

# CAPSTONE LESSON 01

## EXPLORING OUR FOOD SYSTEM

### Today's Objectives:

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- ✓ Follow the journey of a food item through the supply chain.
- ✓ Explore relationships among food, health, society, and the environment.

### Today's Date:

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- ✓ Explain why studying the food system is important.

### Warm-up: Food Systems Brainstorm

#### Step 1:

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List the ingredients in a recent meal you ate.

**Think about:** What activities are involved in getting these ingredients to our plates? For example, how are the raw ingredients transformed into something we could eat? Who are the people involved at each step?

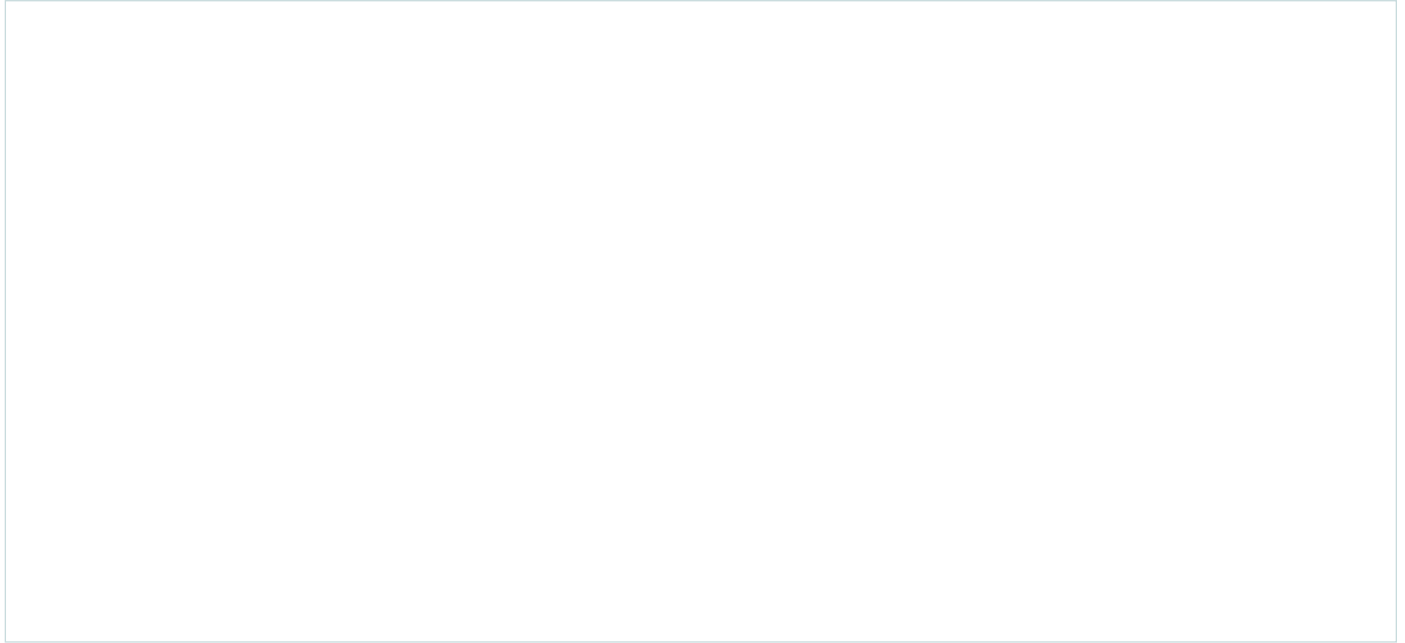
## Step 2:

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In your group, brainstorm one of the following themes below.

1. Resources involved in each activity
2. Effects of each activity on health, society, and the environment
3. Influences on each activity

Be prepared to share out your responses to the classroom.



## Main Activity: Food Systems Infographic

### Step 3:

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After you are familiarized with the FoodSpan Infographic, prepare to discuss the following:

- Is there anything you would add to or change about our diagram(s)?
- Is there anything you would add to or change about the FoodSpan Infographic?
- Are any parts of the infographic surprising?
- Why is it important to look at every part of the food system?
- What part are you most interested in learning more about?

### Optional Activity: John Muir Quote

*“When we try to pick out anything by itself, we find it hitched to everything else in the universe.” – John Muir*

## Step 4:

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Pair up and discuss the quote above using the following questions. Record your thoughts below.

- What did Muir mean?
- Do you agree with Muir's statement?
- How does it relate to the food system?
- What is one example of how food is connected to "everything else"?

## Main Activity: Exploring Connections in the Food System

### Step 5:

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After you finish the food system connection activity, prepare to discuss the following questions:

- What did this activity show you about the food system?
- What connections stood out to you?
- What connections do you want to learn more about?

## Wrap-up: Why Does the Food System Matter to Me?

### Step 6:

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Reflect on the following questions in the spaces on the next page.

**1. How can the ideas discussed today apply to your school's real food business?**

**2. Why does the food system matter to me?**

**3. Which part(s) of the FoodSpan Infographic do I relate to the most?**