

# Teaching Local Food Literacy

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Growing a Green Community

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## waste reduction



## youth leadership



## urban agriculture



## teacher education



## local food in schools



## community gardens



# FOOD LITERACY IN ELEMENTARY CLASSROOMS

## Activity guide:

- Food Literacy
- Outdoor play
- Health
- Physical Literacy
- Ecosystems
- Gardening

## Highlights:

- Classroom Ready Activities
- Resources included
- Family Friendly

## Free download:

<http://ecosource.ca/about-us/publications>



# Flower Power

## Bee's Banquet:

- Found in ReRooted in Play page 38 and Appendix 4.
- Collection of kinesthetic challenges that relate to environmental concepts such as pollination and seed dispersal.
- Easily modified for different age groups and settings.
- Challenge cards with prior knowledge are included in the Appendix.


APPENDIX 4 - BEE'S BANQUET

THE  
**TOMATO TOSS**

Tomato flowers are what are called "perfect" flowers, meaning they have all the parts needed to grow into fruit themselves. Tomatoes have both stamen and stigma in one blossom so that pollen produced in the stamen can just fall onto its own stigma to pollinate the flower. Sometimes these flowers need a little help from outside forces to ensure maximum pollination. Wind and bees shake the pollen off the stamen to help more fruit grow. Bumblebees do this by gripping the flower with their legs and vibrating their wings in a process called buzz pollination.


**CHALLENGE!**




Help a bee pollinate tomato flowers! Toss a ball to knock over buckets filled with pollen. Try to shake the pollen off all the flowers! Play this as an individual challenge to practice your hand-eye coordination, or work as a team to pollinate all the flowers. The team that pollinates the most flowers wins! Ready! Set! Buzz!



Ecosource is an innovative environmental organization specializing in fun, hands-on programs that focus on how each of us can change our daily habits to become better environmental citizens.

The ReRooted in Play project is led by Ecosource with support from the Mississauga Centre for Diverse Women & Families, Credit Valley Conservation Youth Corps, the Heart and Stroke Foundation, and the City of Mississauga. This project is generously supported by the Government of Ontario Ministry of Tourism, Culture and Sport. Image retrieved online at [www.ingard.com](http://www.ingard.com).

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# FOOD LITERACY IN ELEMENTARY CLASSROOMS

## Activity guide:

- Food Literacy
- Health
- Physical Literacy
- Ecosystems
- Gardening

## Highlights:

- Bilingual
- English Activities with French additions
- Structured by the seasons
- Classroom Ready Activities
- Resources included

## Free download:

<http://ecosource.ca/about-us/publications>



# Farm to Table Relay Race

- Found in Jardin de L'Éducation page 45 and Annexe K.
- Curriculum connections: physical education, science, literacy, social studies
- Easily modified for different age groups and settings. Include fact sharing aspect for older grades.
- ALL game materials available for free download.
- **NEW:** supplemental resources coming soon.

## BLUEBERRIES

Blueberries are a delicious treat, and they're good for you, too! Not only do blueberries have many vitamins and nutrients, they are also powerful antioxidants. This means they help get rid of harmful free radicals from the body that can cause disease. Locally-grown blueberries are available between July and September.



## OIGNON

Les oignons sont très nutritifs et nous aident à maintenir notre système digestif en santé. Les sucres complexes qui sont abondants dans les oignons, nourrissent les «bonnes bactéries» dans les gros intestins, ce qui renforce le système immunitaire. Les oignons locaux sont disponibles toute l'année.



# OTHER RESOURCES



**FREE DOWNLOAD:**

<http://ecosource.ca/about-us/publications>

## Q & A

I'd like to set up a trip or two to a farm that has an educational component built into the experience. But, like most teachers, I don't have the funding, resources or time to go on field trips or even to start looking into this kind of thing. What are my possibilities?



# FARM FIELD TRIPS

## What if I don't know where to go?

- Check out your local farmer's market website
- Regional Farm Maps
- Ontario Federation of Agriculture (search "county federation sites")
- Ask your Local Business Development group
- Local 4H
- Co-Op teachers
- CRAFT
- The Ontario Student Nutrition Program



# FARM FIELD TRIPS

## What if I don't have money to pay for a farm trip?

- Be creative!
  - Outdoor Ed funding
  - SHSM programs
  - Fill the bus!



# FARM FIELD TRIPS

## Things to keep in mind when planning your farm trip:

- Bus Drop-Off Procedure
- Accessibility Needs
- Safety concerns: Shelter, bathrooms, handwashing, farm animals/loose animals, heavy machinery, insurance
- Dress appropriately!
- Are you looking for a more established educational farm or a smaller scale farm?
- Will a hands-on activity be included?
- Can you provide the farmer with an honorarium?



# FARM FIELD TRIPS

## A farm trip is too much. What can I do instead?

- Go to a nearby farmer's market
- Visit a local community garden
- Visit a greenhouse
- Visit a local grocery store
- Bring a visitor in to speak to your class
- Watch a documentary film
- Follow a farm blog
- Bring your horticulture or agriculture teacher into your class

