Mapping Your Favorite Meal

Adapted from The Food Project’s, Your Favorite Meal and Cornell Garden-Based Learning’s, Miles in Your Breakfast

Takeaways:

Someone somewhere grows the food we eat. Despite depending on farms to feed ourselves and survive, most people know almost nothing about these places, how our food is produced, who grows our food, or how we get the food they grow.

Activity:

1. Ask the question: What is the best meal you’ve ever had? Encourage them to come up with a full meal, and not just one dish. Why did you like this meal so much? Ask the participants to write down a description of this meal. Go around the circle and have volunteers describe their favorite meal. (5-10 min)

2. Ask the participants to write down as complete a list as possible of the ingredients of this meal. Push them to be as thorough as possible, and to make guesses about ingredients if they’re not sure. Encourage them to ask you and each other if they have questions. If their answers include items that consist of several ingredients, for example- “ice cream,” push them to think about what this item consists of. (10 min)

3. Ask the participants to circle one of the ingredients. Ask them to pick one that they think comes from a farm. Ask them to close their eyes and think about what they know about this ingredient. Where might it come from? What do they think this place looks like? Where is it? Who works on this farm? What does this person look like? Write down descriptions of farms and farmers on the flipchart under the headings “Farms” and “Farmers.” (10 min)

4. Debrief: Where do these ideas about farms, farmers and farm workers come from? Are these impressions based on first hand experience, TV, movies, etc.? Do we have positive or negative impressions of farms, farmers and farming? Where do these ideas come from? How much do we really know about our food? (10 min)