

30-45
Minute
Activity
For
Everyone

How many countries are represented on your plate?

Canada is one of the top ten importers of food in the world. This means that many of the food items you see in the grocery store are not grown in Canada, rather other parts of the world. How many countries are represented in your meal and how are they grown? This activity will help you and your family learn more about where everything you put on your plate is coming from.

Let's Get Started:

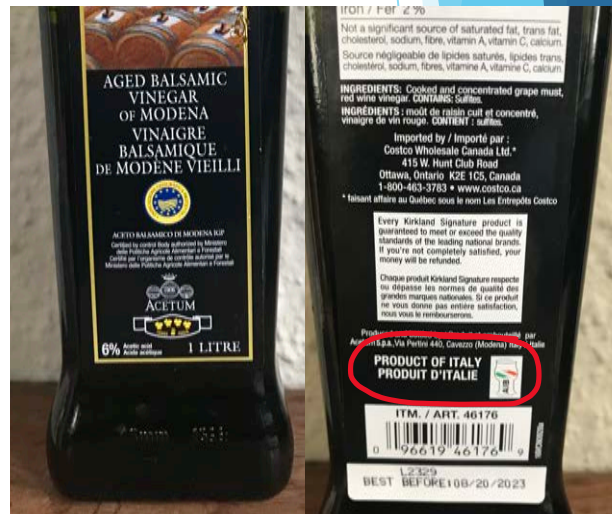
Start by picking a meal of the day: breakfast, lunch or dinner.

Before you eat your meal, make a list of all the food items that went into creating your meal, don't forget about spices, oils or other added ingredients. Your list may be longer than you first anticipated. After you have completed your list, take a guess at what country each item was grown or produced in. Write down your guesses beside each item and enjoy your meal.

Once you're finished eating, start doing some research to confirm which country each item came from. Many of the package's the food comes in has information regarding where it is from or produced. For example, on the back of the balsamic vinegar bottle, it indicates that it is a product of Italy. Fruits and vegetables usually come with a sticker that tells you where it was grown. If the packaging doesn't give you this information, try a quick google search to see what you can discover. Your goal is to find out where each food item in your meal came from. As you find the answer, compare it with your original guesses.



(Photo from: <https://needpix.com>)



Next Steps:

Once you've discovered where all your food is from, deepen your understanding of how each item is grown or produced. Do they grow on a tree, a vine, in a factory, etc.?

Materials Needed:

One meal in your day, Paper, Pen/Pencil, Curiosity

Discussion Questions

- How many countries were represented on your plate? Were you surprised?
- Did any of your food come from a local farm or factory?
- Do you believe it is better to buy local food products?
- Do you think that where food comes from in the grocery store varies by season?
- Why do you think Canada imports so much food?