

Materials	Paper, pencil, markers, access to the internet
Learning Outcome	Describe the growing and production process certain foods undergo before arriving in Canadian grocery stores.

## Description

Invite the youth to watch the [Harvesting Bananas](#) video by Dole. After the video, discuss the following questions with the youth:

- What are the steps bananas go through to get to your grocery store?
- What was interesting or surprising to you about the steps bananas go through to get to your grocery store?
- Have you ever thought about the story of the food you eat and how it gets to your table?
- What other fruits or vegetables do you think go through a similar process to get to grocery stores in Canada (e.g., pineapples, avocados, watermelon)?
- How do you know where food comes from when buying it at the grocery store (e.g., sticker or price sign lists the country, listed on food package, etc.)?
- How can you help the environment when buying food (e.g., buy local fruits if possible, buy organic if possible, etc.)?
- The content in this video was used to both educate and promote a product. Can you explain what was promoted (e.g. Dole was promoting their bananas as "exceptional quality")?

**Note:** This video can also be used as an opportunity to discuss food marketing. While the point of showing this video is to show youth the process food can take, Dole is a corporation promoting their product by sharing this video.

Explain to the youth that they will write a short children's story about the adventures of a banana and include the steps it takes for bananas to get to grocery stores.

They can create comic strips on paper or can try an online program like [Storyboard That](#) or [Powtoon](#) to create it digitally. If the youth needs ideas for their story they can watch the online reading of [Veggies with Wedgies](#).

Once the story is complete, the youth can choose to share it with a family member.

## Healthy Eating Competencies



### THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



### FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



## Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the youth the reflection questions below and discuss the answers together.

- *What did you learn from watching the video?*
- *How can you apply what you learned when making food choices?*