Keep it local

Help the planet by ... choosing locally grown fruit and vegetables

Students investigate the concept of food miles as it relates to fruit and vegetables, and devise ways to choose more Australian and locally grown produce.

Learning Outcomes

- **PD2-6** Describes how contextual factors are interrelated and how they influence health, safety, wellbeing and participation in physical activity
- **PD2-7** Describes strategies to make home and school healthy, safe and physically active spaces
- **MA2-4NA** Applies place value to order, read and represent numbers of up to five digits
- **MA2-5NA** Uses mental and written strategies for addition and subtraction involving two-, three-, four- and five-digit numbers

Resources and Preparation

Resources

- Worksheet 13 – Where is it grown?
- Access to Google Earth via internet-enabled devices – 1 device per pair
- Video on food miles via healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2020-resources/

Preparation

Prior to lesson:

- photocopy WS 13 – 1 per pair
- ensure technology is accessible

Introduction (10 mins)

Initiate a class discussion on fruit and vegetables and write the answers up on the board to help with identification of fruit and vegetables. Consider questions like what fruit and vegetables have you eaten today/do you have in your lunchbox? Why do we eat fruit and vegetables? Ask students if they have ever noticed any signs or labels that inform buyers of the country in which the fruit and vegetables were grown?

Activity (35 mins)

1. Watch video.
2. Discuss findings and thoughts from the video.
3. Explain the task to students. Model how to work out the distance between locations using Google Earth and the measurement symbol on the Google Earth toolbar. *Note: for simplicity you can choose to use the centre of the country/state.*
4. Divide students into mixed ability pairs. Provide each pair with a copy of WS 13 and a device to use Google Earth.
5. Students calculate the distances the fruit and vegetables travelled for the 'out of season' basket and the 'in season' (locally grown) basket and record their findings on the worksheet.

Conclusion (10 mins)

Class discusses their findings. Based on the video and their findings, in what ways do they think they could reduce the travel distance of the fruit and vegetables they eat? Why is this important for us and the planet? Students complete the final section of WS 13.

Assessment

For: Student contribution to class discussion.

As: Student is able to identify fruit and vegetables. Student is able to calculate the distance between countries.

Of: Student worksheet task. Student is able to identify ways to reduce food distances.

Differentiation

Extend: Students investigate where they can find locally grown fruit and vegetables.

Simplify: Students work in mixed ability groups or as a class group.

School/Home Link

Students go fruit and vegetable shopping with parents/carers and record some of the items and where they were grown to report back to the class. This can also be done with canned, frozen and dried fruit and vegetables.

Duration | 55 minutes

Work out how many kilometres the fruit and vegetables in these shopping baskets have travelled. Use Google Earth and write your answers in the space provided.

Out of season basket

All of these items are out of season and have been imported from overseas.

Asparagus from Peru.

Kilometres travelled =

Avocadoes from New Zealand.

Kilometres travelled =

Cherries from the United States of America.

Kilometres travelled =

Oranges from Egypt.

Kilometres travelled =

Total kilometres this basket of fruit and vegetables travelled =

In season basket

All of these items are in season and have been grown in Australia.

Spinach from local grower near you.

Kilometres travelled =

Strawberries from Victoria.

Kilometres travelled =

Beetroot from South Australia.

Kilometres travelled =

Pineapple from Queensland.

Kilometres travelled =

Total kilometres this basket of fruit and vegetables travelled =

We can reduce the travel distances of the fruit and vegetables we eat by...