

FOOD FOR THOUGHT: USER AND RESOURCE GUIDE

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Use the Food for Thought app to start the conversation around the *REAL* cost of our food. By examining the environmental footprint of food, calories and cost, teachers and parents can engage students in conversations about the impact of our (their) food choices from economic, social, and environmental perspectives.

The cross disciplinary nature of the app provide flexibility, so it can be used in *science, social studies, math, and language arts* classrooms, depending on the learning goals of the educator.

START USING THE APP TODAY

By dragging food on the plate you can investigate how much water and carbon goes into the production, as well as the calories and cost per serving for each food. Design different meals and discuss your impact. What kind of meal would you choose?

This app is sure to stimulate conversation around your classroom or dinner table tonight!





POSSIBLE WAYS TO ENGAGE WITH THE APP INCLUDE:

Have students create their favorite meal using the app, and then create a meal with greater or lesser resource use and talk about why

Use the app to talk about what comprises a healthy diet and portion size.

Use the app to talk about the cost of foods, and how food costs and access to food differs within communities and between countries.

Engage the students in a solution-based discussion by examining the problem of food waste, and how unused food has resource, cost and nutrition connections.

ACTIVITIES & CHALLENGES

Suggested Challenges:

Build the meal you ate yesterday Build your favorite meal. Build a meal with high/low resource use. Build a meal that is environmentally friendly. Build the most expensive/least expensive meal. Compare the meal you created to someone else's meal.

Additional Questions:

Is there anything that you find surprising?

Is there a resource that you think is the most important to consider when choosing food? Why?

Looking at the data, would you make different choices in the foods you eat?

If you were going to make a change in the what would be the hardest for you/ what would be the easiest?

Looking at the data, would you make different choices in the foods you eat?

EDUCATIONAL RESOURCES

In addition to using the Food for Thought, Your food your footprint application, we have compiled additional resources to be used in conjunction with the iPad application. This can scaffold discussions around one of the four categories in the application, water footprint, carbon footprint, cost, or calories.

CARBON FOOTPRINT RESOURCES

Food Span

A free, downloadable curriculum developed for grades 9-12, by the Center for a Livable Future, at Johns Hopkins University. This curriculum contains 17 lessons that can used as stand-alone activities or together to engage high school students in activities to learn about critical food system issues, empower them to make healthy, responsible food choices, and become advocates for food system changes. **Materials were developed by teachers, are classroomready, and are aligned to National Education Standards.**

Check out Lesson 5: Our changing Climate.

Cool California

This site powers an **interactive carbon calculator** that can be used by individuals, businesses, and schools provides resources for teachers and students including a carbon footprint calculator, and links to climate change curriculum, activities and information.

Climate Generation

Produced through the Will Steger Foundation, Climate Generation offers curriculum resources for grades 3 to 12 in the form of curriculum guides, as well as online modules that can be downloaded for free. The materials are aligned with Minnesota state science, social studies and language arts standards, the **Next Generation Science Standards and the climate and energy literacy principles.** The curriculum has been reviewed by scientists, and professional educators.



WATER FOOTPRINT RESOURCES

The Sustainable Table

The Sustainable Table site supported by the Grace Communications Foundation provides a **comprehensive list of resources about both water and food,** which promotes sustainable food systems. Suggestions for using their resources and a curated list of additional resources on the internet are shared here.

Aquapass

Download Student Activity Book and Companion Teacher Textbook

Aquapass is an education module for kids developed as part of a European awareness-raising campaign about water use. Resources include a student activity book and companion text for the teachers that includes background information.

Project Wet

TOP NOTCH water resource education materials connected to Next Generation Science Standards that are appropriate for many different age groups and cultures and offer **comprehensive coverage of the broad topic of water**.

Wet Science Center

Wet Science Center in Olympia, Washington provides a **curated list of water education resources.**

Water Conservation Tips

National Geographic developed a series to learn more about the water we use and **practical tips to reduce your water usage.**

3. FOOD W

Now we know that everythin drink has a Water Footprint indirect).



5.3 litre for PET 3.0 litre for other ingre





COST RESOURCES

Teaching about Food Costs in the Kitchen

Here are eight easy and effective ways to teach basic food-cost principles that will serve your students well."

Grocery Store Scavenger Hunt

Researching Nutrition to Advertise for Health. This hands-on research project is designed to make students aware of what they eat and how food companies use the media to market their products.

Resources to Teach about Food Budgeting

Debating Organic Foods

CALORIES RESOURCES

In Defense of Food

Watch In Defense of Food, a PBS special that helps to answer the question, what should I eat to be healthy. Check out the companion Middle School Curriculum developed by Columbia Teachers College.

Portion Distortion

Portion Size vs. Serving

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