

Food and Nutrition Lesson Plan: Grade 6

Guide for Educators



Lessons include:

[Access to Food – A Journey Through the Food System](#)

Overview

This lesson addresses the Grade 6 [Physical and Education and Wellness Curriculum outcomes](#) and was developed using [age-appropriate food and nutrition literacy guidance](#).

Students will:

- Identify factors that affect access to food.
- Recognize where food can be accessed, both physically and online.
- Examine how food access influences nutritional choices in a variety of contexts.
- Explain factors influencing food choice.

Note: This lesson plan focuses on food systems, rather than individual access to food since access to food is beyond the control of individual students. This approach helps students understand the systems factors influencing food access.



Teaching considerations: To support students in developing healthy eating patterns, approach food and nutrition education in a way that promotes a [healthy relationship with food](#), recognizes that students may have [varying access to food](#), and [considers potential biases](#) towards food and eating practices.

Learning Outcome:

Students examine access to food and its effect on making decisions related to nutrition.



Refer to last page for the [Knowledge, Understanding, Skills and Procedures](#).

Teacher Background

A food system includes a complex chain of activities that brings food from the land to the table. Food systems have a direct impact on food access and the ability to make nutritious food choices. Modern food systems extend beyond local production and consumption, into the realms of global distribution, food processing, waste reduction, and digital food landscapes. In this lesson, students will explore how each of these interrelated steps in food systems impact food access, and ultimately, food choices.

As the original stewards of this land, Indigenous ways of knowing have sustained traditional food systems for thousands of years. Colonization has limited Indigenous people's ability to access and pass along the knowledge of traditional food systems. This lesson plan highlights Indigenous stories and teachings to help students gain a better understanding, respect, and connection to the land, plants, and animals that provide our food.

Additional Sources of Background Information

-  [About Food Systems](#) (Food System Dashboard)
Information on the components and drivers of a food system.
-  [Traditional Methods of Canning and Preserving Food: Recipes and Tips from Alberta's First Nations People](#) (Yellowhead Tribal Council)
History, stories, and instructions for traditional preserving practices with recipes that reflect traditional foods native to Alberta.

Lesson: Access to Food - A Journey Through the Food System

Estimated Time

- Presentation with discussions (~45 minutes)
- Food Systems Definition Activity (~15 minutes)
- Quiz Game: Nutrition and the Food System (~10 minutes)

Required Materials

- Interactive whiteboard or projector
- [A Journey Through the Food Systems presentation](#)
- [A Journey Through the Food Systems presentation \(educator version with notes\)](#)
- [Food System Definitions worksheet](#) (print 1 per student)

Instructions

1. A Journey Through the Food Systems presentation: This [presentation](#) provides information on how each part of the food system impacts food access and, ultimately, food choice. Refer to the [educator version of the presentation with notes](#) to guide the class through teaching points, discussion questions and activities.
 - Introduction to food systems (slides 1-6)
 - Food Systems Definition Activity (slide 7)
Have students complete the [Food System Definitions worksheet](#) independently. Use the Answer Key to review answers as a class.
 - Explore the food system (slides 8-18)
 - Explore factors influencing food choice (slides 21-23)
 - Wrap-up (slide 24)
2. Quiz Game: Nutrition and the Food System (slides 25-35)
The quiz game has multiple choice answers. Students can play individually or in teams.

Extension Activities (optional)

Optional activities to expand student knowledge:

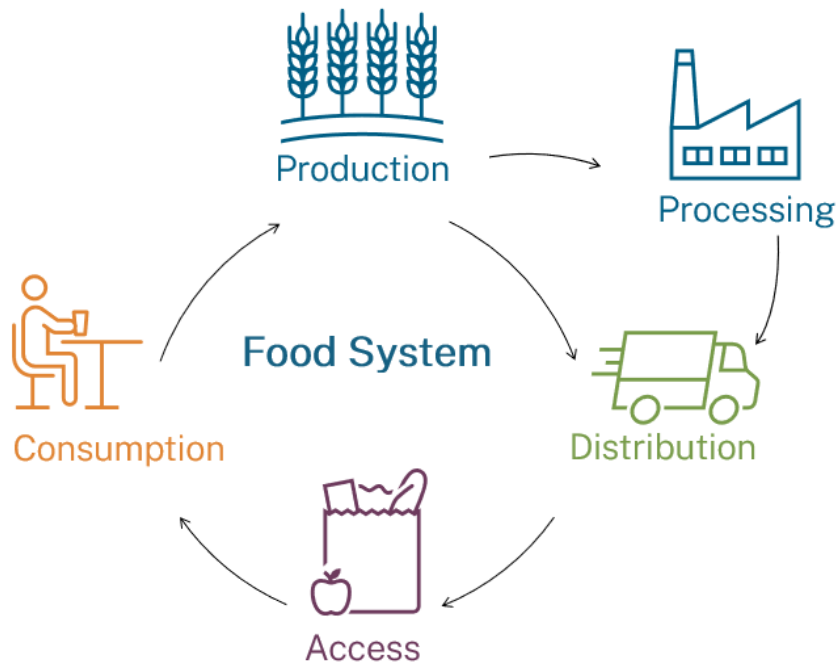
- [Bannock: More Than Bread!](#) (FANLit) - Explore the evolution of bannock based on ingredient access.
- Let's get Cooking [Video](#) and [Discussion Guide](#) (OPHEA) - Further explore factors affecting food choice.

Assessment

Completion of activities and worksheets.

Name: _____

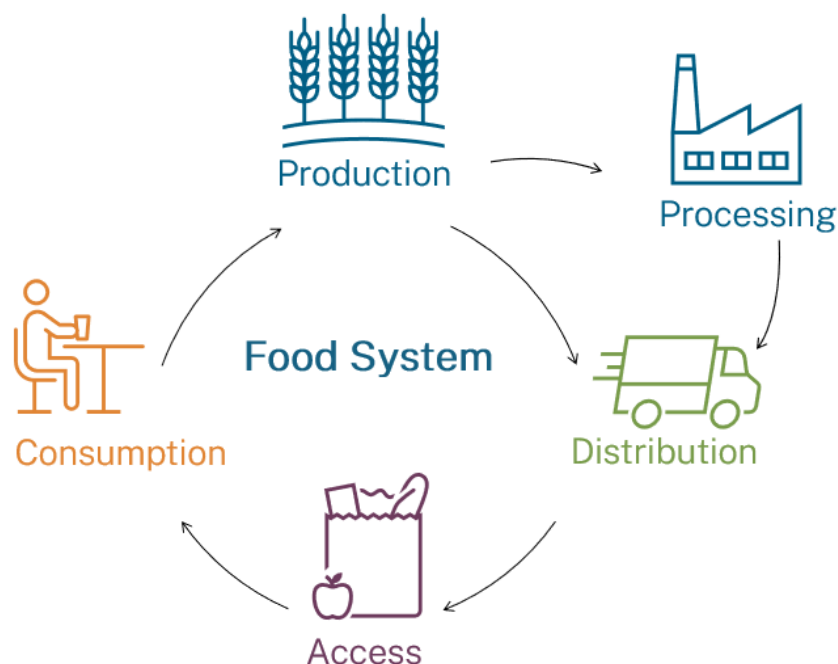
Food System Definitions



Match each step in the food system to its definition below.

- _____ Changing food ingredients into a different form. This includes canning, freezing, drying, cooking, baking, grinding grain, and smoking meat.
- _____ Eating the foods a person chooses for health and enjoyment. This is impacted by many external influences.
- _____ The steps involved in getting food from the farm to the table. This includes production, processing, distribution, access, and consumption.
- _____ The ability to purchase food, based on cost, choices available, quality of food, or equipment available.
- _____ When farmers, gardeners, and food producers plant, grow, raise, and harvest food.
- _____ Transporting both unprocessed and processed foods where people buy food (e.g. grocery stores, markets and restaurants).

Food System Definitions – Answer Key



Processing	Changing food ingredients into a different form. This includes canning, freezing, drying, cooking, baking, grinding grain, and smoking meat.
Consumption	Eating the foods a person chooses for health and enjoyment. This is impacted by many external influences.
Food System	The steps involved in getting food from the farm to the table. The steps include production, processing, distribution, access and consumption.
Access	The ability to purchase food, based on cost, choices available, quality of food, or equipment available.
Production	When farmers, gardeners, and food producers plant, grow, raise, and harvest food.
Distribution	Transporting both unprocessed and processed foods where people buy food (e.g. grocery stores, markets and restaurants).

Learning Outcomes

Bolded KUSPs from the Grade 6 [Physical Education and Wellness](#) curriculum are addressed in this lesson plan.

Knowledge:	Understanding:	Skills and Procedures:
<p>Factors that affect access to food include</p> <ul style="list-style-type: none"> • season • cost of food • budget • food-preparation skills • location <p>Access to food includes</p> <ul style="list-style-type: none"> • the land • farms and gardens • grocery stores • farmers' markets • restaurants <p>Whole foods can be more expensive than processed foods.</p>	<ul style="list-style-type: none"> • Access to nutritious and traditional foods is different for individuals and is affected by a variety of factors. 	<ul style="list-style-type: none"> • Identify factors that affect access to food.
<p>Access to food includes availability of food that meets individual dietary and cultural needs and food preferences.</p> <p>Lack of access to food can affect well-being.</p>	<ul style="list-style-type: none"> • Access to food affects nutritional intake and an individual's ability to make balanced food choices. 	<p>Discuss the effects of limited nutritional food choices on physical and mental well-being.</p>
<p>Contexts where nutritional choices may be affected include</p> <ul style="list-style-type: none"> • restaurants • social and recreational events • learning environments <p>Cost of food can vary depending on context.</p> <p>Energy-dense fast foods are easier to access than nutritious foods.</p>	<ul style="list-style-type: none"> • Access and cost within a variety of contexts can affect nutritional choices. 	<p>Examine how access affects nutritional choices in a variety of contexts.</p> <p>Compare cost of food in a variety of contexts.</p>