

# CORE ACTIVITIES

## FOOD ACTIVITY WORKSHEETS



### THE FIVE **N**s

In her book *Eat Up. Healthy Food for a Healthy Earth*, Candace Savage has listed five simple words to help us choose foods that are healthy for us and the environment. Basically, these words are:

#### **NUTRITIOUS**

- foods that nourish you and help you to stay healthy.  
Candace Savage refers to this as foods you **NEED** to keep you healthy.

#### **NATURAL**

- foods we eat that look like, or are as close to what they looked like, as when they were grown.

#### **NOW**

- foods that are grown in season, are fresh, or in winter are canned or frozen.

#### **NEAR**

- foods that are grown in your local area or region.

#### **NAKED**

- foods with little packaging.

### **1. NUTRITIOUS.**

Food that is nutritious is healthy for you and helps you to grow. Generally, nutritious food is food that is natural, or lightly processed. Natural foods keep most of their ability to nourish you. They do not contain additives. The second part of a nutritious diet is a wide variety of foods - different food groups, colours, textures, shapes - eat as many different types of food as possible.<sup>3</sup>

## 2. NATURAL.

The word 'processing' means to change, or alter something. With food, this includes a great many things! Check the **FOOD POSTER** for some of the ways food is processed. Refer back to your lunch. List the processes that your lunch went through:

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Processing food can be good. It can make food safe (pasteurizing milk), it can make food last longer (canned foods) and it can make food more interesting to eat (pasta instead of flour). Too much processing, though can take much of the goodness out of food and add things like extra sugar, salt and fat, and additives. Additives are things like colour, artificial flavour, and preservatives.<sup>4</sup>



Listed below are six ingredient labels from everyday grocery items. Read the ingredients and try to figure out what food they describe. Draw a picture of the product beside the label and record the food items in your portfolio.



### PRODUCT 1:

NAME: \_\_\_\_\_

#### Ingredients

- enriched wheat flour
- made from modified milk ingredients
- cheese (milk, bacterial artificial culture, salt, rennet pepsin and/or microbial enzyme, calcium chloride, lipase)
- salt
- sodium phosphates
- citric acid
- colour (tartrazine)
- lactic acid

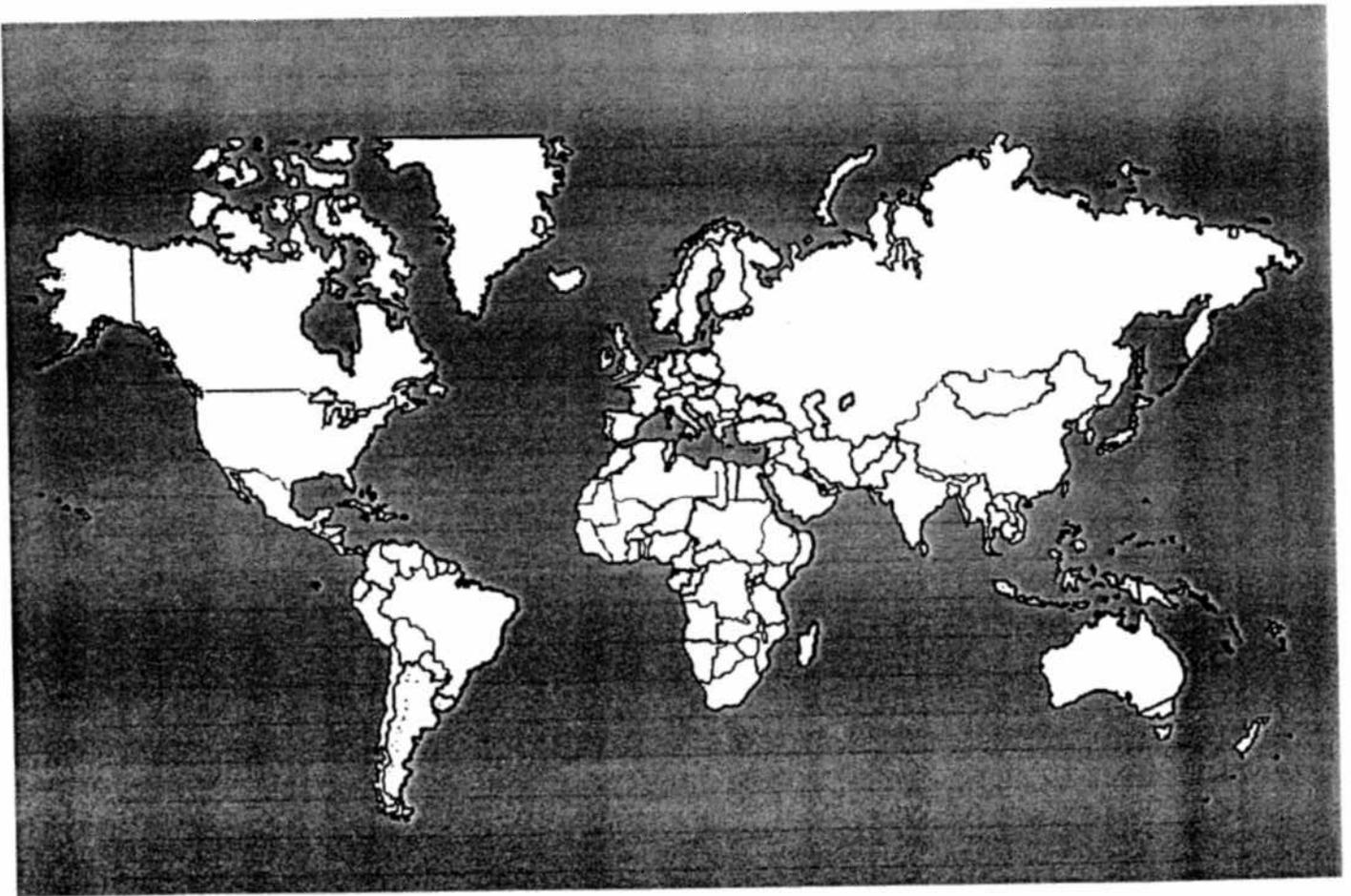
### 3. NEAR.

In North America, the food we eat travels an average of 2,400 km, most of it by truck. Moving food over great distances adds to air pollution, contributes to global climate change and wastes energy. In addition, moving food in large quantities has caused many farmers to overwork their land so that they may compete with cheaper imported foods. To do this farmers have increased the use of pesticides, fertilizers, heavy equipment and land.<sup>5</sup> All of this makes our Food Footprint larger. By choosing foods that are grown and processed nearby, we can reduce our footprint.

#### *What is local food?*

Draw where the various elements of the group's lunch came from on this world map. To find where foods are grown and manufactured, look on the package label for addresses, look for signs in the grocery store listing where food is from, call the manufacturer or look up foods in the encyclopedia.

#### WORLD MAP



## 4. NOW.

Now is very dependent on near. Now means eating foods that are grown in season, and eating food that is locally stored in winter. Now helps us to buy foods that are fresher and cheaper. Now means limiting the amount of food we eat that is "imported" or preserved. Preserving and importing foods can use a great deal of energy. Many locally grown foods, like vegetables, will last for months when stored in a cool place.

In winter, this means there will be fewer choices. Now does not mean that you should not have preserved foods to keep your diet healthy. It may be best to eat locally grown and locally processed foods through all the seasons. Winter is always a challenge, so we can eat frozen or canned fruits and vegetables and rely on storage crops like apples, potatoes, and carrots. It does mean think about your choices carefully to lessen your food impact.

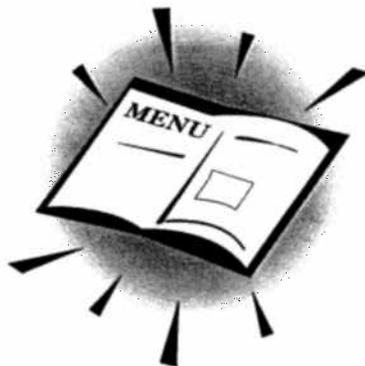
*List 25 foods that are grown locally, and list the season when they are available.* Ask your parents or friends, look at the foods in a farmers' market, look in a local garden, and ask your local grocer for suggestions.

	<b>LOCALLY GROWN FOOD</b>	<b>SEASON(S)</b>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____
11.	_____	_____
12.	_____	_____
13.	_____	_____
14.	_____	_____
15.	_____	_____
16.	_____	_____
17.	_____	_____
18.	_____	_____
19.	_____	_____
20.	_____	_____
21.	_____	_____
22.	_____	_____
23.	_____	_____
24.	_____	_____
25.	_____	_____



6. Use everything that you have learned about the **5 NS** to design a menu for one day. The menu should include suggestions for breakfast, lunch and dinner . It should be nutritious, natural, near (locally grown foods), now (in season or fresh foods) and naked. You may want to check it with a nutritionist to make sure it's healthy.

Identify on the menu where the **5 NS** are; what foods are near, naked, now, nutritious and natural. Pass out the menu to your classmates and plan and make a **5 N** lunch.



7. Make a list of suggestions under the following headings for ways in which you can reduce your Food Footprint:

<b>NUTRITIOUS</b>	<b>NATURAL</b>	<b>NOW</b>	<b>NEAR</b>	<b>NAKED</b>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
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_____	_____	_____	_____	_____



*Record them in your portfolio.*

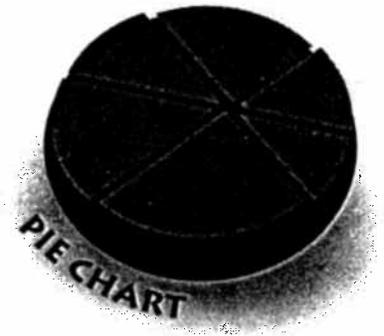
# GRAPHING DATA ACTIVITIES

## ORGANIZING FOOD DATA ACTIVITY

### CLASS FOOD DATA FROM DATA ORGANIZER

FOOD OUR CLASS CONSUMED	# OF SERVINGS
Meat Alternatives (peanut butter, beans, tofu)	_____
Meat	_____
Vegetables	_____
Fruit	_____
Grain Products	_____
Dairy Products	_____
Other	_____

Represent the class food data on a pie chart.



### ANALYZING YOUR GRAPH

1. What kind of foods were in the "other" category? \_\_\_\_\_  
\_\_\_\_\_
2. Describe what your pie chart shows.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Which food groups do you think contribute to a larger Ecological Footprint? Why?  
\_\_\_\_\_  
\_\_\_\_\_
4. What are some ways that you could reduce your Food Footprint?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_