

## ACTIVITY

# OUR FOOD'S JOURNEY

**PRINCIPLE OF PEACE:** Community

**PURPOSE:** To show the interconnectedness of life.

**OVERVIEW:** The family traces the path its food takes from the natural world to the table.

**MATERIALS:**

- ✓ Paper
- ✓ Colored pens or crayons

**ACTIVITY:** One member of the family chooses an item of food that the family particularly enjoys. The family traces the food item back to its source by:

- ◆ Going to the store where it was purchased, and identifying all the people in the store who handled it or otherwise were involved in its display and purchase;
- ◆ Finding out how the food got to the store, and contacting, if possible, the carrier to discover all the people involved in its transportation;
- ◆ Tracing the item to any factory or distribution center that may have been involved in its preparation, and finding out all you can about what happened to the food at this point, and who was involved;
- ◆ Tracing the food all the way to its original state in nature (if it is a single item, like a piece of fruit or a fish) or to its original component parts (if it is a processed item containing several ingredients);
- ◆ If possible, going to the place where that food (or those ingredients) exists in its natural state and learning how it grows and how it is dependent on the sun, the soil, water, air, and other plants or animals.
- ◆ Family then completes the activity by drawing a 'map' of the route that food takes from its source to the table, identifying the places it travels through and the people who are important in moving it along the route to your home. Discuss what you learned.

**VARIATIONS** – You can do a similar activity by tracing how you get your drinking water, where your household waste goes, or where your heating fuel comes from.