

SDG2: Future of Food

MM5: The Food We Eat



Micro-Module 5: The Food We Eat

Exploration and Experimentation

Lesson 1: Understanding Food

Subjects: Agricultural Science, CPSE, Geography, Home Economics, SPHE

Lesson Title and Summary: Understanding Food

One of the biggest challenges we face when it comes to food is understanding where it came from and how it got to us. When we start to learn more about the food we eat, we start to understand much more than what it tastes like.

Learners will be tasked with investigating their favourite food.

Vocabulary: Journey, Local, Playback, Research

In this lesson, the learner will:

- Think critically about the food they eat
- Consider the differences between local and global
- Be exposed to the complexities of food supply chains
- Work independently to conduct research
- Develop basic presentation skills

Materials

- Worksheet: My Food Profile
- Internet access
- Markers/pens/pencils
- Paper



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ACTIVITY INSTRUCTIONS

Activity 1: My Food's Journey (25 mins)

1. Put learners into pairs.
2. Distribute Worksheet: My Food Profile (one per learner).
3. Ask learners to think about their favourite food.
4. Complete the assigned worksheet as an interview. One learner should ask their partner the questions on the worksheet and record their answers. Their partner should then ask the learner the questions on the worksheet and record their answers. Work together to complete part 2 of the worksheet for both learners.

Activity 2: Playback (25 mins)

1. Clear a space on the wall or provide a board and ask the learners to hang/stick up their worksheets for the class to see.
2. When everyone has their worksheets in place, ask each learner to present their partner's Food Profile, if time allows.
3. Have each group take photos of their worksheets and upload to a shared drive or virtual classroom. Ask learners to read each profile before the next class.

REFLECTIVE EXERCISE: 3-2-1 (10 mins)

- Three things they feel they have learnt from the tasks.
- Two things they found most interesting and would like to explore more.
- One – their opinion they have about the tasks.

MM5: The Food We Eat

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11 SUSTAINABLE CITIES AND COMMUNITIES



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



13 CLIMATE ACTION



15 LIFE ON LAND



EXTENSION / REDUCTION ACTIVITIES:

Reduction: For a shorter lesson, run activity 1 as a flipped classroom. Have the class discussion in the next lesson. Alternatively, divide the class into groups of 2 or 3 and ask each group to pick a shared food to research together.

Extension: For a longer lesson, allow learners to research additional foods/dishes. Provide a new worksheet for each food.

MEDIA BOX: (materials, online video links, extra resources, case studies etc)

SDG goal 12: Ensure sustainable consumption and production patterns

<https://sdgs.un.org/goals/goal12>

SDG goal 13: Take urgent action to combat climate change and its impact

<https://sdgs.un.org/goals/goal13>

SDG goal 2: End hunger, achieve food security and improved nutrition and promote sustainable agriculture

<https://sdgs.un.org/goals/goal2>

LOCAL TRIP / EXPERTISE / ADDITIONAL WORK AND ASSESSMENTS

Visit your local grocery store, shop or supermarket and look at the labels of some food products. Can you find out where they came from e.g. Ireland or Argentina? How many ingredients are listed on the label?

Complete Seeding Sustainability Food Sovereignty Lesson 2: Introduction to Food Miles

MM5: L1 WS MY FOOD PROFILE



You will interview your partner and complete the following questions:

PART 1

What is your favourite food?

Add a photo or draw it in the box then write it down below.

List all the parts that make up this food.

e.g. If your favourite food is pizza it might include cheese, tomato sauce, flour.

Where do you usually get this food from?

e.g. at home, at school, shop, restaurant

MM5: L1 WS MY FOOD PROFILE

2 ZERO HUNGER



Work with your partner to complete the follow questions based on part 1.

PART 2

Using the internet, let's dig a bit deeper. Try to understand more about this food using the following questions as a guide.

What is the history of your favourite food?

Where was it first grown or made?

Who was the first person to eat it?

What country is it associated with the most?

MM5: L1 WS MY FOOD PROFILE

2 ZERO HUNGER



What ingredients are needed to make it?

Where do all the ingredients come from?

Is it usually grown or made in Ireland?

Can it be grown or made in Ireland?

Were you surprised by what you learned? Why?
