Target Audience: Grades 1-4

**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.