



Food Origins

Target Audience: Youth ages 7 to 9

Description: Food Origins is a curriculum designed to introduce youth to the idea of where our food comes from. Each session focuses on a different aspect of the process of learning about, growing, or preparing the foods we eat on a daily basis. The materials were designed with an after-school or summer program delivery method in mind; however each lesson can be adapted for home or classroom use.

Format:

Session 1: Sun, Soil, Water, Air

Explore the four elements all living things need to thrive, and then use this information to understand how plants and humans differ.

Session 2: My Totally Tasty Plant

Learn about the tasty plant parts that we eat everyday and sample foods that come from all parts of the plant.

Session 3: Farms

Understand the importance of farms and then create your own “from the farm” yogurt parfait.

Session 4: Scoring with the Five Food Groups

Lesson will examine the Food Guide Pyramid and why nutrition is an important part of daily diets.

Session 5: Rocks to Ice Cream

Understand the journey ice cream makes from the ground to the freezer. You will also have the chance to make your own homemade ice cream!

Session 6: Trail Mix Journey

This lesson will emphasize the fact that not all food come from the United States and the journey that trail mix ingredients take to make onto grocery store shelves.

Session 7: Herbs

Understand the health benefits of herbs and then make your own healthy salsa!

Session 8: What’s up with Organic?

Understand the concept of “organic” and taste test organic and non-organic foods.

Cost: Food Origins can be borrowed for one month at no cost to the borrower.