

Objective

By the end of this lesson, you will have a better understanding of the globalisation of food and the issues related to food security.

Materials and Prep

- Internet access
- Notebook or paper
- Pen or pencil

No specific prior knowledge is required for this lesson.

Activities

1. Research and create a presentation on a specific global cuisine.

Choose a cuisine that interests you, such as Italian, Mexican, Indian, or Chinese. Research the history, traditional dishes, and cultural significance of the cuisine. Create a presentation using slides or posters to showcase your findings. Include pictures, interesting facts, and any personal experiences or connections you have with the cuisine.

2. Design a sustainable food garden.

Imagine you are responsible for designing a food garden that can provide a sustainable source of food for a community. Consider factors such as available space, climate, and the nutritional needs of the community. Draw a plan or create a digital design of your garden, labeling the different crops and explaining why you chose them. Discuss how this garden can contribute to food security and help reduce reliance on imported foods.

3. Interview a local farmer or food producer.

Find a local farmer or food producer in your area and arrange an interview with them. Prepare a list of questions to ask about their farming practices, challenges they face, and their thoughts on globalisation of food. Take notes during the interview and write a summary or reflection afterwards, highlighting the key insights you gained from the conversation.

Talking Points

- **What is globalisation of food?**

"Globalisation of food refers to the interconnectedness and exchange of food products, culinary traditions, and food-related practices across different countries and cultures. It has led to a wider variety of food choices and the availability of ingredients from around the world."

- **Why is food security important?**

"Food security is important because it ensures that all individuals have access to safe, nutritious, and sufficient food to meet their dietary needs. It is essential for promoting good health, reducing hunger, and achieving sustainable development."

- **What are some challenges related to food security?**

"Some challenges related to food security include climate change, limited access to resources, unequal distribution of food, and economic factors. These challenges can affect the availability, affordability, and quality of food for different communities."

- **How can individuals contribute to food security?**

"Individuals can contribute to food security by supporting local food producers, reducing food waste, practicing sustainable farming and gardening methods, and advocating for fair and equitable food systems. By making conscious choices, we can help create a more secure and sustainable food future."