

# My Own Local Bistro

## Age/Grade Range

- 10-14

## Group Size

- No maximum or minimum
- In pairs or small groups

## Time

- Set-up: 5 minutes
- Activity: 20 minutes

## Materials

- Menu planner

## Activity Directions

1. As a large group, ask youth what foods are produced, harvested and gathered locally?
2. Ask youth to form groups of 2 or 3. Distribute the menu planner to each group. Ask the youth to create a menu for a three-course meal using as many local ingredients as possible.

## Pairs Well With

- Where in the World Does our Food Come From
- Tapping Birch Trees



NWT SCIENCE FOCUS

## Topic

- Local Food Production

## Objective

- Think about using local foods as staples in meals



## Menu Planner

# My Local Food Bistro Menu

**Appetizer:**

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**Ingredients:**

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**Main Dish:**

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**Ingredients:**

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**Dessert:**

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**Ingredients:**

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**Local Ingredients:**

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