

Materials	Access to the internet, paper, markers
Learning Outcome	Summarize the process that certain foods go through to get from farm to table.

Description

Start a discussion with the child by asking them if they are aware of the process some of their food goes through to get from the farm to their table. Share with the child that there are many large farms that produce a lot of foods such as grains (wheat, oats, and more), fruits, vegetables, milk, eggs, and meat. A lot of these foods go through a process to be prepared for the store or to be used to make another food.

Explain that there are also small farms that sell their own food at places like farmer's markets. Share [The journey of an egg from farm to table](#) video with the child. After watching the video, talk about the process the eggs go through to get ready to be sent to grocery stores. Ask the child the following questions.

- What did you learn from watching the video?
- Who do you think collects the eggs from the chickens?
- How many people do you think are involved in the process of getting the chickens to lay the eggs to getting the eggs to the grocery store to be purchased?
- How do you think these eggs differ from the eggs you might see at a farmer's market?
- What other foods do you think go through a similar process?
- What foods do you think go through a different process?

After discussing the child's answers to the questions, ask the child to draw the process the eggs go through before arriving at the grocery store. Support the child as needed to think about each step of the way from the chicken laying the egg, to the sorting facility, to transporting the eggs to the store. If there is a more applicable food product based on the region of Canada you are in, or your family's food choices, encourage the child to draw the process it goes to before arriving at the grocery store or to your table.

Encourage the child to draw arrows from step to step to illustrate the process.

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 child the reflection questions below and discuss the answers together.

- *How might the process that fruits and vegetables go through change if it was food you grew in your own garden?*
- *How can you and your family support farmers that live close to you?*