Fruit from Around the World



# Topic

* Local Food Production

# Objective

* Learn where your favourite fruits come from
* Learn about food miles and eating more local food

## Environmental Education Activity

# Age/Grade Range

* 5-14+

# Group Size

* Maximum 30

# Time

* Set-up: 1 hr
* Activity: 30 minutes

# Materials

* Large world map or globe
* Different fruits from around the world, with stickers that have location
* Different local berries (ie haskap, saskatoons, raspberries, saskatoon, cloudberries)
* Knife and cutting board
* \*\* this activity can also be done with vegetables \*\*

# Set Up

1. Gather different fruits
2. Spread out large world map where the youth can see all of the countries
3. **Find out if there are any food allergies in the group**

# Delivery Tips

* This activity is best run with an elder or someone with knowledge about local berries
* This activity is best run when local fruits are in season. You can also run this activity with local fruit preserves and discuss how preserving local fruits and vegetables means you can eat local all year round. Or this activity can be run without local fruits and this can spark discussion on the challenges and solutions to eating more local food.

# Activity Directions

1. On the map, get a volunteer to find your community on the map.
2. Bring out each fruit one at a time, and ask if they know what it is, if they have ever tried it and if they like it. Then get them to guess where the fruit came from. Remove the sticker from the fruit and place it on the map where it is from.
3. Repeat with remaining fruits from around the world.
4. Meanwhile, get the other facilitator to cut up the fruit while you are asking the questions about the fruits. Once you are finished asking the questions, hand out the fruit so the children can try some.
5. Then move on to the local berries and similar questions about these fruits. Explain that these fruits do need a sticker because they were locally harvested- they came from home!
6. Serve local berries for the youth to try.
7. Get the youth to examine the map and ask how they think each fruit made it to your community. In particular, ask where they think the local berries came from and if they have ever gone berry picking.