

Learning outcomes

- ✓ Students gain an understanding of the earth's role in food production.
- ✓ Students understand the importance of caring for the soil and environment.

Where does your food come from?

Process

Students will:

- Undertake research in groups.

Skills

Students will:

- Undertake research individually and as a group
- Create drawings
- Present to class.

Values and Attitudes:

Students will:

- Be curious
- Appreciate the earth's role in food production.

Background Information

All food, including animal products and processed foods, can be traced back to its original form, and from there back to the soil. This interactive activity stimulates discussion about the importance of healthy soil. When we send our biodegradable materials to the landfill, we waste valuable nutrients that the soil needs to give new life. Through composting, biodegradable materials are recycled into fertiliser which enriches the soil. Compost feeds billions of organisms that are essential in healthy soil. Healthy soil improves the health of plants, which in turn, improves the health of people and animals.

Activities

In the process of this task, students will:

- List the ingredients in their lunch and identify any foods that did not come from dirt.
- Trace the ingredients of each ingredient to their origins in the earth, for example, salmon lived in the ocean where it ate smaller fish, that ate zooplankton, that ate phytoplankton, which needs nutrients from the decomposed bodies of dead plants and animals that accumulate on the ocean floor and are brought to the surface by currents.
- Draw pictures of where their lunches came from.
- Present their drawings to the class and describe how their lunch came from dirt.

Follow-Up Activities

Reinforce the lesson by asking students to record what they eat in one day or one week, and do the same exercise.

