# Written Activity One

## Where does my food come from?

1. **List** as many food products as you can in the table below. Examples have been provided.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Grains (cereals)** | **Vegetables and Legumes/ Beans** | **Lean Meats, poultry, fish, eggs, tofu, nuts and seeds, and legumes/ beans** | **Fruit** | **Milk, yoghurt, cheese and/or alternatives,** |
| Quick Oats | Baked Beans | Chicken thigh fillets | Canned peaches | Ricotta cheese |

1. **Select** a food product from one of the categories listed above.
2. **Research** what the food system of this food product might be like and **record** your notes below.

|  |  |
| --- | --- |
| **Stages in the Food System** | **What happens to this food?** |
| Primary Production |  |
| Processing and Packaging |  |
| Distribution and Access |  |
| Media and Marketing |  |
| Consumption |  |
| Waste Management |  |

1. **Create** a PowerPoint presentation that shows the food system for this product.
2. **Present** your PowerPoint presentation to your class.

# Written Activity Two

## Food System Infographic

1. Working in small groups, **brainstorm** what a food system might be like for a person in your community.
2. **Create** an infographic of this food system using <https://www.canva.com/>.

# Written Activity Three

## Visual Brainstorm Diagrams

1. **Create** a visual brainstorm diagram of the factors that influenced the emergence of the different food systems.

# Written Activity Four

## Faith and Food

1. In small groups, **select** one of the religions listed below.

* Christianity;
* Buddhism;
* Hindu;
* Islam;
* Judaism; and
* Sikh.

1. **Research** and **prepare** a presentation about this religion and the food its followers consume.

* Your presentation should include the following:
* A brief account of this religion and its beliefs.
* Foods that its followers are permitted to eat.
* Foods that its followers are not allowed to eat.
* Special occasions, events, and festivals associated with this religion.
* Details about the foods served at these special occasions, events, and festivals.
* A typical meal for followers of this religion.