

## Maker Way Project Template “Emergency Preparedness Meal” Challenge

### Overview

PreparedBC has listed earthquakes, tsunamis, floods and wildfires are just some of the potential hazards in British Columbia. It is important to be prepared for a variety of potential scenarios. They recommend to store enough non-perishable food to feed your family for three days.

### Design Rationale

In the event of an emergency, before resorting to using the supply of non-perishable meals, it is important to consider the edible perishable food available for consumption. Once all perishable food are consumed, what non-perishable meals will you have prepared in your emergency kit?

### Problem Scenario

Your task is to create an emergency meal that will feed a family of four. This emergency meal will need to be stored and not require refrigeration. If the emergency happens, electricity will not be available. Therefore, the meal must be ready to eat, without needing to be cooked and using minimal equipment to prepare it.

### Parameters

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

- Will students work in groups?
- How many days do they have to research and prepare?
- How will they be introduced to canning and other food preserving methods?
- Will they create all meals planned?
- How often will a group create a meal (e.g. one group per week)?
- How should they prepare a shopping list?
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### Success Determinants

- Meets a \$5 budget (or?)
- No cooking (ready to eat)
- Minimum equipment needed
- Minimum waste

### Costs

- Food Cost – is there a maximum ingredient cost per group?
- Food / Ingredients
- Kitchen equipment kit
- Canning / processing stuff / serving
- Plates and cutlery, etc.

**Curricular Connections – Grade 7 cross-curricular example** (project can be adapted to other grades)

**ADST 7**

*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

**Physical and Health Education 7**

*Competency:* Investigate and analyze influences on eating habits

*Content:* Factors that influence personal eating choices

**Career Education 7**

*Competency:* Appreciate the value of new experiences, innovative thinking and risk-taking in broadening their career options

*Content:* Problem-solving and decision-making strategies  
Cultural and social awareness

**Social Studies 7**

*Competency:* Explain different perspectives on past or present people, places, issues, or events, and compare the values, worldviews, and beliefs of human cultures and societies in different times and places

*Content:* origins, core beliefs, narratives, practices, and influences of religions, including at least one indigenous to the Americas

**Mathematics 7**

*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:* Relationships between decimals, fractions, ratios, and percents