



Week 3: Right to nutritious food

Grade level:	K-6
Time:	30 minutes
Location:	Classroom or outside
Materials:	Two apples (one imported, one local), equipment to make two obstacle courses (one longer than the other)
Purpose of the activity:	To experience teamwork; to think about where our food comes from and how eating locally is better for the environment
Rights and responsibilities:	Right to nutritious food (Article 24 and 27 of the CRC); for all to enjoy this right, we need to choose nutritious foods and limit food waste

Activity: Race towards nutritious food

1. Set up two obstacle courses. One should be longer than the other.
2. Ask children to describe the difference between two apples (one imported, one local). On the surface they look the same, but their journey to the classroom was different.
3. Explain that one apple is imported and the other is local. Ask what steps an imported apple goes through to end up in their grocery store (e.g., picked, sorted, transported by truck, crossed the ocean by ship then transported again by a truck). Ask what steps the local apple took to end up in the grocery store (e.g., picked, sorted and transported by truck). Use a world map to show the distance between the country where the imported apple grew and your school. Compare that to a local apple orchard and your school.
4. Divide the children into two teams. Make one team in charge of the imported apple. The other is in charge of the local apple. The imported apple team runs the longer obstacle course relay.

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5. All players in the race go through the obstacle course one at a time. When each child completes the course, they slap the hand of the next player to begin. Depending on how many children are playing per team, the players can do the course more than once.
6. Remind the children to encourage their team members.
7. Play this obstacle course a second time but switch the groups.
8. The activity ends when all children have completed both obstacle courses.

Group discussion questions

- Did both groups finish the races at the same time? If not, how did that feel?
- Was there an apple that survived the journey better than the other? Why?
- Do you think it's important to buy local, nutritious food? Why or why not? *Share some of the super facts below.*
- How can we choose local, nutritious food (e.g., read labels, ask the grocer)?
- What can we do to reduce food waste? *Decide on one or more of the Superhero missions below.*

Super facts

- We should all have the right to nutritious food. But [one in six Canadian children live in food insecure households](#). Those are households where one or more members don't have access to a healthy, balanced diet.
- Local foods don't have to travel as far to get to your table, which helps reduce air pollution.
- Buying local food also helps reduce food waste. An apple that has a longer distance to travel is more likely to get thrown out before it gets to the store. Every year [one-third — 1.3 billion tonnes — of the world's food is wasted](#) after harvesting: 45 per cent of fruits and vegetables, 35 per cent of fish and seafood, 30 per cent of cereals, 20 per cent of dairy products and 20 per cent of meat. *This [visual guide to food waste](#) from the Guardian newspaper with help show these amounts.*

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- In France, it's against the law for [stores to throw out food they cannot sell](#). They must donate it to food banks and other charities!
- Some fruits and vegetables, such as broccoli, green beans, kale, red peppers, tomatoes, apricots and peaches lose more nutrients over time (and distance) than others, so it's [better to buy them locally](#).

Superhero missions

- **Investigate:** How much food in your grocery store is local? Local growers and manufacturers can tell you how food is raised, harvested, processed and packaged.
- **Protect:** Help start a [community fridge](#). People who have more than they need can share with those who don't have enough. Ask a nearby grocery store or farm to donate surplus fruits and vegetables to your school so everyone who attends has access to local, nutritious food.
- **Educate:** Share Super facts with your friends and family. Encourage them to take on a Superhero mission.