

## Maker Way Project Template “Local Food” Challenge

### Overview

Our food often travels thousands of kilometers: from where it is produced to where it is sold and finally reaches our plate. It is important to consider the potential issues and benefits of the different scales of food distribution: local, regional, national and international.

### Design Rationale

We are currently seeing environmental, economic and ethical concerns with where our food comes from, eating food out of season and the various costs associated with this.

### Problem Scenario

Your task is to design one meal per season using mainly\* B.C. local and seasonal ingredients.

- Identifying local seasonal fruits and vegetables along with dairy and meat producers.
- Understand differences in cooking techniques according to season:
  - Winter: heartier approach such as braising, roasting, stewing
  - Summer: grilling, raw, steaming and preserving

### Parameters

Parameters for this project will vary depending on the class. Please consider the following when organizing this project:

- Understanding what BC grows and produces along with what time of year
- Understanding seasonal cooking techniques
- Addresses environmental, economic and ethical benefits and restrictions of choosing local

### Success Determinants

- Does it meet a budget?
- Is there a shopping list for 30 portions for the class?
- Does it use BC products?
- Does it taste good? What is the presentation like?

### Costs

- Food Cost – is there a maximum ingredient cost per group?
- Equipment Cost – do you have access to a Foods Lab? Grant can be used for tools and portable burners.

\*up to educator to choose if challenge must use 100% BC ingredients or “mostly” BC Ingredients.

**Curricular Connections – Grade 6 cross-curricular example** (project can be adapted for other grades, a grade 2 class used this project and received a grant from the ITA)

### **ADST 6**

*Competency:* Follow design cycle (Understanding Context, Defining, Ideating etc...)

*Content:* Basic food handling and simple preparation techniques and equipment  
Factors in ingredient use, including balanced eating/nutrition, function, and dietary restrictions  
Factors that influence food choices, including cost, availability, and family and cultural influence

### **Physical and Health Education 6**

*Competency:* Investigate and analyze influences on eating habits

*Content:* Explore and plan food choices to support personal health and well-being

### **Career Education 6**

*Competency:* Recognize their personal preferences, skills, strengths, and abilities and connect them to possible career choices

*Content:* Local and global needs and opportunities

### **Social Studies 6**

*Competency:* Differentiate between short- and long-term causes, and intended and unintended consequences, of events, decisions, or developments

*Content:* Economic policies and resource management, including effects on indigenous peoples

### **Mathematics 6**

*Competency:* Engage in problem-solving experiences that are connected to place, story, cultural practices, and perspectives relevant to local First Peoples communities, the local community, and other cultures

*Content:* Introduction to ratios