

Local Food Literacy in a High School Classroom

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waste reduction



youth leadership



urban agriculture



teacher education



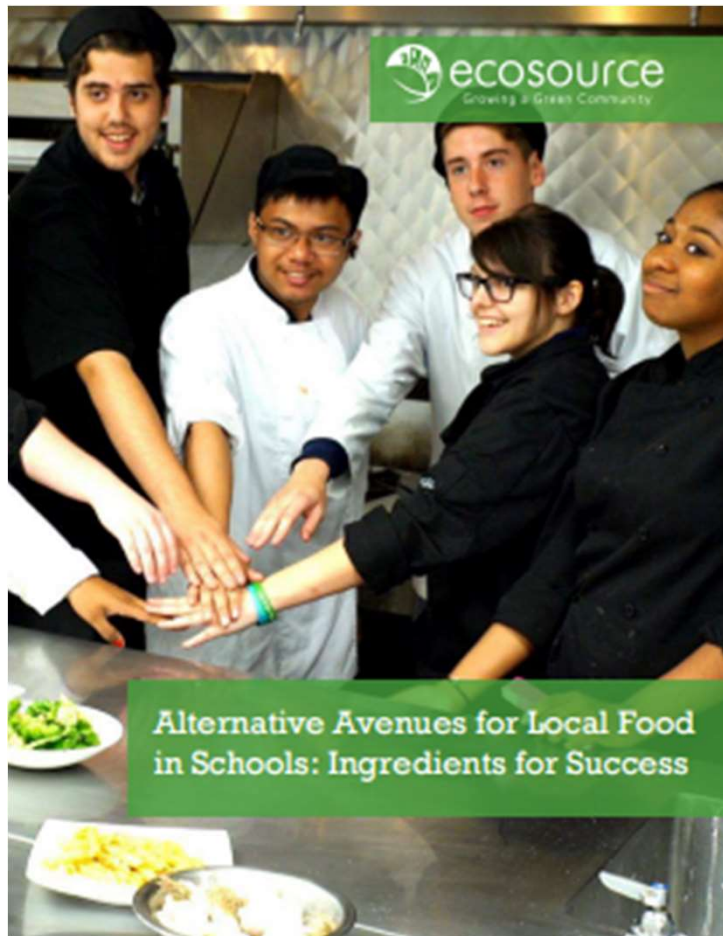
local food in schools



community gardens



RESOURCES



Alternative Avenues for Local Food in Schools: Ingredients for Success

Pilot projects highlighted:

- ❖ **CSA at Henry Street**
- ❖ **Local Food Month**
- ❖ **Focus on Garlic**
- ❖ **Farm to School**
- ❖ **Farm to Caf**
- ❖ **Friday Fry Day**
- ❖ **School Gardens**
- ❖ **Field to Fork**

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Common Local Food Procurement Challenges

- The school calendar does not coincide with the Ontario harvest season and some stakeholders perceive local food as difficult to access in the winter.
- Teachers are busy and do not always have time for accessing local food availability information or seeking out suppliers that source local food.
- Local food can cost more.
- Not all suppliers identify local food.

Local food procurement:
the act of purchasing food that is sourced from Ontario or even better, directly from the region that the school is located.

Ingredients for Success

- ❖ STUDENT FRIENDLY RECIPES
- ❖ CREATIVE AND FLEXIBLE
- ❖ COMMUNITY COLLABORATION AND RELATIONSHIPS WITH STAKEHOLDERS
- ❖ EMBED PROJECT IN THE WHOLE SCHOOL
- ❖ START WITH A PILOT
- ❖ SUSTAINABILITY PLAN
- ❖ FIND THE WIN-WIN
- ❖ INTEGRATE FOOD LITERACY AND LOCAL FOOD PURCHASING

ALTERNATIVE AVENUES

Local Food Pilot: CSA at Henry St.

SCHOOL PROFILE

**School Name**

Henry Street
Secondary School

School Board

Durham District
School Board

School Program

Hospitality and
Tourism Program,
Specialist High
Skills Major
Program (SHSM)

A Community Supported Agriculture (CSA) program partners farmers with community members, making community stakeholders supportive of the farm's operations. CSA members purchase a share in the farm at the start of the season, and receive a basket of fresh, local produce weekly/bi-weekly during the growing season. CSA members share the benefits and risks associated with food production with the farmers. For example, if the farm experiences difficulty growing tomatoes during one season, there will be fewer tomatoes in the CSA shares. On the other hand, if it is a good year for tomatoes, there will be an abundance of fresh tomatoes in the share until the farm runs out.

Henry Street's Hospitality and Tourism program, a designated Specialist High Skills Major Program (SHSM), gives students the opportunity to focus on a career path by taking courses in a particular field while still meeting the Ontario Secondary School Diploma requirements. Henry Street's Hospitality program cooks food for sale to the high school staff, offers small-scale catering, and prepares food for school functions.

Henry Street Secondary school joined a CSA program with a nearby farm after students and teachers went on a field trip to the farm for a sustainable agriculture tour. The farm offers a winter CSA program, which fits the school schedule from October to March. The teacher ordered the winter CSA share on the day of the farm trip and paid up front. The share was delivered bi-weekly and cost \$30.00/box including delivery.

"It's so important to get kids out to the farm to show them where their food is coming from...how it's grown, and how it gets to them as the end result...it's all about the education... kids today are so far removed from their food and how they get it... It's important for them to see that wow, this is what a fresh, ready product, directly from the ground looks like."

Lisa Cooper, Owner of Cooper's Farm

CSA members purchase a share in the farm at the start of the season, and receive a basket of fresh, local produce weekly/bi-weekly during the growing season.

RESOURCES



Classroom Connects:

A Collection of lesson plans to engage young people in critical thought about food systems

❖ **Business Lessons**

❖ **Family Studies Lessons**

❖ **Geography Lessons**

❖ **Hospitality Lessons**

❖ **Science Lessons**

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Ontario Fruit - Dessert Cookbook

Chef Michael Holmes

Page 116

GRADE LEVEL: 10

SUBJECT: Hospitality and Tourism, TFJ 20

OVERVIEW

This project involves students researching a fruit grown in Ontario and finding applicable uses for it. This is combined with dessert recipe formation, a final cookbook submission and an oral presentation.

PREPARATION

Preparation Time:

Approximately 20 minutes to photocopy student handouts, review student reference materials and to review provided teacher notes and resources.

Length of Lesson:

5 periods (1 day introduction, 2 days research, 2 days presentations)

CURRICULUM EXPECTATIONS

1. BIG IDEAS

Students will learn the benefits of local food item use and applicable dessert applications.

2. OVERALL EXPECTATIONS

A3 Hospitality and Tourism Fundamentals: Identify and describe common ingredients used in food preparation.

B3 Hospitality and Tourism Skills: Demonstrate effective use of forms of information and communications technology commonly used in the various sectors of the tourism industry.

C2 Industry Practices, the Environment, and Society: Demonstrate an understanding of ways in which various aspects of the tourism industry affect society.

3. LEARNING GOAL

By the end of this activity, students will:

- Identify various local fruit products.
- Describe the taste, size, shape, texture and aroma of numerous local fruits.
- Describe the growing/harvesting seasons of numerous local fruits.
- Describe the preparation procedures and cooking applications for various fruits.
- Apply effective presentation skills.
- Apply effective presentation technology media.

Ontario Produce – Side Dishes

Chef Michael Holmes

Page 126

GRADE LEVEL: 11

SUBJECT: Hospitality and Tourism, TFJ 3C

OVERVIEW

This activity is designed to encourage the enrichment of the students' learning in the areas of food pairings and the planning involved in the development of an effectively composed dish and menu through the use of local produce foods. Student groups will be given a list of the majority of the components of a composed dish (containing a main protein and sides). One of the side dishes will be missing from the plate. It is the job of the students to plan a side dish that effectively pairs with the entire dish, thereby creating a pleasing flavour profile and an overall appealing visual presentation.

PREPARATION

Preparation Time:

Approximately 15 minutes to photocopy student handout and to review provided teacher notes and resources.

CURRICULUM EXPECTATIONS

1. BIG IDEAS

Students will be given exposure to the creation of restaurant style composed dishes through the use of local food items.

2. OVERALL EXPECTATIONS

A3 Hospitality and Tourism Fundamentals:
Demonstrate an understanding of fundamental culinary knowledge.

B1 Hospitality and Tourism Skills:
Prepare and present food products in a variety of ways following accepted industry procedures.

B4 Hospitality and Tourism Skills:
Apply appropriate management principles and practices to plan and execute an event or activity.

3. LEARNING GOAL

By the end of this activity, students will:

- Identify various local fruit products.
- Apply concepts of flavour profile and flavour pairing.
- Apply concepts of food preservation.
- Demonstrate safe and sanitary professional level cook skills.
- Apply effective presentation skills.

Ontario Produce – Cooking Show

Chef Michael Holmes

Page 132

GRADE LEVEL: 12

SUBJECT: Hospitality and Tourism, TFJ 4C

OVERVIEW

This assignment was designed as an end-of-semester culminating style activity. Students will demonstrate a 15 • 22 minute visual cooking demonstration about an Ontario produce item. This may be done either as a “live” demonstration (that should also be recorded for ease of evaluation) or recorded, edited and then played for the class. Students will do a short research portion and implement this information into their cooking show. During this show students will prep and ‘cook’ (with the aid of TV time lapse) two recipes. The goal of this assignment is for the students to create a realistic cooking show that demonstrates their kitchen skill, presentation ability and their knowledge of the food item being focused on in the ‘episode’.

PREPARATION

Preparation Time:

Approximately 15 minutes to photocopy student handout and to review provided teacher notes. Additional time will be required to preview on-line cooking shows.

Length of Lesson:

5 periods (1 day introduction, 2 days research/planning, 2 days presentations)

CURRICULUM EXPECTATIONS

1. BIG IDEAS

Students will be given the opportunity to demonstrate the total of their culinary knowledge and presentation skills in a culminating style activity that utilizes local food items.

2. OVERALL EXPECTATIONS

A3 Hospitality and Tourism Fundamentals:

Demonstrate a professional level of culinary competence in food preparation and presentation.

B1 Hospitality and Tourism Skills:

Demonstrate the ability to plan and deliver an event or activity.

B4 Hospitality and Tourism Skills:

Demonstrate an understanding of and compliance with health and safety standards in the tourism industry and the related legislation and regulations.

3. Learning Goals

3. LEARNING GOAL

By the end of this activity, students will:

- Identify various local food products.
- Describe the taste, size, shape, texture, and aroma of numerous local food items.
- Describe the growing/harvesting seasons of numerous local food items.
- Describe the preparation procedures and cooking applications for various local food items.
- Apply effective presentation skills.
- Apply effective presentation technology media.

From Our Valley



<http://ecosource.ca/seasonal-student-recipes/>

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