

Materials	Paper, pencil, markers, access to the internet
Learning Outcome	Describe the growing and production process certain fruits 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 fruit comes from when buying it at the grocery store (e.g., sticker or price sign lists the country)?
- How can you help the environment when buying fruits (e.g., buy local fruits if possible, buy organic if possible, etc.)?

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?