning around food, think about foods that you need and foods that you want. Think about what makes a food that you need and a food that you want.

Step One—Explore Food Choices

Using the worksheet as the students to cut out and divide the cards into two groups:
(this may be done in singly or in pairs)

- Foods that they need
- Foods that they don't necessarily need but want

Step Two—Group Discussion

As a group discuss how you sorted your cards. Consider how different people would define food wants and needs differently. Look at the piles of foods and see if there is anything that stands out...

- Which pile is more costly?
- Which pile creates more waste?
- Which pile is from a local source?

If you have time...

- Regroup the cards into a pile that you think makes the most money.
- Regroup the cards into a pile that you think is best on the environment.
- Regroup the cards into a pile that you should eat. This may link into the Government of Canada website on Eating Well with Canada's Food Guide. healthycanadians.gc.ca/eating-nutrition/food-guide-aliment/index-eng.php

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As a group discuss your food “needs” verses “wants.” Were there foods that you felt were missing? Were there foods that fell into needs but were more wants? What makes a food want verses a food need?

Step three—Wrap Up

In your own words define the difference between a food want and a food need. A want is something you would like and a need is something you can't do without.

Activity 2 | Sustainable Food Choice PowerPoint

As a class, students will go through five slides on their footprint on the environment in regards to food leading to the discovery of their personal food footprint.

1. Teacher presents first five slides of ‘My Eco-Footprint Human Impact on the Environment Quiz’ PowerPoint. An eco-footprint is a measure is a measure of the amount of natural resources consumed by an individual. Be sure to remind the students to write down the number on each slide and add it up at the end of the slides.

Included are some points to consider as you go through the slides.

- Question 1 looks at how often you eat meat or other animals? What are some concerns with eating meat? Why would this have an ecological impact?
- Question 2 is about eating out or fast food. What is the advantage of eating at home?
- Question 3 looks at how often you eat processed foods. What are the advantages and disadvantages of eating processed foods?
- Question 4 focuses on buying food that was grown locally or from someone that you knew produced it. Ask the students if they can name anyone that produces food and why this would be important? Why would this have an economical impact?
- Question 5 introduces the use of bottled water. See if any of the students know where bottled water originates and what some concerns with bottled water? A good resource is the *Story of Bottled Water*. storyofstuff.org/movies/story-of-bottled-water/. The video is 8:05 minutes.

2. See if there are any other thoughts on food before continuing. Have the students THINK, PAIR and SHARE their results of the food quiz. What does your number mean?

analyze

Activity 3 | What is a sustainable food choice?

In this activity students work in small groups (3–4) to answer the question “What is a sustainable food choice?.” The worksheet provided will break this question down into three headings of Planet—Environment, Profit—Economy and People—Culture and through research, articles and video a group response can be formulated.

1. Hand out the worksheet U2L2A3 “What is a sustainable food choice?” and have the students work in small groups. Provide each group with a copy of the handouts and, if possible, Internet access to research. The teacher will show the Sustainable Food Choice PowerPoint to highlight some of the key points to consider on sustainable food choices. Allow time for the students to come up with a list of ideas.
2. Teacher answers to the worksheet U2L2A3 “What is a sustainable food choice?’ Answer sheet provided.



U2L2 | Sustainable food choice

act

Activity 4 | Sustainable meal menu

In this activity students will complete the reflective questions on their food choice. (Last slide of Food Choice PowerPoint).

- What have I learned about selecting foods that are sustainable?

Have the students look at food that will make a sustainable meal such as locally grown food or food without packaging. From the list of ingredients create a menu for a meal. This could be extended to the making of the meal.

By increasing their knowledge of their food selections it may lead to a change in food selection towards sustainability.

Activity 5 | Practice reading selection

Complete the handout formatted similar to the handouts for the Ontario Secondary School Literacy Practice Reading selection. The article is on “Debunking sustainable food myths” by Emma Gilchrist. The completion of the short answer questions will add more support to the idea of sustainability and food. One of the key inquire question in this article is why is making a food choice my responsibility?

Article for Practice Reading Assignment

Gilchrest, Emma. (2009, October 2). Debunking sustainable food myths. Canada.com. Retrieved from www.canada.com/life/Debunking+sustainable+food+myths/2086662/story.html

references

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Shannon (2010, May 19). Why Food Sustainability Matters and 10 Things You Can Do About It. www.simplebites.net/10-tips-for-sustainable-eating

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U2L2 | Sustainable food choice

U2L2A3 | Sustainable food choice | TEACHER ANSWER KEY

overview

This activity will help you discover what are some of the things to consider when making a sustainable food choice by researching sustainability in regards to planet, profit and people.

learning goal

- What is a sustainable food choice?

success criteria

- Complete the worksheet on considerations on Sustainable Food in regards to people, profit and planet.

Inquiry question

- What is a sustainable food choice?

People	Profit	Planet
<ul style="list-style-type: none"> • food from a local producer • just enough food for the recipe so none is wasted • homemade food • eating seasonally (root crops in the fall) 	<ul style="list-style-type: none"> • buy fair trade • food from a local producer • use tap water • grow some of your produce such as micro-greens or vegetables 	<ul style="list-style-type: none"> • food that does not harm the environment such as organic • introduce raw foods into the diet • select fresh foods • reduce or omit the meat

What have I learned about selecting foods that are sustainable?
