

October 16th World Food Day

October 16th is World Food Day- spend some time at a meeting in October having your Unit thinking about food and where it comes from in the World.



Where did my food come from?

To help the girls see how far their food travels to get to them.

(adapted from the World Health Program "How'd That Get on my Plate" Classroom Activity)

Materials:

World Map

Markers (or pins, string, and scissors to cut length of string)

Sparks and Brownies

At your meeting the week before you do this activity, ask the Sparks and Brownies what their favourite food is, and ask them to find out before the next meeting where that food comes from (as a back up the Guiders may want to list the foods the girls have mentioned and also find out where the food comes from). Girls can also be asked to bring in the favourite food to show the following week.

At the meeting put up the world map and ask the girls to point to where Canada is. Then one by one ask the girls again what their favourite food it and what country it comes from. Show the girl where the country is and then either draw a line from that country and Canada, or use the string and pins to show the distance. Looking at the map ask the girls: whose food travelled furthest whose travelled the shortest distance?

Guides:

At your meeting the week before you do this activity, ask the Guides to bring in a few of their favourite foods to the meeting the next week.

At the meeting, ask the girls to show the group the food items they brought in. Ask them if they know where the food is from. If they do know, have them locate the country and draw a line (or mark using string and pins) between the country and Canada. If they don't know, have the group help them out. Once all the girls have marked the countries where their food is from ask the girls:

- Whose food has travelled furthest, whose has travelled the shortest?
- Ask them if they agree, or disagree, that the luxury foods have travelled furthest, or did the essential foods travel furthest (some discussion on what is luxury and what is essential may need to occur)
- Are any of these foods able to grow close to home? Why or why not?



Pathfinders & Rangers

From the World Food Programs list of 10 things to do to Fight World Hunger

Make a Meal With a Dollar

Challenge the girls to make a meal using no more than \$1 each per person (ie 4 girls, \$4) Take the girls to a grocery store and have them buy what they need using only that amount of money. Cook the meal together and then share what they have. Discuss how they feel about what they are eating, what if they had to do this for every meal?

Pathfinders and Rangers can also be challenged to do the same activity as listed above for the Guide age level, mapping where the foods they have used in their \$1 meal has come from. Other ideas for the food mapping activity include:

- Ask Rangers and Pathfinders to list the major ingredients in their favourite coffee house drink and map where they come from
- Ask the girls to think about what they ate for dinner the night before and map where all the ingredients came from

Share this link with the girls so they can check out 9 other things they can do to Fight World Hunger
<http://www.wfp.org/stories/10-things-you-can-do-world-food-day>

World Food Program Website:

<http://www.wfp.org/>