Classroom Energy Diet CHALLENGE

10 YEARS

Presented by

Canadian Geographic EDUCATION

What's For Lunch?

Students will look at energy consumption associated with food production and transportation.

Learning outcomes

By the end of this activity, students:

- ✓ will understand the concept of food miles and carbon footprints
- ✓ will understand the importance and benefits of local farming

Complete ONE of the following options.

You will only be able to submit work and get credit for one option.

Option 1

Create your own local food recipe

Students will research locally produced food and create a recipe or class cookbook using only local ingredients.

Option 2

Calculate the carbon footprint of your lunch

Students will determine the origin of items in their lunch and calculate the meal's carbon footprint.

Important

Please respect all school and governmental guidelines and restrictions surrounding COVID-19. Review the 2021 CEDC COVID-19 policy **here**.
This challenge does NOT require students to participate in an in-person event.

What's For Lunch?

Option 1

Create your own local food recipe

Students will research locally produced food and create a recipe or class cookbook using only local ingredients.

Materials

Computers for research, recipe card (attached), grocery store flyer (optional, can be accessed online).

Proof to be submitted

Photo of recipe cards.

Activity

Lead a class discussion about the different food items your students eat and the difference between fresh food and preservatives. If possible, use a paper or digital grocery store flyer and highlight food items that come from outside Canada. Discuss the concept of "food miles" and ways to reduce them as a class.

Have students research a farm, market or other organization in their community that grows and/or sells local food items. Ask students to create a list of products sold by their farm or market, and to create their own recipe using many local food items. Distribute the recipe cards and ask groups or individuals to write down their recipe. After each student has shared their recipe with the rest of the class, make a display board or a class cookbook to showcase the whole local-food recipe collection (if teaching a virtual class, this could be done with a powerpoint presentation).

Teacher tip

To assist in the research, invite a local farmer to speak to your class about his or her career and what he or she grows.

What's For Lunch?

Option 2

Calculate the carbon footprint of your lunch

Students will determine the origin of items in their lunch and calculate the meal's carbon footprint.

Materials

Computers for research or mapping, maps if needed, coloured string or yarn, tape if needed.

Proof to be submitted

Photo or screenshot of at least one map highlighting the origin of the class's food and the number of food miles it represents.

Activity

Ask students to list where they think their favourite foods originate. Discuss the concept of "food miles" and explain that just like people, meals have a carbon footprint.

Inform students that they will be exploring and calculating the carbon footprints of their lunches. Ask them to work in groups (or individually, if preferred) to make a list of the items in their lunches and to research the origin (or the probable origin) of each item. Students can then illustrate the sources of these ingredients on the world maps or in Google Earth, placing coloured string or drawing lines between the countries where the foods originated and their hometown.

Then ask your students to calculate the approximate distance travelled by each food item before it reached their hometown by adding up the approximate kilometers (if using Google Earth, use the digital ruler!).

Teacher tip

If your students have relatively complicated lunches (e.g., more diverse than sandwiches and other basic lunch foods), ask the groups to list food items in a standard healthy lunch that includes ingredients that commonly come from different parts of the world.

What's For Lunch?

Recipe card

Recipe _____

From the kitchen of: _____

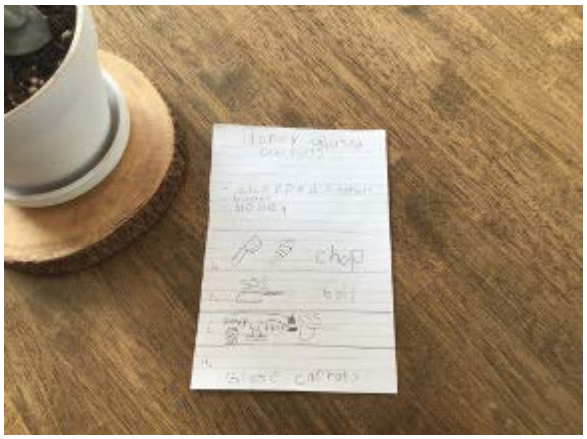
Ingredients:	Instructions:

What's For Lunch?

Examples from previous years of how this challenge can be completed:

Example 1

This recipe, from the Energetic Learners, uses local ingredients and is making us hungry!



Example 2

The Tippy Toes mapped out the locations of ingredients to learn about the distance their food has travelled.