



PERSONAL FOOD MODEL

OBJECTIVES

Students will be able to:

- Clearly detail their personal food system by addressing the prompts.
- Use images, labels, and symbols to map their food system.
- Generate questions and make connections to others' food system maps.

MA STATE FRAMEWORK(S)

- Grades 9–10 Speaking and Listening Standards (SL) 112.1. Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on Grade 9-10 topics, texts, and issues, building on others' ideas and expressing their own ideas clearly and persuasively.

ESSENTIAL QUESTIONS

- Where does your food come from?
- What influences your food system?

INTRODUCTION

Ask students to write a brief response to each of these questions:

1. What different roles make up a food system?
2. Where do I fit into the food system?
3. What roles do I play in the food system?

Show students the Food System Map from the [Nourish Curriculum](https://www.nourishlife.org/) (<https://www.nourishlife.org/>)

- [Food System Map](https://bit.ly/FoodSysMap) (<https://bit.ly/FoodSysMap>)
- [Food System Map Study Guide](https://bit.ly/MapStudyGuide) (<https://bit.ly/MapStudyGuide>)

PROCEDURE

I. Make Your Food System Map

Ask students to make a model (paper or digital) that represents their personal food system. Have them include the parts they are directly involved in and incorporate their thoughts about what happens before they purchase their food and where the waste goes when they dispose of it. *Please remind them to only include the details they feel comfortable sharing.*

Include answers to the following questions:

- Where do you get your food from (ex. farmers' market, supermarket, convenience store, cafeteria, restaurant, etc.)? Include specific places.
- How do you travel to get your food? How far do you travel to get your food? Include specific distances.
- Who gets your food?
- What factors do you consider when you buy your foods? (ex. allergies, religious restrictions, cost, labels, etc.)
- Where do you store your food?
- Who prepares the food? How is it prepared?
- What waste is generated from your food? What do you do with any leftover food, food waste, and packaging?
- Include 2-3 questions you have about your food system.

II. Post Your Map

Create a slide deck for students to share their food system maps. Ask students to upload their map (screenshot, photo, etc) to their slide within the slide deck.

III. Food Model Discussion

Ask students to comment on at least two other models created by their fellow students. Ask them specific questions about their personal food system and/or make connections between the different food systems.

Lesson modified from [Wade Institute](#), [Shelburne Farms](#), [Nourish Curriculum](#), and [Smithsonian Food](#).