

# Grown Local

## *Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Students gain an understanding of Ontario-grown vegetables and fruit, as well as the benefits of eating locally grown food in terms of the economy, the environment, and freshness.

## Why Do It?

Many people are not aware of where their food comes from or of the benefits of buying locally grown foods. Students explore those benefits and share their findings with the class.

## How Do We Do It?

Working individually or in small groups, students brainstorm the effects of buying locally grown food on the economy, the environment, nutrition, cost, and other benefits. For example, buying local produce helps support local farmers, which helps our economy. The food travels a smaller distance, which helps the environment. The food is fresher and often tastes better.

Have Students answer the question, "How can you know if a product is grown in Ontario?"

Working individually or in a small group, students ask 3 adults the questions, "Is it a good idea to eat Ontario grown products? Why?"

Students share the answers from their interviews with the class.

## What Else Do We Need?

- Paper
- Writing utensils

## How Do We Get Creative?

Invite a local farmer into the class to share with the group the importance of eating local. Record the interview (with permission) and share it over social media.

Volunteers write a blog post highlighting main ideas from the interview.

Plan and conduct a field trip to visit a local community garden.