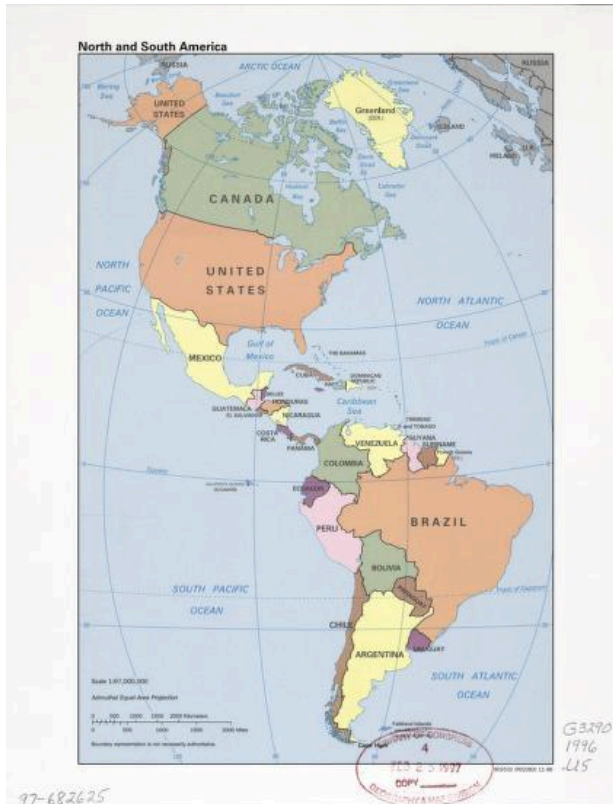


# Local Food Lesson

Mabel's idea was to eat food that is local. How does that help the environment? Let's see...

Here's a map of many of the places our food comes from:



Let's think of foods we usually eat and put an X on the map showing where it comes from. Brainstorm fruits and vegetables:

- Bananas - Central and South America
- Oranges - Florida
- Pineapples - Hawaii
- Strawberries - California pears - California, Oregon and Washington
- Avocados - California
- Pistachio Nuts - California, Arizona and New Mexico
- Spinach - California, Arizona, New Jersey and Texas
- Broccoli - California

Continue with as many as desired. Then discuss how the food gets from where it is grown to where you live. (Trucks, Trains, Boats, Airplanes). Does transporting food pollute the air? Are we putting more CO<sub>2</sub> into the atmosphere by eating foods that come from a distance?

What could we do instead?

Which foods grow in the area where you live?

Does Mabel's idea to eat local foods to help the Earth make sense?