



Activity Theme: Local Food

Grade 2-5

Activity Type: Tabletop Activity 

Grown in Peel

Activity Overview: Students will learn the origins of food by discovering how some foods come from all over the world, while others are locally sourced through a tabletop activity. They will learn about what local produce can be grown in Peel Region during different seasons of the year.

Objectives:

- Learn how food comes from all over the world, while others can be bought locally when they are in season
- Learn what kind of fruits and vegetables are grown in Peel.
- Understand where food comes from during different seasons of the year.
- Learn how food from around the world travels to their plate by planes, trains, trucks, and boats/ships

Materials:

- Map of the World and Peel Region
- Plastic Mini Fruits and Vegetables
- Toy Train, Plane, Truck & Tractor
- Grown in Peel guides (possibly display as well)
- Information sheet if teacher would like to be sent copies of the Grown in Peel guide

Setup:

- Activity 1 – Wintertime fruit and vegetables
- Activity 2- Summertime fruit and vegetables

What will I be doing? (Procedure)

Before you start your presentation check with the teacher or chaperone that the entire group is present and ready to start.

*Remember that **doing** an experiment and **discovering** the answer is more powerful than watching and listening to someone, so try to involve as many children as possible.*

Say: “Welcome to Grown in Peel. We will be learning about where food comes from and why it is best to buy local. Water helps us stay healthy by allowing us to grow plants like fruits and vegetables that are good for us.”

Ask: “So what does it feel like in the winter in Peel?” (i.e., it is cold outside, freezing, ground is covered with snow)

Ask:

- "Can farmers grow fruits and vegetables in the wintertime here in Canada?" (Answer: no)
- "Can you grow a garden in this area in the wintertime?" (Answer: no)
- "If you cannot grow fruits and vegetables in this area in the winter, where are the grocery stores fruits and vegetables to sell to you and your family?" **Hint:** Point to the map - Ask them to name the countries (Chile, Mexico, etc.)

Say: "Wow, these countries are far away. How does the grocery store get the fruits and vegetable here to Canada? Here is a hint." *Point to transportation. Ask them to name some (airplane, truck, cargo ship).*

Activity #1 - Wintertime Fruits & Vegetables:

Hold bag up and **say:** "In this bag, I have some fruits and vegetables. I am going to pass around the bag and I want everyone to pick one thing out. Then it is your job to decide where you think your fruit or vegetable is grown in the winter."

Ask them to think about:

- Where does your fruit or vegetable grow in the winter?
- How does it get to your grocery store?

Provide an example:

Say: "For example, I have grapes and I know that Canada does not grow grapes in wintertime, but Chile grows grapes in December. Now I am going to think about how the grapes got to our grocery store in the winter. I am going to choose airplane and transport truck." (*Place on map*).

Ask them to place their fruit/vegetable on the world map and choose a country.

Say: "Wow, that is really far for those fruit and vegetable to travel."

Ask:

- "Does it take a lot of gas to transport those vegetables?" (Answer: yes)
- "Why is that not good for the environment?" (Answer: more traffic, pollution, exhaust from trucks and planes)
- "Does it cost a lot of money to ship these fruits and vegetables?" (Answer: yes)
- "Do you think the fruits and vegetable are fresh by the time they get to you? Let us think about it more."
- Ask a child to move the toy plane from Chile to Canada on the World Map. "Is this too far of a distance to fly fruits & vegetables to Canada?" (Answer: yes)
- Have another child move the toy train & truck from California to Peel. "Is this a very far distance to transport fruits & vegetables for us to buy in a grocery store?" (Answer: yes)

Activity #2 - Summertime fruits and vegetables

Ask: "So what does it feel like in the summer in Peel?" (i.e., hot, sunny)

Say: "Give me a thumbs up if farmers can grow fruits and vegetable in the summertime here in this area."

Say: "Give me thumbs up if people in this area grow gardens in the summertime."

Ask:

- "When it is summer and fall in Canada, can we buy some of these fruit and vegetables (grown in other countries in the winter) right here in our Region?" (Answer: yes)

Green Colour Group - Intermediate

- "Which ones can we grow?" (Answer: tomatoes, grapes, peaches, watermelon) Have a child move them to the region map and **say:** "That is much closer."
- Show the toy tractor on the Map of Peel Region and **ask:** "Can anyone tell me how tractors are used on a farm to plant seeds and harvest fruits & vegetables?"
- Ask a child to move the toy truck from a farm (Red Numbered Dot) to Heart Lake Conservation Area (Location of Water Festival). **Ask:** "Is this a far distance to travel for fruits & vegetables?" (Answer: no)

Ask:

- "How do we, grocery stores and restaurants, get these local fruits and vegetables in the summer?"
- "Can we walk, bike, or travel shorter distance by truck to pick up our fruits and vegetables?"
- "Why is this better for you and the environment?" Answer: Less traffic, less pollution, fresher fruit and vegetables.

Say: "Jump up and down if any of you have visited a local farmers market or farmer to buy your fruit or vegetables."

Say: "Next time you are at the grocery store look at the labels on your fruits and vegetables. The label will tell you which country the fruit and vegetable came from. Which one will you choose?" (*Encourage them to say ones grown in Ontario/Peel.*)

Recall with the students what you have taught them in this activity:

- Food comes from all over the world. When fruit and vegetables are in season (spring, summer, fall) you can buy Ontario grown.
- Food that comes from around the world needs to get here by planes, trains, trucks and boats/ships, which creates pollution.
- Look for Ontario-grown labels in the grocery store and try to buy from local farmers markets.

| List of Fruits/Vegetable Winter Growing Countries | List of Fruits/Vegetable Summer Growing Countries |
|---|---|
| Apples - USA - California/Chile | Apples - Canada - Peel Region |
| Asparagus - USA - California | Asparagus - Canada - Peel Region |
| Avocados - Mexico/Peru | Avocados - Mexico/Peru |
| Bananas - Brazil/Costa Rica | Bananas - Brazil/Costa Rica |
| Beans - Mexico/USA - California | Beans - Canada - Peel Region |
| Beets - USA - California | Beets - Canada - Peel Region |
| Blackberries - Chile/USA - California | Blackberries - Canada - Peel Region |
| Blueberries - Chile/USA - California | Blueberries - Canada - Peel Region |
| Broccoli - USA - California/Mexico | Broccoli - Canada - Peel Region |
| Cabbage - USA - California | Cabbage - Canada - Peel Region |
| Cantaloupe - USA - California/Mexico | Cantaloupe - USA, Canada - Peel Region |
| Carrots - USA - California | Carrots - Canada - Peel Region |
| Celery - USA - California | Celery - Canada - Peel Region |
| Coconuts - Costa Rica | Coconuts - Costa Rica |
| Corn - California/Mexico | Corn - Canada - Peel Region |
| Grapes - Chile/Argentina | Grapes - Canada - Peel Region |
| Kiwi - Chile | Kiwi - Chile |
| Lemons - Argentina/USA - Florida | Lemons - Argentina/USA - Florida |
| Mangos - Mexico/Costa Rica | Mangos - Mexico/Costa Rica |
| Onions - Argentina | Onions - Canada - Peel Region |
| Oranges - USA - Florida/California | Oranges - USA - Florida/California |
| Papaya - Costa Rica | Papaya - Costa Rica |

Green Colour Group - Intermediate

| | |
|--|--|
| Peaches/Plums - USA - California/Chile Pears - Chile Peppers - Mexico Pineapple - Costa Rica Potatoes - USA - California Pumpkins - Canada - Peel Region (no winter pumpkins) Raspberries - Chile/USA - California Strawberries - USA - California Tomatoes - Argentina/USA - California Watermelon - USA - California | Peaches/Plums - Canada - Peel Region Pears - Canada - Peel Region Peppers - Canada - Peel Region Pineapple - Costa Rica Potatoes - Canada - Peel Region Pumpkins - Canada - Peel Region Raspberries - Canada - Peel Region Strawberries - Canada - Peel Region Tomatoes - Canada - Peel Region Watermelon - Canada - Peel Region |
|--|--|

Vocabulary:

Buy Local - this means buying food that is grown close to your home, such as cherries from the Niagara Falls area and Apples from Brampton.