Pre-excursion resource

# My Food Journey

The Early Years, Level A–D, Foundation – Level 2

## Year

Kindergarten – Year 2

## Level

The Early Years, Level A–D (Towards Foundation), Foundation – Level 2

## Activity description

Students develop an understanding about food journeys from land to lunchbox. Students explore the growing, production and processing requirements of an apple seed that turn it into a food product. They create a visual representation of their food journey. This activity is best started in the morning before recess.

## Key topics

Food production

## Materials required

- Coloured pencils
- Access to smartboard or interactive whiteboard
- Scissors
- Student lunchboxes
- Worksheet: Where does my food come from?
- Roadmap of an Apple

## Instructions

1. Ask the students to get their lunchboxes from their bags and place them in front of them.

2. As a whole group, commence a discussion about food and food production. With access to a smartboard or interactive whiteboard, create a teacher-led mind map to share students' knowledge and keywords. An example of a mind map can be found in the background information section of this resource.

3. Ask students to open their lunchboxes and look at the food inside.

   Ask the following questions:

   - What food is in your lunchbox?
   - In your group what are the most common items of food?
   - Who has an apple in their lunchbox?
   - Where does food come from?
   - Where do the supermarkets get their food from?
   - If you couldn't get your food from the supermarket, where else could you find food?
   - What if there wasn't enough food to feed all the people?
   - Do you know a farmer? What do they grow or produce?

4. Distribute the Where does my food come from? worksheet. Students cut out each of the pictures at the bottom of the worksheet and glue the pictures into the correct circle to identify if the food comes from a plant or an animal.

5. Introduce the individual student challenge.

   Distribute the Roadmap of an Apple worksheet to each student. Using the information students have learnt from the mind map and the Where does my food come from? worksheet, students are challenged to create a "roadmap of an apple" from a seed to their lunchbox. The roadmap should include the following:

   - Seed growth requirements, e.g. sun, soil, water
   - Identify parts of the apple plant
   - Identify the equipment required
   - Draw how apples are harvested
   - Show how apples are processed
   - Identify where the apples are stored
   - Show how the apples are transported
   - Show different ways apples can be purchased
   - Demonstrate how the apple gets into a lunchbox

## Suggestions for assessment

Successful completion of the Where does my food come from? and Roadmap of an Apple worksheets.

## Curriculum links

**The Victorian Curriculum**

**Towards Foundation – Level D**

Examine and indicate the characteristics and properties of familiar designed solutions in at least two technologies contexts (VCDSTC008).

Explore and communicate the characteristics and properties of familiar designed solutions in at least two technologies contexts (VCDSTC011).

**Foundation to Level 2**

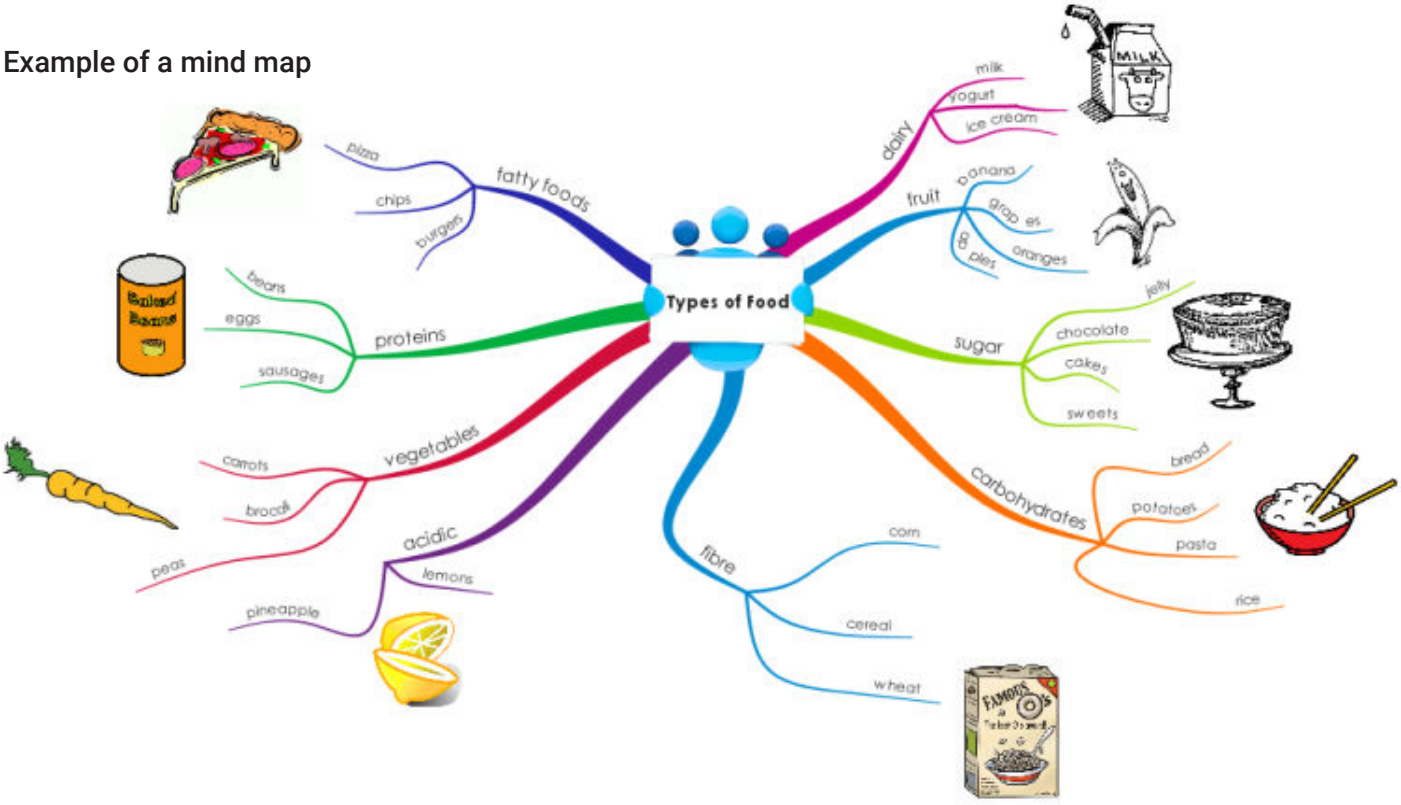
**Design and Technologies, food and fibre production**

Explore how plants and animals are grown for food, clothing and shelter (VCDSTC015).

Explore how food is selected and prepared for healthy eating (VCDSTC016).

## Background information

### Example of a mind map




*Reference: https://www.biggerplate.com/mindmaps/5hr6kuf6/types-of-food-by-shannon-and-amelia*

### Example of a roadmap

*Reference: https://www.freepik.com/free-vector/roadmap-infographic-template_15441313htm#&position=37&from_view=search&track=ais">Freepik</a>*

## Worksheet: Where does my food come from?

All our food comes from a plant or an animal. Cut out each of the pictures below. Place the pictures into the correct oval.

**Food from plants**

**Food from animals**

# Worksheet: My Food Journey – Roadmap of an Apple

Draw and label the journey of an apple from seed to lunchbox. Use the keywords below as a starting point.

**Keywords**

| | | | | | |
|---|---|---|---|---|---|
| Soil | Water | Seed | Supermarket | Coolroom | Tree |
| Harvest | Transport | Eat | Plant | Package | Sun |
| Apple | Seedling | Grow | Truck | Factory | Wash |