

Farm to Fork

Grades: K - 6

Time: 30 - 60 mins.



Lesson summary:

Students will brainstorm how the food they eat moves from farm to fork.

What's the big idea? ??

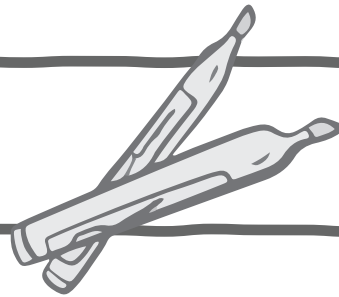
- How does our food move from farm to fork?

Outcomes or purpose:

- Students will recognize that the food we eat starts on the farm
- Students will be able to brainstorm the steps our food takes to go from farm to fork

Materials needed:

- Pens or markers
- poster board paper
- Paper or notebook



Step by step instructions:

1.

Gather students together and ask students to list their favourite food(s). List these foods on a poster board paper or have students write them down in a notebook or paper.

3.

If you are able to access the internet with students, explore some of the steps it takes to bring certain foods from farm to fork. Visit <https://www.youtube.com/user/EatHappyProject> and browse through the videos of examples of farm to fork.

2.

Brainstorm with students the steps it takes to bring some of the food they listed from farm to fork.

Please note that these videos are from the United Kingdom so some of the steps may differ depending on the country. For instance, wheat grown in Canada is planted in spring and harvested in fall (which differs in the video) but the general idea is the same. **Cont. on next page...**

Life Without Plants

- Flour: <https://www.youtube.com/watch?v=y8vLjPctrU>
- Carrots: <https://www.youtube.com/watch?v=Pf74rrn1uLk>
- Oats to porridge: https://www.youtube.com/watch?v=D_hl5LEBlms
- Rice: <https://www.youtube.com/watch?v=kxAEiHCErSA>
- Tea: <https://www.youtube.com/watch?v=JihQ7Uh7-Kk>
- Beef: <https://www.youtube.com/watch?v=0dmZKRLLjZ4>
- Bananas: <https://www.youtube.com/watch?v=ZQsRkG-nFA0>
- Salmon: <https://www.youtube.com/watch?v=o3LGMkKTVW0>
- Leeks: https://www.youtube.com/watch?v=4MI025_NiKE
- Frozen peas: <https://www.youtube.com/watch?v=qnhqkhEVZul>
- Pineapple: <https://www.youtube.com/watch?v=UVL8NXigTkl>
- Potatoes: <https://www.youtube.com/watch?v=lyBuY-DnCJc>
- Olive oil: <https://www.youtube.com/watch?v=PHwjNDC2IYc>
- And more...

Discussion questions

- What surprised you about what it takes to get food to your fork?
- Pick something from your lunch or from the fridge and brainstorm how the food moves from farm to fork.

Expand the learning:

- If possible, connect with a local farmer and set up a tour.
- Visit a local farmers market.
- If you are able to go to the library, search for books related to:
 - Eating the Alphabet by Lois Ehlert
 - Growing Vegetable Soup by Lois Ehlert
 - How did that get in my Lunchbox? By Chris Butterworth
 - We are the Gardeners by Joanna Gaines
 - And the Good Brown Earth by Kathy Henderson
 - And more...
- If you have internet access and a computer, students can play The game "Farm to Fork" from the Seed Survivor website:
http://leara-elearning.com/projects/nutrien/farm_to_fork/
Other games are included at:
www.seedssurvivor.com