

Where did Dinner Come From?

Fun for preschoolers and
elementary students!



This “**at-home**” activity is flexible enough to be fun for children of all ages. Older kids can help the younger ones. This downloadable activity can be repeated over multiple meals.



Before you
Start:
Get Ready!

WHAT IS A MIND MAP?

A drawing or diagram that uses words/pictures to visually organize thoughts, items, ideas and concepts to show the connections and relationships between them. Mind Maps help us understand how things are connected. For this activity we will create a special Mind Map called a Food Map.

1. Put the central idea/food item in the centre – for example: name of the meal like pizza or hamburger and fries
2. Put closely related ideas/food items or ingredients around the central ideas/food items and connect them using lines or string/yarn – for example: the ingredients that go into the meal
3. For each related idea/item/ingredient put another set of ideas around – for example: the things that go into each ingredient; where it comes from; where it is grown/produced; how it gets to the store/your home
4. Keep expanding the Food Map as far as you can
5. Example of a basic Food Map:



Background information for adults:

- Less than 1 percent of the world's food supply comes from oceans, lakes and rivers, etc. The remaining 99 percent comes from plants and animals that live on land.
- About 15 species of plants and 8 land animal species provide 90 per cent of our food (globally) even though there are more than 30,000 plant species with parts that people can eat.

Kids will learn to: determine the origins of various plants as well as the relationship between food and nature

Supplies needed: paper, markers, magazines (to cut out food photos) or downloaded images, or a drawing program on a tablet or laptop



Food Map

ACTIVITY

GET INTO THE ACTIVITY!

Use a family meal to have the children identify the ingredients in the food items being served. Record them on paper (using drawings or words) or using images that you've provided (for younger children). Create a Food Map together to connect the finished meal (e.g. pizza) with the ingredients.

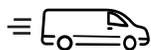
EXPAND YOUR FOOD MAP THROUGH RESEARCH!



Use the Internet to identify possible locations that the plant sources could come from



Goggle maps can help older children to calculate Food Miles (how far a plant has come from where it was grown to get to your table) or document where in the world a plant is from



What types of transportation might be used to get the plant from where it was grown to your table



What kinds of careers or occupations are involved in growing the plant and then getting it to your table



Talk About

Your Food Map

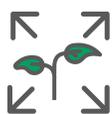
DISCUSS THESE TALKING POINTS TO EXPLORE AND EXPAND THE FOOD MAP:



Where the various ingredients come from and have the children use different colours or sections of the food map to record ingredients that go together



How the ingredients are used: directly or after being cooked or being processed (for older children – have them research the various manufacturing processes e.g. making cheese from milk) discovered through the mind mapping (these can be additional branches in the main food map)



Where are the plants? Identify which ingredients are plants or made from plants – add this information as a branch from the applicable ingredient. Try going back to where the plant was growing – adding branches along the way



Compare the number of ingredients that are plants or come from plants with the number of ingredients that are from animals.



Explore the food system – discuss what has to happen for a type of plant to get to the table as part of the meal



DRAW YOUR FAVOURITE MEAL OR TYPE OF FOOD



Kids' Activity:
My Favourite Food

What's in it?

Make a list or draw the things in your favourite food:

Where does it come from?

Circle all the things that come from plants



Draw! Write!
Create!