

Materials	Access to the internet, PowerPoint (optional), paper, pen
Learning Outcome	Identify foods that are locally grown and harvested, and recognize the importance of buying local.

Description

Share with the youth that buying local food from individuals who farm or fish helps support local businesses, helps the environment, and is often free of preservatives and additives. Locally grown and raised food can include produce, meat, seafood, and dairy.

Discuss each of these points with the youth and have a conversation about the importance of buying local foods, if possible. Invite the youth to research local foods in the region they live. Ask them to present their findings in a PowerPoint presentation or written on a piece of paper.

Ask the youth to include the following information in their presentation if possible:

- A local farm and what they produce
- A local farmers market and some of the products that can be purchased
- A type of produce, meat, seafood, or dairy that your province or territory is known for producing
- A local delicacy (meal)
- A local food tradition or celebration

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 discover about homegrown food that was surprising or interesting?*
- *What strategies can you use to plan, purchase, and prepare more homegrown foods?*