

Food 101



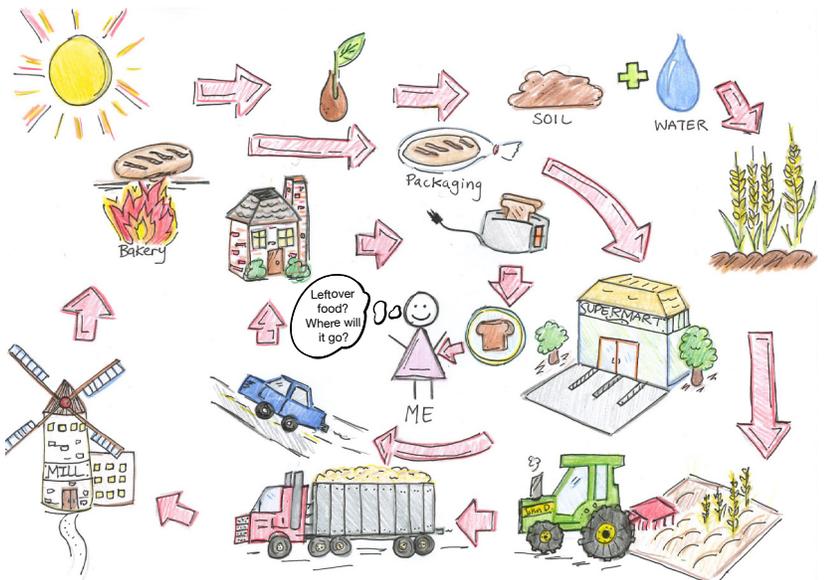
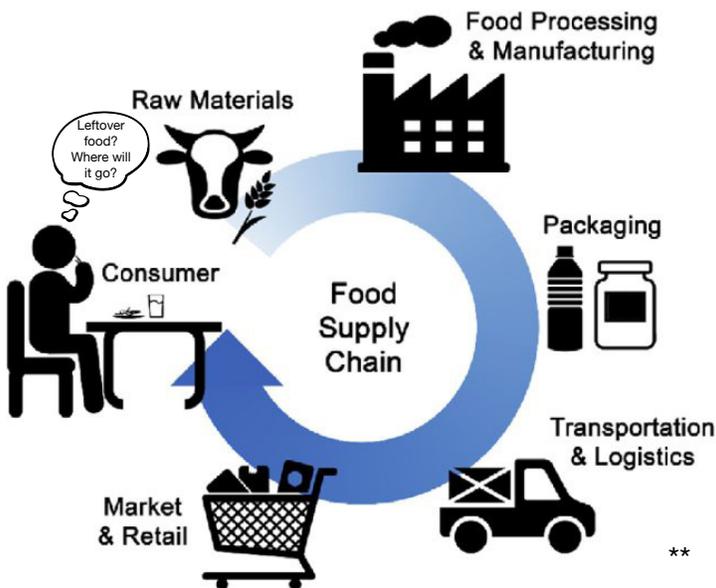
Name:

Date:

The Journey of Food Activity

In this activity, we challenge you to map the entire journey your food takes in order to get on your plate, beginning with the sun's energy and ending with the food ready to eat. We encourage you to think about all the steps it takes, including how it was grown, harvested, transported, packaged, and how the food arrived at your house.

1. On the next page draw a picture of you in the middle of your journal page.
2. Draw a sun in the upper part of the drawing since that powers all of what we are about to do. Be sure to include what happens to the leftover food.
3. Pick one type of food you ate during a recent meal and draw it next to you.
4. Draw an arrow (representing energy transfer) pointing from the piece of food to you. You can work backwards starting from the food you ate, or forward from the sun to complete the chain.
5. Draw all the steps it takes for that piece of food to land on your plate. Try to include all the steps of the food supply chain in your drawing, including what happens to the uneaten food. Take a look at our example below. (We are missing the food disposal steps! Be sure to include them in yours)



Make sure to watch the intro to Food 101 video with Ashley here:

<https://vimeo.com/407282357>

** Tzounis, Antonis & Katsoulas, Nikolaos & Bartzanas, Thomas & Kittas, Constantinos. (2017). https://www.researchgate.net/figure/e-Schematic-representation-of-the-food-supply-chain-from-the-production-phase-until-the_fig5_321331354

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In the box below, draw all the steps it takes for that piece of food to land on your plate. Try to include all the steps and people of the food supply chain in your drawing. Be sure to include what happens to the leftover food.

Reflection

When you are finished drawing consider for a moment all the food you eat. The more food is processed, the more energy and people are involved. All food needs rain and sunshine and healthy soils and waters. The bottom line is that food requires **energy** and **biodiversity** and impacts climate change, water quality and more. What we choose to eat and discard has tremendous impacts. **What do you want your impact to be?**



Research!

Here is the **question** we invite you to research: To what extent does your family (or the people with whom you live) generate food waste?

The systematic, thoughtful steps you follow to answer the question is your **Procedure**:

- ▲ Get your journal and a pencil (or your electronic device).
- ▲ Choose **one** meal a day that everyone eats. We recommend dinner, if possible. After the meal is over, collect the uneaten food. Please do this for five days.
- ▲ Separate it into six categories.

Fruits, Vegetables, Meats, Sweets, Breads, and Dairy.



- ▲ **If you can weigh (or determine the mass of) your food with a scale, do this:**

Individually weigh the amount of Fruits and Vegetables leftover from your meal and record in your chart on page 4. This is compostable food for Day 1. Repeat this on four more days.

Individually weigh the amount of meats, sweets, breads and dairy leftover from your meal and record in your chart on page 4. This is food waste food for Day 1. Repeat this on four more days. If you don't compost food at home, then all of the food will become food waste. (Don't worry, setting up a home compost is an action you can take).

- ▲ **If you are unable to weigh the food, do this:**

Count the number of items in each category. Record your data. You can use tally marks when you count the pieces. Fruits and Vegetables are compostable. Everything else is food waste.

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	Compostable Food Waste		Non-Compostable Food Waste			
	Fruit	Vegetables	Meat	Sweets	Bread	Dairy
Meal 1:						
Meal 2:						
Meal 3:						
Meal 4:						
Meal 5:						
TOTAL for 5 meals:						
	TOTAL Compostable Waste:		TOTAL Non-Compostable Food Waste:			

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Analysis

Now, begin your **Analysis** to better understand what your data means.

▲ Look at your data.

What was the most wasted food category? _____

The least? _____

▲ Pop your data into this Google form: <https://forms.gle/c8qTeHhZJ5ShSHpHA> and then check out the results.

▲ Are you surprised by your data? What does your data tell you about your families' food waste?

▲ Now, let's play with the numbers a bit and conduct some data extrapolation.

If you weighed your food, start here:

(If you counted the pieces of food, please continue to the next step on the following page)

1. If you know how much food waste your family generates in a week, you can (roughly) determine how much food waste your family will generate in a year. To do this, calculate:

The total food waste in lbs x 73 = _____ Total lbs. of food waste from dinner per year

2. Next, figure out the amount of waste per person per year.

Calculate: Total Food Waste ÷ Number of people in family group = _____ lbs of waste each person contributes. This is only from one meal a day though rather than three. Therefore, to estimate the lbs of food waste each family member generates a year, multiply by 3. Record your estimate here: _____.

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Analysis

If you counted the pieces of food, please start your Analysis here:

3. Determine the percentage of the food waste that could be or is composted by comparing the total weight or number of pieces of Fruit and Vegetable Scraps (compostables) from five meals to the total amount of food waste.

Total weight of Fruit and Vegetable Scraps _____ ÷ Total amount of food waste _____ x 100 = ____%

or

Total number of Fruit and Vegetable Scraps _____ ÷ Total number of food waste _____ x 100 = ____%

4. What percentage of your food waste is compostable? _____.

Fun Fact: For a lunch meal at NorthBay, there was on average:

0.08 pounds of compostable waste per person

0.14 pounds of non-compostable food waste per person

Reflection

Now, please tell us what you found. Write your conclusion and include responses to:

▲ What did you do?

▲ What did you discover? (Use your data to explain. This is your evidence)

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Reflection

▲ Why do you think you found this data?

▲ Compare your families' amount of food waste to the United States National Average. (America throws out more than 400 pounds of food per person per year) How do you compare with the average American?

▲ Why is this data about food waste important?

▲ What else are you wondering about food?

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Character Connection

Now that we studied how being wasteful creates a **degraded condition** in our environment, we can look at how our decisions may or may not cause a degraded condition in our lives.

- ▲ Identify at least two situations in your life that may become degraded or already are degraded. (i.e. school performance, relationships, health, etc.)

- ▲ Now, write about ways you can make a positive change for the situations you listed above. (i.e. improve school performance, mend a relationship, take better care of yourself) Who can help you?

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And now it is time for **ACTION!** What will you do?

Here are some ideas. Pick one, do it, then tell us about it by emailing us at: nbmedia@northbayadventure.org; follow us on social media & #NorthBayEducation your posts.



- ▲ Grow veggies in a pot on your balcony or porch when the weather warms a little more, or in your window. How to Regrow Store Bought Vegetables (<https://thekid-shouldseethis.com/post/how-to-regrow-store-bought-vegetables-herbs-jag-singh>)
- ▲ Start a family compost pile/bucket/barrel (Note: if your compost pile starts to smell, it is too wet. Mix in some dry leaves to help dry it out.)
[NorthBay's Guide to Home Composting](#)
- ▲ Start a worm compost bin (Vermicompost) <http://compost.css.cornell.edu/worms/steps.html>.
- ▲ Make a plan with your family to reduce family food waste.
- ▲ Teach other people about the problems of food waste.
- ▲ Shop at the farmer's market to buy seasonal, local, organic produce.
- ▲ Keep a small flock of chickens to produce your own eggs.
- ▲ Start a garden at your school and become a Certified Green School.
- ▲ Empower yourself by reading books about food production.
- ▲ Avoid eating processed foods to be healthier.



Don't forget to go back the NorthBay website to share your data to watch the Food 101 wrap video here:

<https://vimeo.com/407891900>