

FARM2SCHOOL @HOME

From Farm to Your Fork: Food System Overview



A learning resource provided by:
FarmToSchoolCollective.org

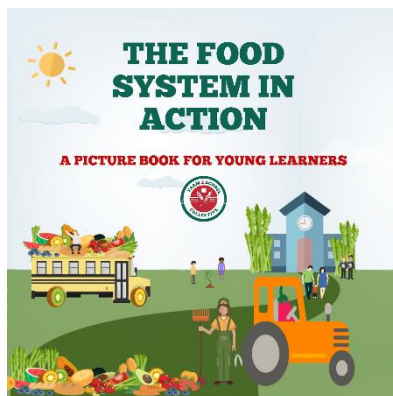


Objective

In this lesson, learners will understand the term *food system* and how food travels through the supply chain.



Materials



- Food System Chain Diagram
- The Food System in Action: A Picture Book for Younger Learners
- 5 small pieces of paper or 5 sticky notes
- Pens, pencils, or markers

Preparation

Label 5 pieces of paper for each learner with the following stages of a food system chain: 1) Production, 2) Processing and Packaging, 3) Distribution and Retailing, 4) Consumption, and 5) Waste Management.

Steps Of The Lesson

1. Engage

Ask learners to think about a recent meal they ate, and where they think each ingredient came from. Ask learners what steps they think were involved in getting the ingredients from farm to plate. Record and discuss responses.

2. Show the Path

Provide learners with the 5 small pieces of paper or sticky notes that are labeled with the stages of the food system in random order. Have learners guess the correct order by positioning the labeled paper. Once guesses are completed, display the correct order and explain what happens at each stage.

3. Explain

Explain: The term *food system* describes each of the steps taken from growing the good to eating it. In other words, from production all the way to consumption.

4. Who's Involved?

Ask learners which people are involved in each step of the food system. Record and discuss responses.

Production – Growing and harvesting crops, raising and milking livestock, collecting eggs, and catching fish. **Who:** Farm owners and workers, ranchers, and fishermen.

Processing and Packaging – Cutting, cleaning, packaging, sorting, and storing. **Who:** Food processing line workers, food packers, and meat processing plants.

Distribution and Retailing – Distribution, transportation, promotion, and sale. **Who:** Food distributors, truck drivers, warehouse workers, and grocery stores.

Consumption – Buying, preparing, and consuming food. **Who:** Chefs, families, individuals, and households.

Waste Management – Disposing and processing of waste products. **Who:** Waste management workers and composting site.



THE FOOD SYSTEM IN ACTION

A PICTURE BOOK FOR YOUNG LEARNERS



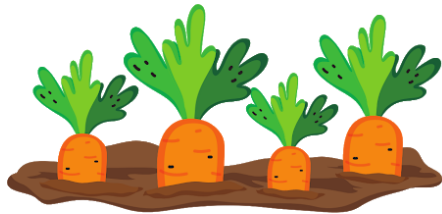
WHAT IS A FOOD SYSTEM?



A FOOD SYSTEM IS HOW FOOD TRAVELS FROM GROWING TO FEEDING PEOPLE.



**WHAT
HAPPENS
FIRST IN THE
FOOD SYSTEM?**



**FOOD IS FIRST PLANTED
AS SEEDS BY FARMERS...**



**ONCE FULLY
GROWN AND RIPE,**



**THE FARMER SORTS
AND PACKAGES
FOOD TO SEND TO
CUSTOMERS.**



**FARMERS SELL THEIR
FOOD TO RESTAURANTS,
GROCERY STORES, AND
DIRECTLY TO THE PUBLIC
AT FARMERS MARKETS.**



**FOOD IS THEN
PURCHASED,
PREPARED, AND
COOKED TO EAT!**

