

TAKING A HEALTHY BITE OUT OF CLIMATE CHANGE

Session #4: Take A Healthy Bite Out of Climate Change (Classroom Meal)		Date:
Teaching Point & Strategy: The goals of this session are to wrap up our unit about the impact that kids' lunches & snacks have on their carbon footprint, GHGs and climate change. But most of this session will be devoted to getting the students organized to prepare and eat a local, organic lunch.		
Resources: - Ingredients and Parent Support for Preparation of a Class Meal - List of Seasonal Menus and Snack Ideas - Lunchbox Carbon Footprint Activity		
BEFORE 1) If the assignment, Lunchbox Carbon Footprint has been assigned and completed, share outcomes. 2) Plan class meal with students: a) Shopping List considering seasonality b) How to source ingredients c) Parent/Volunteer Support	DURING Sample Menu for Our Local, Organic Lunch (There are many possibilities for this, please refer to supporting list of seasonal menus.) <ul style="list-style-type: none"> • Local Organic Pizza (to be prepared off site if no adequate kitchen facilities). • Local Organic Mixed Green Salad • Local Organic Simple Salad Dressing • Local Organic Strawberry Rhubarb Crepes, with whipped cream Possible Jobs <ul style="list-style-type: none"> • Set up buffet and slice pizza- 3 students and teacher • Make Salad Dressing- 6 students & volunteer • Make Crepes- 6 students & volunteer • Whip the cream - 4 students & volunteer • Clean up - 6 students 	AFTER 1) Enjoy meal together! 2) Begin discussion of potential actions the class could take: - school garden - preparing food regularly - food-based fundraiser 3) Share six steps to promoting local, organic food with the students.
Ontario Curriculum Expectations: <u>Health & Physical Education (Grade 5) - Healthy Eating</u> C3.1 Describe how advertising and media influences affect food choices (e.g., TV commercials, product packaging,), and explain how these influences can be evaluated to make healthier choices (e.g., asking for information about product ingredients and nutrients) <u>Health & Physical Education (Grade 6) - Healthy Eating</u> C3.1 Explain how healthy eating and active living work together to improve a person's general health and well-being (e.g., both provide more energy and contribute to improved self-concept, greater resistance to disease, and better overall health; both help a person to maintain a weight that is healthy for them) and how the benefits of both can be promoted to others		

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Teacher Assessment / Evaluation:

- Student participation level and co-operative working on meal preparation.

Optional Extension Activities:

- 1) Hold a fundraising activity where the food produced and sold is organic and locally grown. Students could include informational posters or pamphlets for other students who visit the sale.

TEACHER SUPPORT / REFERENCE:**Overall Message:**

Shifting to locally grown, organic, seasonal, whole foods in reusable lunch containers will reduce GHGs considerably compared to eating, non-organic, highly processed & packaged foods from long distances.

Modifying the kinds of food that school kids eat – in lunches & nutrition break snacks - will reduce their carbon footprints, help put the brakes on climate change AND make them healthier.

SIX STEPS TO MORE LOCAL, ORGANIC FOOD

- 1) Grow Something Yourself (in Your Own Backyard!)
- 2) Buy Certified Organic Food Directly From A Local Farmer/Producer
- 3) Cook and Eat Seasonally & Emphasize Local, Organic Food
- 4) Store or Preserve Food In Season for Year Round Eating (Fruit, Jams, Sauces, Veggies, etc.)
- 5) Ask For It Wherever You Shop or Eat
- 6) Learn About Fair Trade, Organic Food (www.transfair.ca)

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Let's Take a Healthy Bite Out of Climate Change - Tips for Classroom Cooking

The foods kids choose make can make a difference – climate *and* health-wise!

Locally grown, organic, whole foods eaten in season – and packed in reusable lunch containers – create far fewer greenhouse gases than the energy-gobbling alternative: non-organic, highly-processed, packaged foods that are shipped to Ontario from hundreds - even thousands - of kilometres away!

Modifying the high fat, sugar-loaded foods that many students eat will not only reduce their carbon footprints, it will help them to be healthier too.

We hope the ideas presented in this classroom series will convince your students that they *can* influence how food is grown, produced and consumed locally. And that they *can* take a healthy bite out of climate change!

Your Classroom Food Celebration

To see how easy and delicious this shift can be, we're offering some simple recipes and suggestions for preparing food right in the classroom – no kitchen needed in many cases! With your help, these snacks could become staples in your students' lunchboxes.

In our experience, students, teachers and classroom volunteers really enjoy the process of preparing food together – and then, of course, eating it!

Here are a few tips for a creating a classroom food celebration that applies the knowledge your students have just learned.

1. **Do what you can.** If planning and preparing a full meal doesn't work for you and your class, make a snack the first time around, or add something extra to Pizza Day, such as a mixed green salad with dressing.
2. **Local, Seasonal, Organic.** Menu planning needs to revolve around these three elements. Believe it or not, this will simplify things in the long run. Start by reading food labels where you would normally shop. You might be surprised at what you are missing. Expand to farmers' markets and direct farm purchasing by using local organic food directories found online. Bulk food and natural food stores carry a good supply of flour, grains and other dry goods that are in season all the time. Look for local sources of these items and ask for them if you can't find them.
3. **Timing is important.** Try *not* to start preparing food when the kids are really hungry – they may get restless, or worse!
4. **Emphasize hand washing** and go over the importance of cleanliness when handling food. Ensure they wash their hands again after going to the toilet, or if they cough or sneeze into their hands.
5. **Make sure to include time for set-up and clean up** in your plan. Divide the duties with all the kids, and – if you're using the staff kitchen – make sure it's left without a trace!
6. **Create a little atmosphere.** Real dishes and cloth napkins can create a sense of occasion. Setting up a buffet table, or having students serve the food, are also nice touches. (Ask your parent council for funds to buy a simple set of plates, bowls, cups

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and cutlery that can be used by all the teachers and classes. Schools that have done this find they get good use out of them).

7. **Try people power.** Using electrical appliances adds to the carbon footprint of food. It's often quite easy to replace fossil fuels – using a whisk to whip cream, for example - with kid power.

8. **Concoct a 'signature' version of a recipe.** What makes local food unique is – YOU and your students!

9. **Share your favourite recipes** from our collection, or use some of your own.

10. **Invite the principal** - or have your class create posters to promote this special food celebration. Let the rest of the school know what you are up to, even if you can't invite them all. This is your opportunity to share some important information about why food choices are important.

11. **Above all, enjoy!**

Please see our **Collection of Seasonal Classroom Appropriate Recipes** on the Educators resource on the COG Waterloo website www.cogwaterloo.ca

- ★ Raise Your Eyebrows, Knock Your Socks Off, Apple Cider, Chili Bean Dip
- ★ Bumpkin Cake (BUtternut Squash or Pumpkin)
- ★ "Cock-a-Doodle Noodle Soup
- ★ Dirt Wraps
- ★ Great Green Veggie Dip
- ★ Herb Garden Dressing
- ★ Honey-Kissed Carrot Cookies
- ★ Mmmmmultigrain Crepes
- ★ Panzanella or Tuscan Bread Salad
- ★ Pumpkin Custard
- ★ Quick n' Easy Applesauce Parfait