



From the Field Trips Program

The following are suggested follow-up activities to help students reflect on their field trip experience.

After the Trip

Ask students their overall impressions of the field trip. **What did you enjoy? What didn't you enjoy? What surprised you? What do you want to learn more about?**

Have them share their general observations and reactions.

You may want to have the class compose and send thank-you letters to the field trip site host and/or other persons that supported the field trip. Mention a favorite activity or information learned during the field trip.

Demonstrate Knowledge

Discuss what students learned about local, seasonal foods on the field trip.

- Local, seasonal foods travel far less to reach your market than foods that are shipped by large trucks or ships from around the world.
- Different locally-grown foods are available at different times of the year. For example, strawberries grow in North Carolina from April through June. Strawberries in Southern California grow from January through September.

Use this information to introduce the Local vs. Non-local Food worksheet. Have students complete the worksheet and then discuss the benefits and challenges of eating locally-grown foods.

Then divide students into small groups. Ask students to plan a meal using seasonal foods. Have them choose a season or month and plan a meal using foods that are available in their area during that time.

You may want the class to choose one meal that they could recreate in the classroom. Allow students time to observe and reflect on the ingredients for the meal. Discuss the freshness of the foods and if the ingredients were lower in cost to purchase.

Students can use these resources to learn more about seasonal foods:

North Carolina Fruit and Vegetable Availability chart: <http://www.ncagr.gov/markets/availabilitychart.pdf>

Website about seasonal foods including recipes: http://www.foodgeeks.com/seasonal?state_id=40

<http://www.nutriton.gov/farmers-markets>

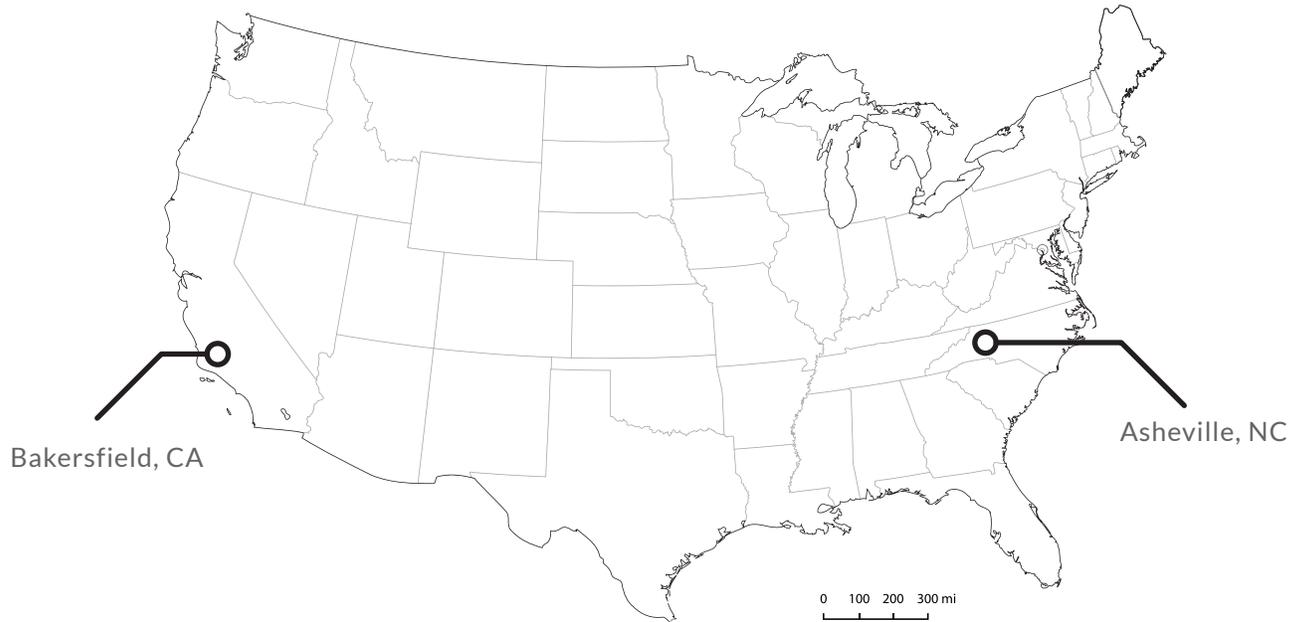


Name: _____

Date: _____

Local vs. Non-local Food

Often strawberries are shipped from California to places like North Carolina during the winter months. Follow the journey the strawberries make and use the map to answer the questions below.



1. Approximately how far do strawberries travel from Bakersfield, CA to Asheville, NC? _____ miles
2. Determine how much carbon dioxide (CO₂) the truck produces on its trip from Bakersfield, CA to Asheville, NC. About 22 pounds of CO₂ is released into the air from the truck for every mile it drives. (22 lbs x number of miles = amount of CO₂)

3. Determine how much CO₂ would be produced by a similar truck if the strawberries were only 100 miles away. _____
4. What are the benefits and challenges of eating locally grown foods in season?

5. What are the benefits and challenges of eating foods grown far away and shipped long distances?

