

Grade 6: A Journey Through the Food System

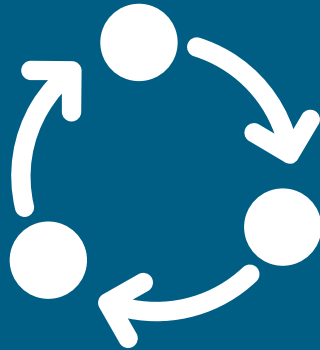


Developed by AHS, Nutrition Services in consultation with the Body Image Research Lab at the University of Calgary's Werklund School of Education – April 2025

Indigenous Traditional Food Practices



What is a food system?

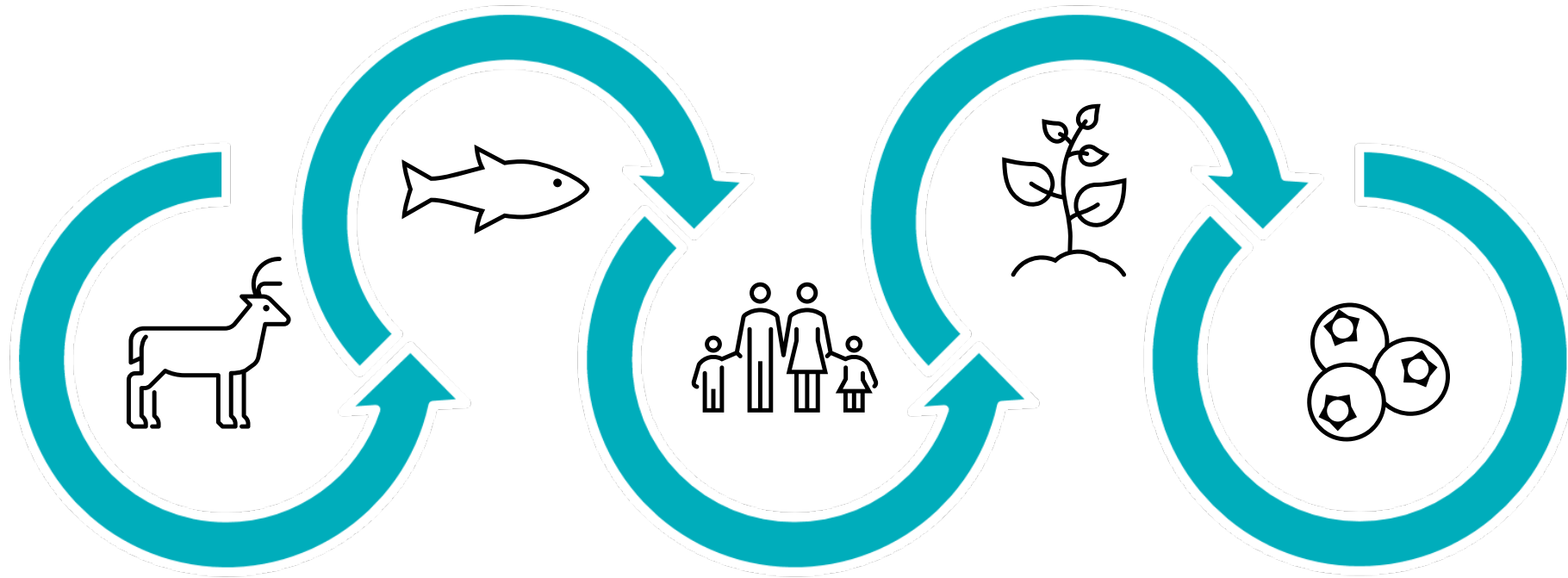


What is involved in a food system?



What influences the food available to us?

Indigenous Traditional Food Practices



Indigenous Food Harvesting



The Honorable Harvest

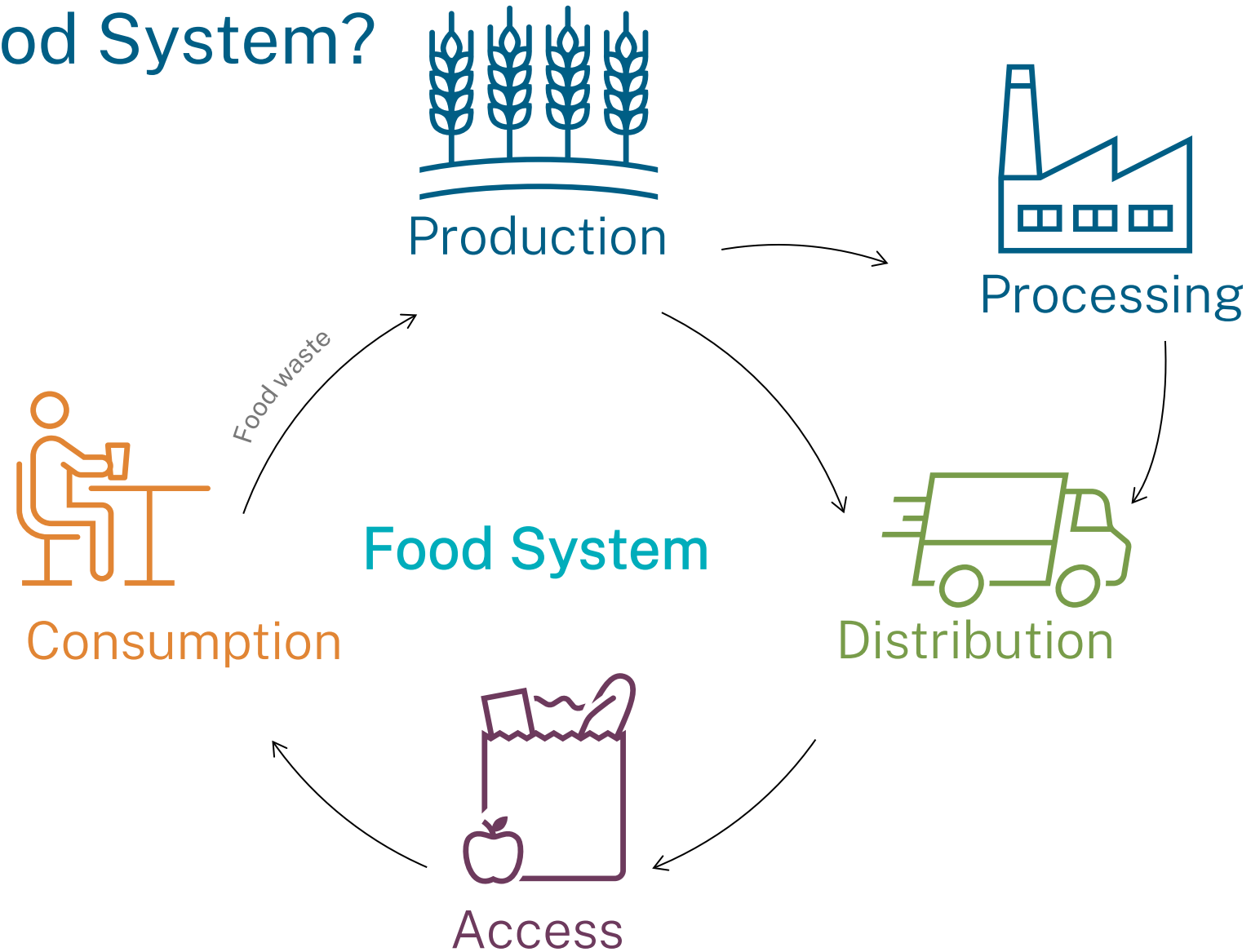
<https://www.youtube.com/watch?v=cEm7gblax0o&t=17s>

Indigenous Smoke House



<https://www.youtube.com/watch?v=nPYc-hYUYPQ&t=39s>

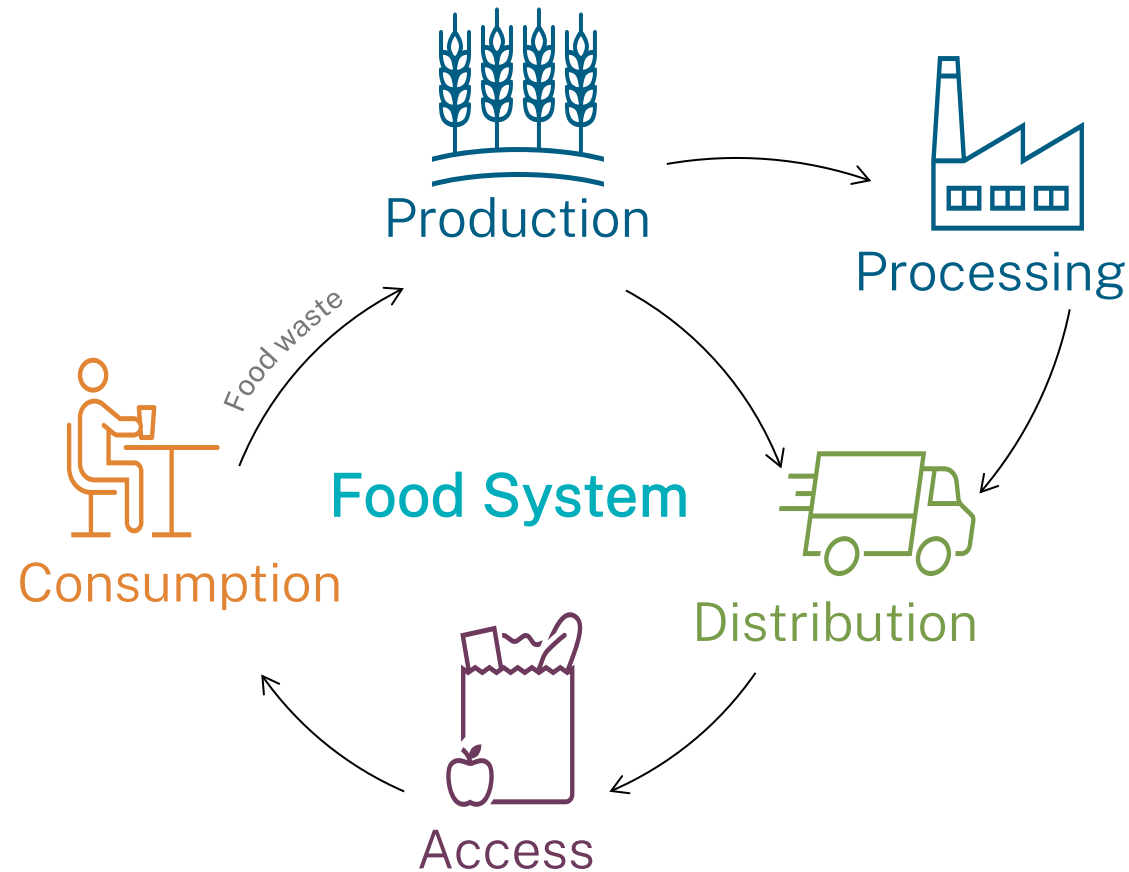
What is a Food System?



[PLAY VIDEO](#)

Food System Definitions

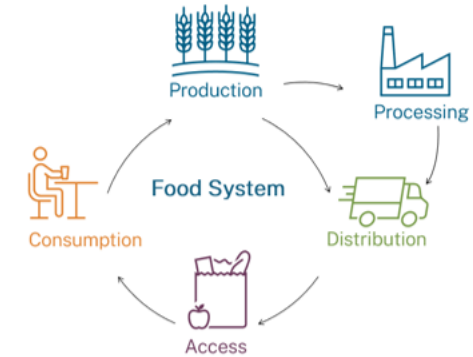
Worksheet



Grade 6

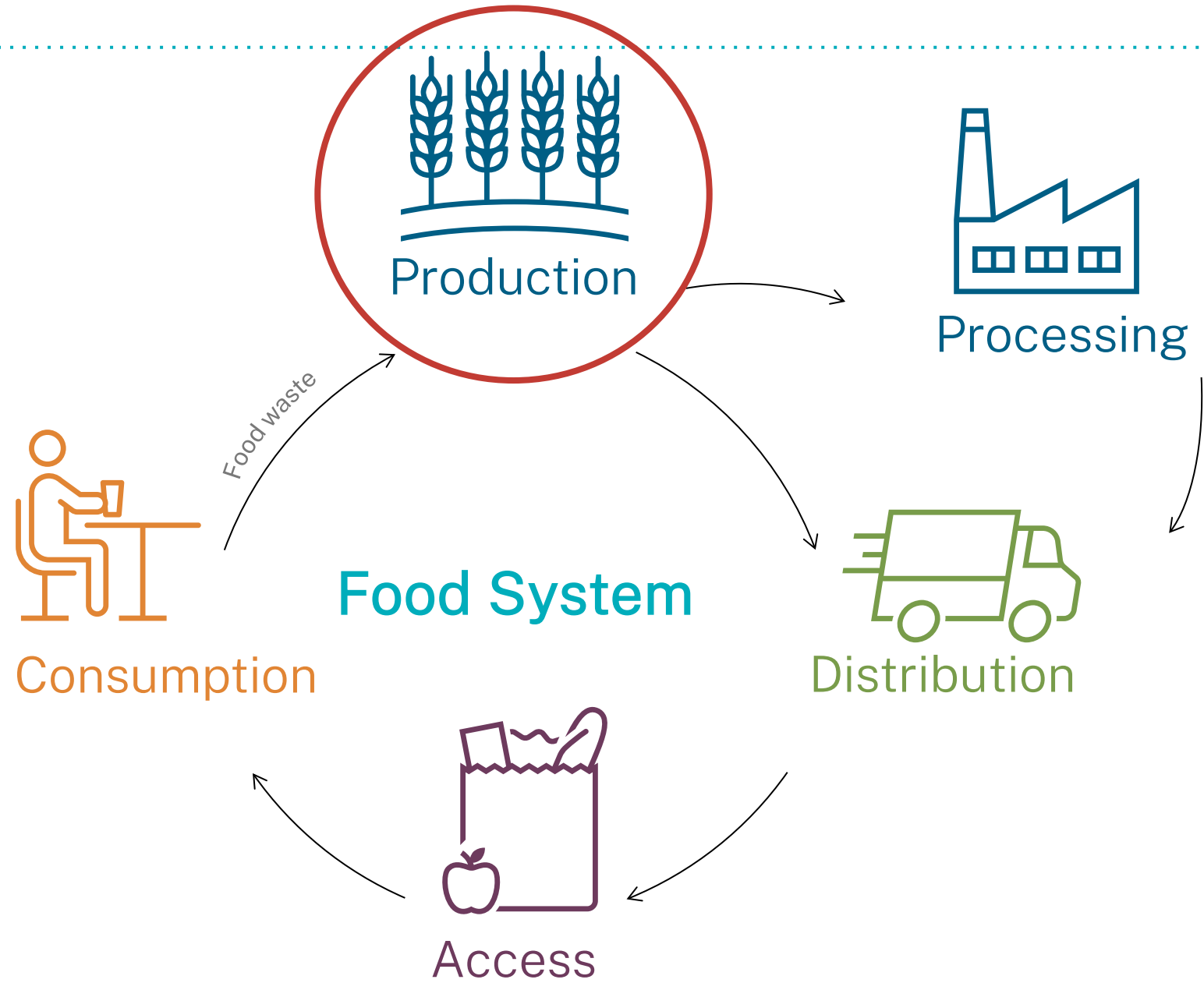
Name: _____

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).



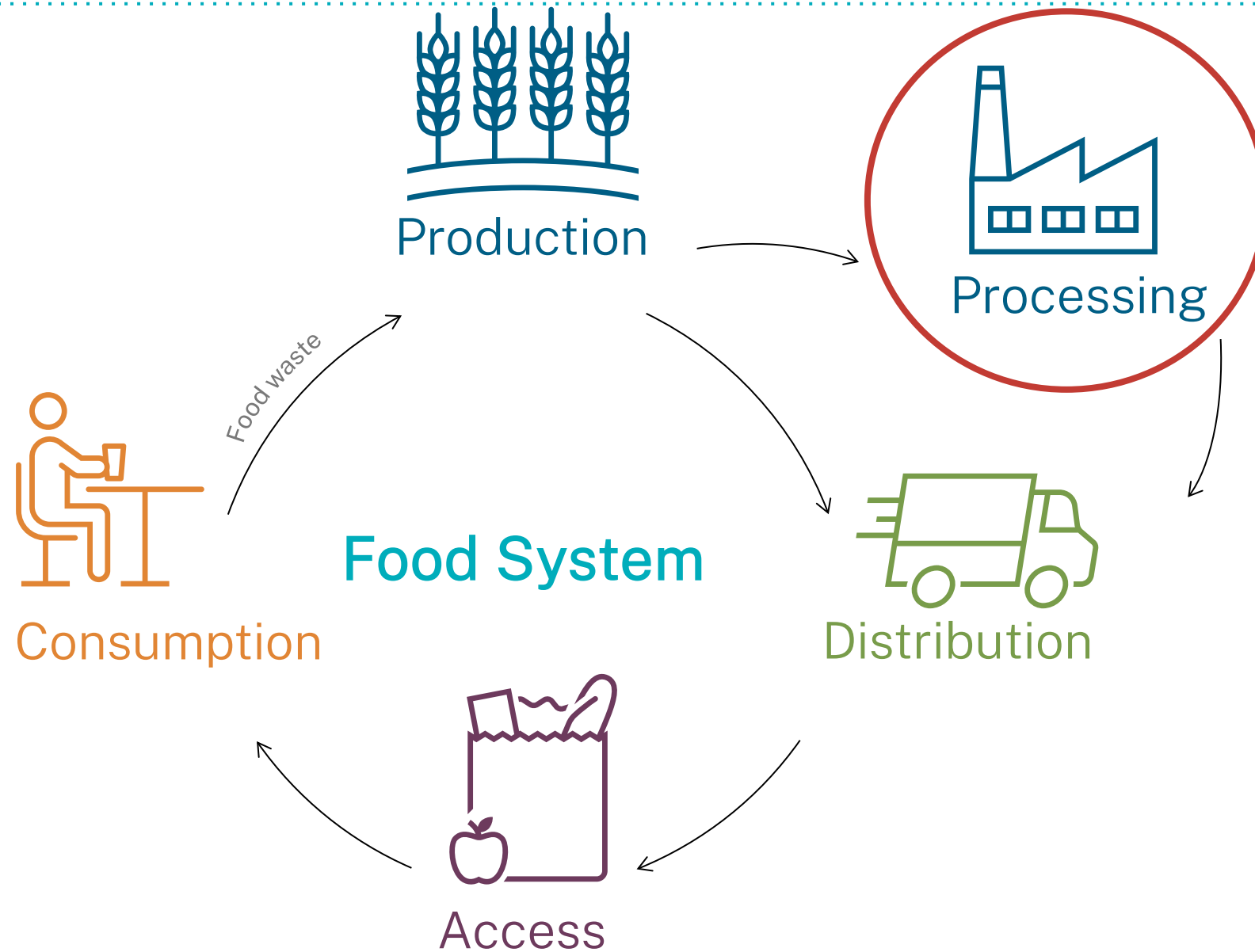


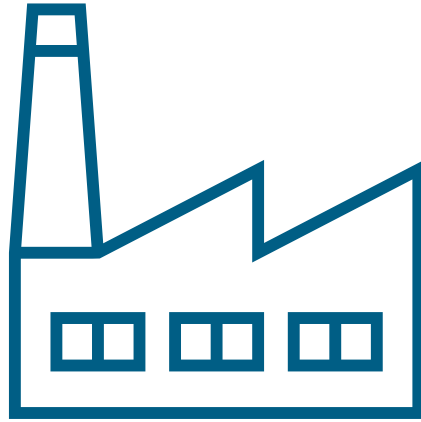
When farmers, gardeners, and food producers
plant, grow, raise, and harvest food.



Food Production / Harvesting







Processing

Changing food ingredients
into a **different form**.



Canning



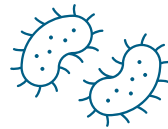
Freezing



Drying



Grinding



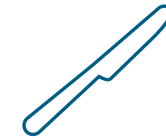
Fermenting



Smoking



Heating

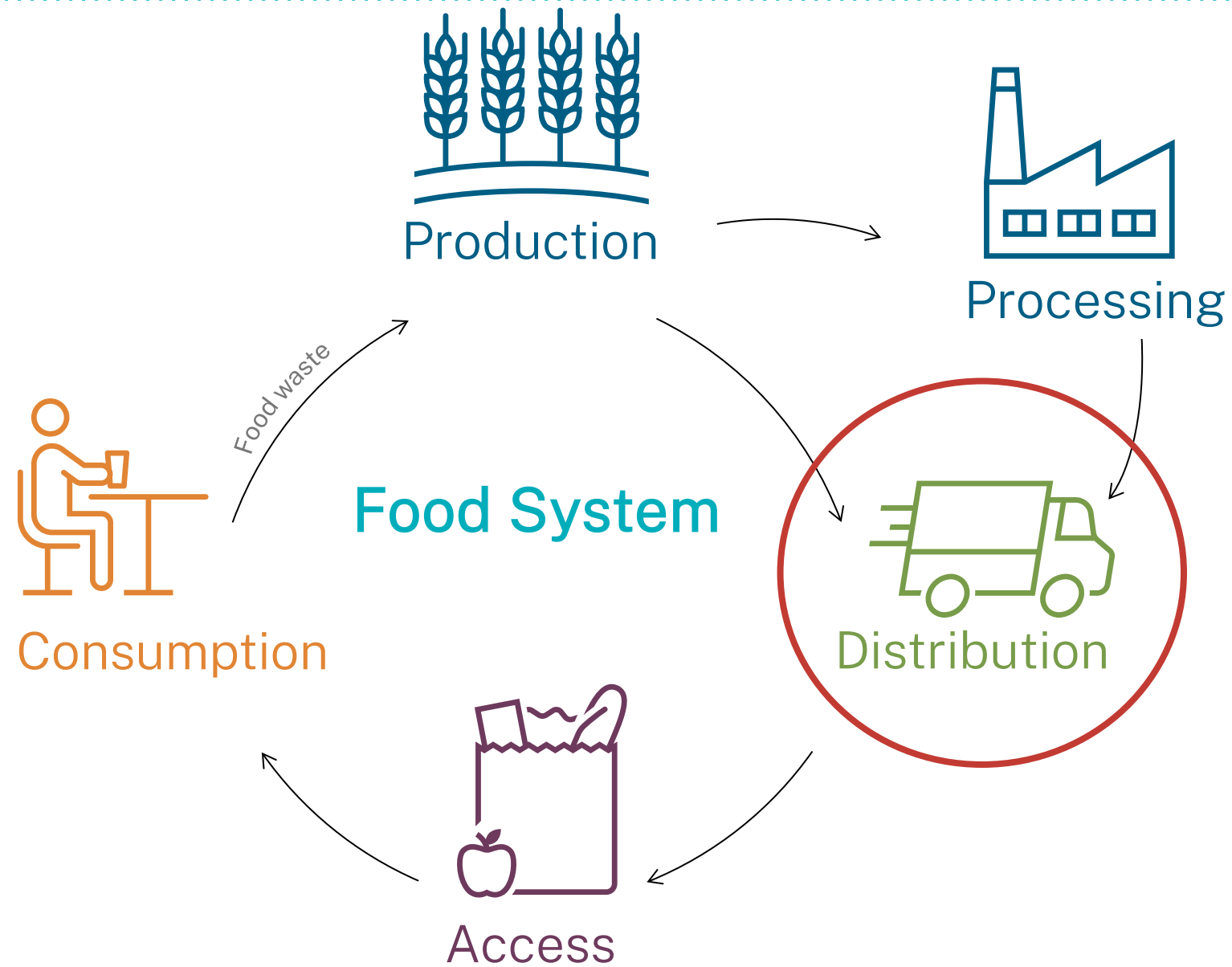


Cutting



Food Processing







Distribution

Transporting foods to where people buy food
(examples: grocery stores, markets and restaurants).



Local Distribution

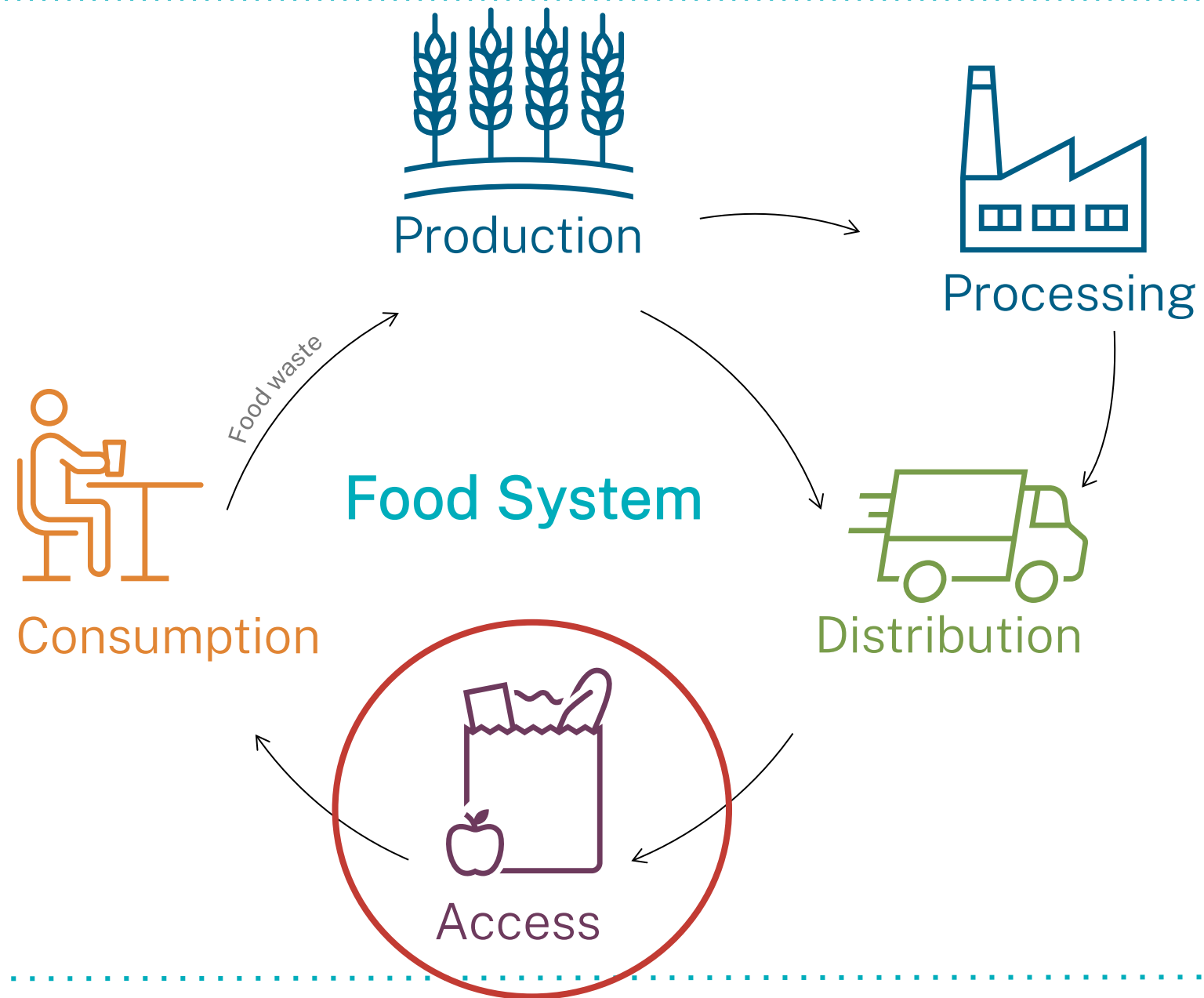


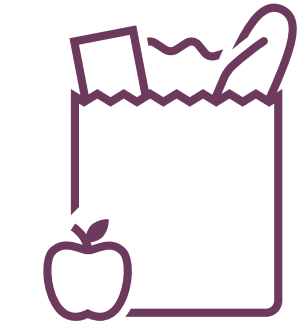
Global Distribution



Food Distribution







Access

The ability to access food, based on **cost**, **choices** available, **quality of food**, or **equipment** available.



Grocery Store



Online Grocery/
Meal Delivery



Food Delivery
App



Convenience
Store



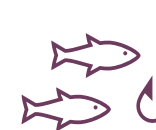
School



Restaurant



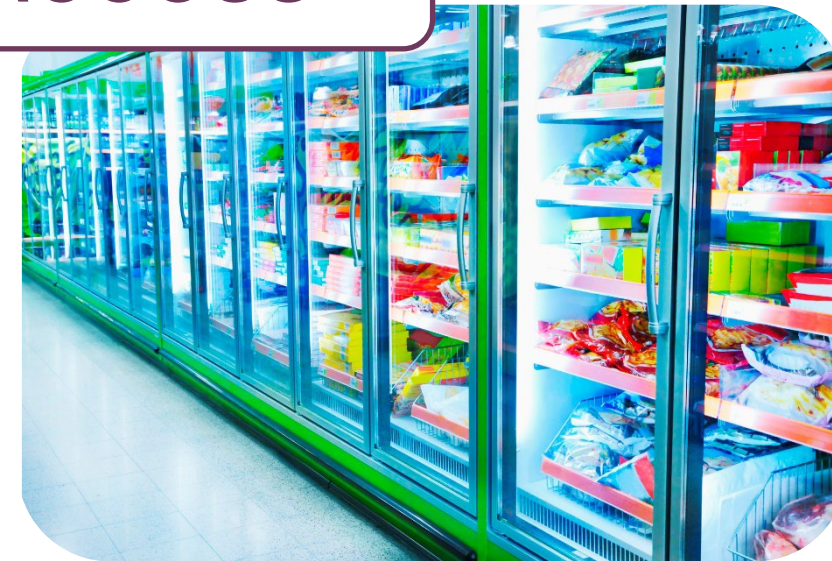
Farmer's Market

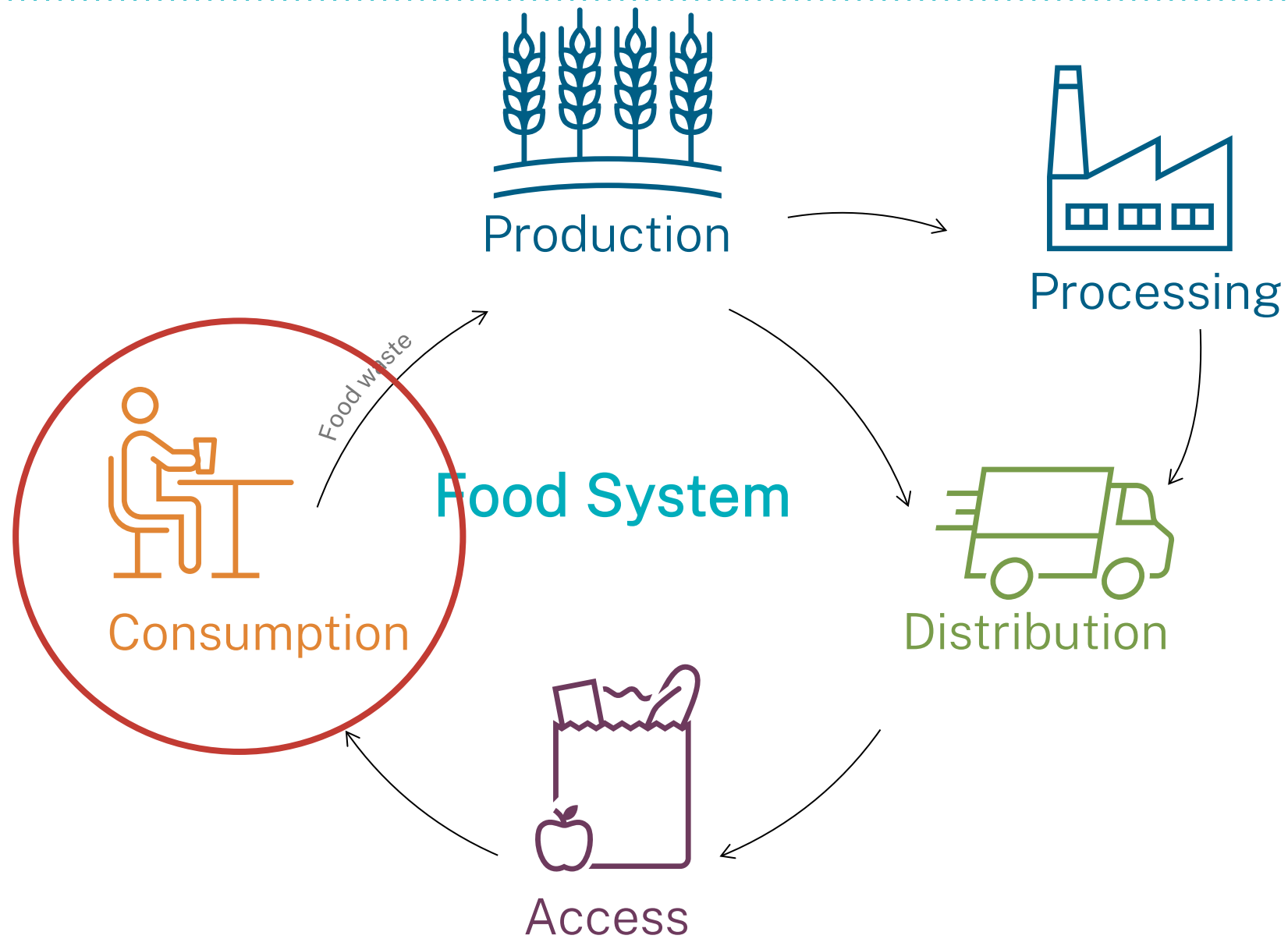


Land or Water



Food Access







Eating the foods a person chooses for health and enjoyment.

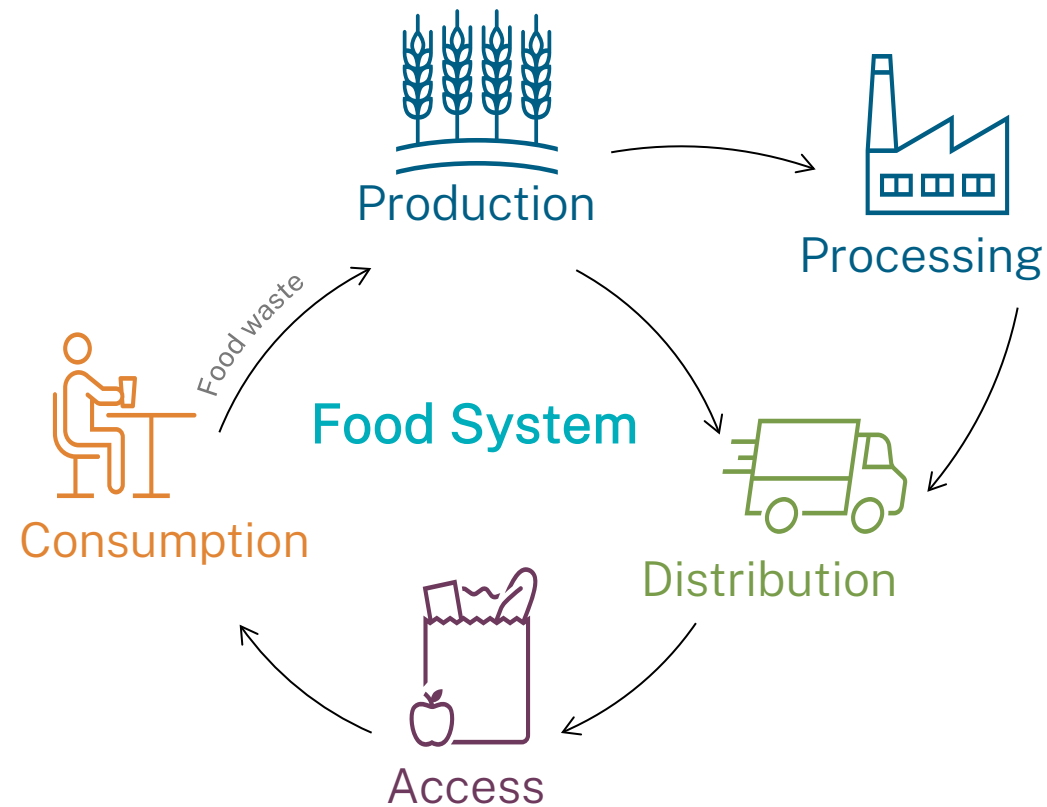
Consumption



Food Consumption



What influences the food available to us?



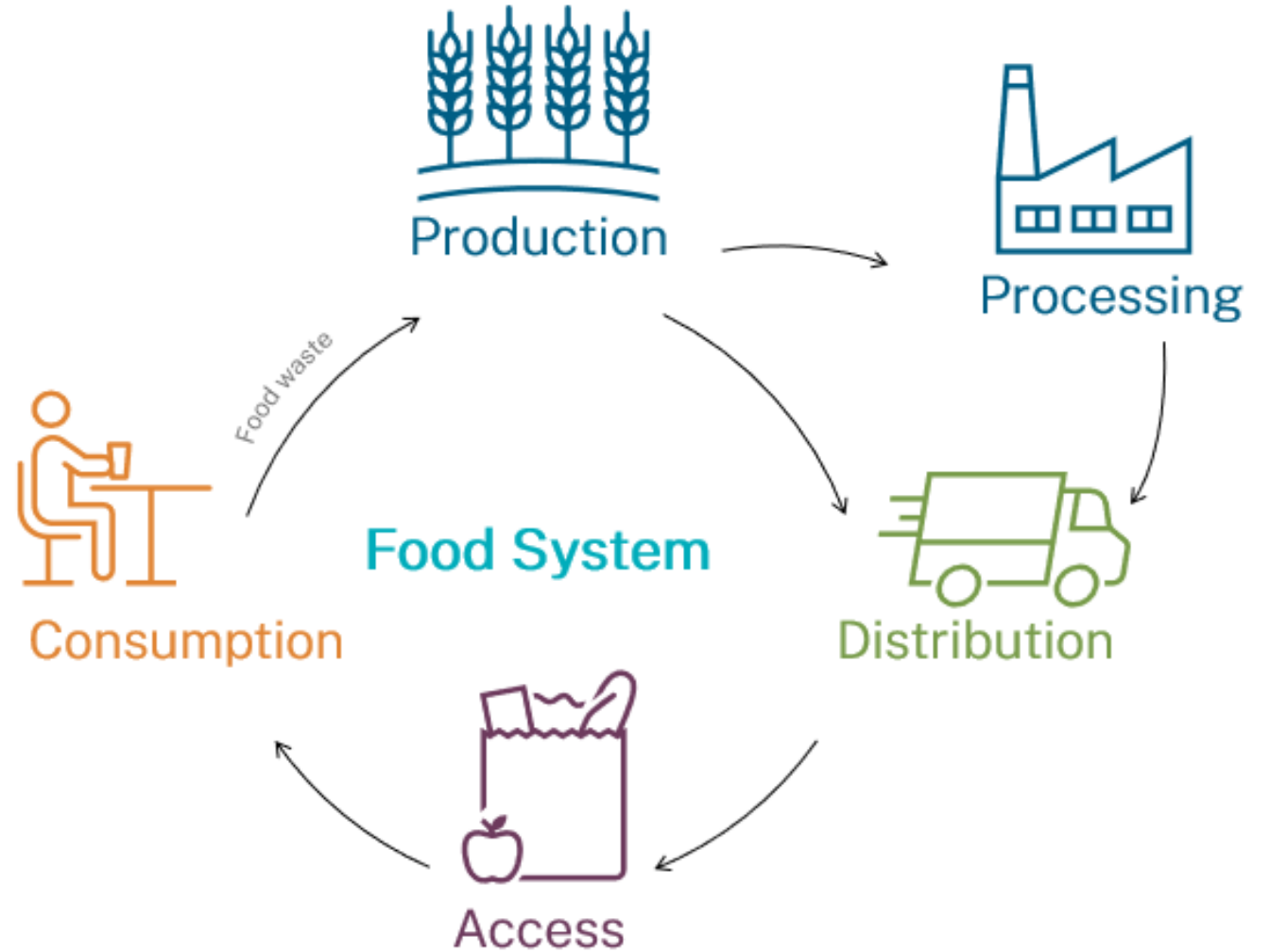
- Weather (good or bad)
- Length of growing season
- Food processing (food lasts longer)
- Transportation
- Location - access to grocery stores



Questions?

Quiz Game

Nutrition and the Food System



It was a hot, dry summer with several large hailstorms passing over Southern Alberta. Later, it was difficult to find barley and split peas in store. What was the primary step in the food system that was impacted by the weather?

- a) Processing
- b) Consumption
- c) Production
- d) Distribution



It was a hot, dry summer with several large hailstorms passing over Southern Alberta. Later, it was difficult to find barley and split peas in store. What was the primary step in the food system that was impacted by the weather?

- a) Processing
- b) Consumption
- c) Production
- d) Distribution



Correct answer: c) Production

Of these Albertan communities, where would buying food be the most expensive?

- a) Lethbridge
- b) Fort Chipewyan
- c) Edmonton
- d) Red Deer



Of these Albertan communities, where would buying food be the most expensive?

- a) Lethbridge
- b) Fort Chipewyan
- c) Edmonton
- d) Red Deer



Correct answer: b) Fort Chipewyan

Where would you likely find the most choices from Canada's food guide?

- a) Corner store
- b) Rodeo grounds
- c) Grocery store
- d) Fast-food restaurant



Where would you likely find the most choices from Canada's food guide?

- a) Corner store
- b) Rodeo grounds
- c) Grocery store
- d) Fast-food restaurant



Correct answer is: c) Grocery store

When we process the foods that have been grown and harvested we...

- a) Change a food so it doesn't last
- b) Change a food so it lasts longer
- c) Increase the variety of foods we can eat all year long
- d) B and C



When we process the foods that have been grown and harvested we...

- a) Change a food so it doesn't last
- b) Change a food so it lasts longer
- c) Increase the variety of foods we can eat all year long
- d) B and C

Correct answer is: d) B and C



The foods we eat can change over time.
This may be due to

- a) Access/availability
- b) Time of the year
- c) Cost
- d) Personal choice or health needs
- e) All of the above



The foods we eat can change over time. This may be due to

- a) Access/availability
- b) Time of the year
- c) Cost
- d) Personal choice or health needs
- e) All of the above



Correct answer is: e) All of the above
