

FOOD MILES CHALLENGE | TEACHER GUIDE



Activity Overview:

In this challenge, students will research local farms. They will make an advertisement poster for the local farm of their choice and explain how supporting local farms promotes personal and environmental health! These posters will then be displayed to inform others.

Prep Time: 15 minutes (gathering materials)

Activity Duration: 1-1.5 hours (research, poster creation)



STANDARDS ALIGNMENT

Common Core

- *W.5.2 Write informative/explanatory texts to examine a topic and convey ideas and information clearly.*

NGSS

- *5.ESS3.1 Obtain and combine information about ways individual communities use science ideas to protect the Earth's resources and environment.*

MA Comprehensive Health

- *3.7.CE.4 Describe ways that the community can impact the health of people within that community.*

MATERIALS NEEDED

- [Link to Mass.gov farm resource](#)
- *Poster template*
- *Student computers*
- *Writing materials*
- *Coloring materials*



BACKGROUND INFORMATION

Foods in the grocery store often come from all over the world. The further food travels, the more pollution is created through the transportation process. The distance food travels to reach the consumer is called food miles. This transportation process releases carbon dioxide into the air which traps heat from the sun causing our climate to warm. Locally grown food has a smaller impact on the environment than food grown farther away. Buying locally reduces the distance food has to travel which, in turn, reduces pollution from transportation. Buying locally sourced products also supports local economies and smaller farms. It can even encourage new local employment and job opportunities in the community. Shopping at farmers markets is an easy way to buy local and continuously support local growers. Another reason for buying local, is the nutrition of the produce itself. Nutrient loss happens when fruits and vegetables are picked before they are ripe so they don't rot by the time their journey brings them to the grocery store. Harvesting fruits and vegetables prematurely prevents them from gaining all the possible nutrients. If food is grown closer to the consumer, the fruits and vegetables can be picked when they are actually ripe. Being conscious of where food is grown not only lessens environmental impact, but also ensures the consumer is getting the most nutrients from their food.

ACTIVITY RUNDOWN



1. Set out materials for students.
2. Go over the activity with the students and explain that they will need to research and select a local farm to advertise.
3. Send students to research and select a farm to advertise.
4. Once students have selected a farm, they will identify 2 ways buying meat and produce locally promotes both personal health and environmental health.
5. Once students have compiled all of their information, they can start filling out their poster template and coloring it to make it eye-catching.
6. Completed posters should be placed in the hallway to advertise the selected farms to staff and students!