



My planet, my food, my health!



# Soup's On!

Educational Kit



For Elementary & High School Teachers

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## Acknowledgements

For their ideas, support, and help in the revision of this educational kit, special thanks to : Nadine Bachand, Caroline Jodoin, Amélie Ferland, Marie-Ève Roy, Frédéric Paré, Theresia Breu, Laurence Dubuc-Valentine and Catherine Caron.

For their commitment and ideas, special thanks to the teachers and educators who tested the activities: Caroline Jodoin- educational advisor (CSDM) ; Roxanne Gauthier from École primaire Sainte-Bibiane ; Marie-Josée Ledoux from École primaire Au fil de l'eau ; Alain Vandelac from Louis-Riel High School ; Stéphane Farley & Martin Dubreuil from Regina Assumpta College ; as well as Sébastien Brunet, Lyne Roland & Julie Gagnon from Henri-Bourassa High School.

Équiterre thanks the Public Health Agency of Canada, the Conseil pour le développement de l'agriculture du Québec, as well as the Fonds d'action Québécois pour le développement durable for their generous contribution.



Agence de santé  
publique du Canada

Public Health  
Agency of Canada



FONDS D'ACTION  
QUÉBÉCOIS POUR LE  
DÉVELOPPEMENT DURABLE

Partenaire financier  
Québec



Legal Deposit – Bibliothèque et Archives nationales du Québec, 2008

Legal Deposit – Bibliothèque et Archives Canada, 2008

ISBN 978-2-922563-16-0

Originally published in French as

**À la soupe ! Trousse pédagogique.** ISBN 978-2-922563-15-3

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*In the following document, the use of the masculine gender is done  
without discrimination and only to alleviate the text.*



Printed on 100% post-consumer recycled Rolland Enviro 100 paper.





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### Soup's On! Educational Kit (on CD)\*

#### Introduction

#### Elementary School Level

##### Cycle 1 :

1. Inspector Veggie
2. Where Have All the Vitamins Gone?
3. How Does it Grow?

##### Cycle 2 :

4. Farmers Market
5. A Journey Back in Time
6. Snacks on the Rainbow

##### Cycle 3 :

7. The 3N's-F
8. Up Close and Personal with a Farmer
9. Quebec on the Menu
10. Eating according to Seasons

#### High School Level

##### Cycle 1 :

11. The Life Cycle of Food
12. Organic or Not, That is the Question (*in French only*)
13. Soup's On Jeopardy

##### Cycle 2 :

14. Food Sovereignty (*in French only*)
15. Roleplay : the CAAAQ in Action! (*in French only*)
16. If I was a Farmer (*in French only*)
17. A Pizza for the Planet

## Educational Kit (Continued...)

### Learning Assessment Quizzes *(in French only)*

- 1 questionnaire/cycle

### Go Further *(in French only)*:

- Calendrier scolaire de dates environnementales et sociales
- Ressources complémentaires
- Sites à visiter
- Aller plus loin : devenir une école plus responsable

### Reference Documents:

- Eight Good Reasons for Eating Food that's Organic, Local and In-Season
- Présentation PowerPoint : « Agriculture et alimentation au Québec : enjeux et réalités actuelles » *(in French only)*
- An Easy Guide to Eating Well
- Fiche d'information sur le diabète *(in French only)*
- The 3N's-F in Action
- Seasonal Produce Calendar
- Quebec Fruits and Vegetables by Season

*\*Please consult the CD in attachment which also contains the original French version of the educational kit named **À la soupe! Trousse Pédagogique**.*





## ***Soup's On ! Educational Kit:***

### **A DYNAMIC WAY TO EXPLORE ECOLOGICAL & RESPONSIBLE EATING**

## **Introduction**

*Soup's On!* Educational Kit is a dynamic tool that aims to introduce the concept of responsible eating. Through the activities it presents, the kit invites students to look beyond their plate, to explore issues surrounding our current food system and to think about the impacts of their food choices on their health, their environment and the world around them. By focusing on the development of social and environmental competencies and critical thinking skills and by proposing concrete actions, the kit helps students become agents of change for a more healthy, ecological and just world, for now and for generations to come.

### **Why Talk about Responsible Eating?**

Our planet is currently undergoing major changes at unprecedented rates. Our lifestyle lies at the heart of many of these changes. Often more driven by desires than by needs, the Canadian lifestyle is one of the world's most energy-intensive ones. Many studies show that if every human being lived like most of us do here, three to five planets would be needed to meet all our desires. However, we only have one planet and our actions increasingly put its health in jeopardy. It is in our power to make choices that are more environmentally-friendly. Why not make it our duty?

« Mother Earth can meet everyone's needs but not everyone's desires » - **Gandhi**

Despite the fact that it is often seen as trivial, eating is by far our daily activity that has the biggest impact on our environment, our health and our society. That is why the educational kit *Soup's On!* aims to give teachers and students the tools that they need to become more responsible eaters by making food choices that are more healthy, ecological and just and that promote solidarity with local farmers.

### **Looking Beyond the Plate: Impacts of our Food System**

While the impacts of our food on the environment seem to be constantly growing, they are directly linked to the profound changes that our food system experienced in the last century. Here is a quick overview of some of the impacts of our current food system in Quebec (for more information, please see the « Reference Documents» folder of the educational kit).

### **Social and Environmental Impacts**

In industrialized countries, rural regions are quickly disappearing. On average, from 2001 to 2006 and in Quebec alone, 5.6 farms disappeared each week. Nowadays, only 1.8% of Quebec residents farm for a living and many of them hold a second job to make ends meet. The face of agriculture is quickly changing : although they seem to be on a come-back, public markets and small-scale, local and diversified family farms have largely been replaced with supermarkets and large-scale agriculture where monocultures prevail. What are the consequences : more than a third of the trucks on the road are food trucks; on average, our food now travels 2,400 to 4,000 km from field to table; each year in Quebec, more than 200 kg of food-packaging per person are sent to landfill. For the most part, kids, « citizen-eaters » of tomorrow, do not have direct ties with the food that they eat. In this context, it is not surprising that most kids cannot answer some of the following key questions that largely impact their own health, the environment and society: Where does our food come from? How does it grow? Who produces it and in what conditions? How and at what costs does it get to our table? Who prepared it? And what happens to our food waste?

## Health Impacts

While roughly one child dies of hunger every thirty seconds every day, a recent study showed that in the last fifteen years, obesity rates in Canada doubled amongst 6 to 11 years old and increased by 40% amongst teens aged 12 to 17 years old. In Quebec, a third of children are overweight. The prevalence of type 2 diabetes (non hereditary diabetes) amongst Canadians is also on the rise. While historically type 2 diabetes usually developed after the age of 40, it is now increasingly found amongst Canadian children. The International Diabetes Foundation predicts that by 2025, largely due to our unhealthy lifestyle, from 11 to 14% of Canadians will have diabetes, compared to 2-5% in China.

Time has come to better choose and feed ourselves, for us, for our neighbors, and for the planet that sustains us. That is why we created this kit.

## Who Should Use this Kit?

Developed in the spirit of the school reform for elementary and high school teachers and tested by them in classrooms, this multidisciplinary educational kit builds on a range of competencies related to the impacts of our food choices (see tables from appendices 1, 2 and 3). The activities proposed are particularly suited for the following subject areas : English, French\*, science, as well as geography, history and citizenship education. Based on participatory education, the activities presented are dynamic and can easily be adapted to other cycles, as well as to day camps and day cares. Any teacher, parent or educator interested in raising awareness about responsible eating can also use this kit.

\* Named **À la soupe ! Trousse pédagogique**, the educational kit is also available in French.

## Educational Kit Content

This kit proposes **17 complete and hands-on activities** (10 elementary-level and 7 high school-level activities) that explore responsible eating. The kit offers :

- Three activities per cycle focusing on our food choices and their related impacts on our health, our environment and the vitality of local farms;
- Engaging and ready-to-print appendices for students;
- A list of complementary resources to discover;
- Concrete actions to become more enlightened and responsible consumers;
- Many multimedia references.



## Kit Objectives

The activities aim to :

- Strengthen ties between students, food and local agriculture;
- Help students understand the impacts of the food choices that they make;
- Inspire students and provide them with the tools they need to make more healthy, ecological and just food choices that stimulate local economy.

## How are the Activities structured

Each activity follows the following structure :

- **Targeted cycle & duration**
- **Short introduction**
- **Learning objectives**
- **Areas of learning**
- **Materials**
- **« Did you know? »** : Interesting facts related to the activity.



Sample Activity

- **Lesson Plan:**
  - Preparation
  - Presentation
  - Main activity
  - Integration
- **Enrichment:** Additional activities to further explore the issues presented.
- **« Take Action ! »:** Concrete actions adapted to each activity that teachers can present to students to help them become more responsible eaters.
- **References**
- **Appendices:** Easy to print and dynamic documents to use during the activity. They contain information, answers, interview questions, and tables to be filled out by students (see sample appendices shown here).



Sample  
Appendices

## Learning Assessment

The activities presented in this educational kit were designed to meet the requirements set by the Ministère de l'Éducation, du Loisir et du Sport (MELS) for elementary and high school levels. The tables in appendices 1, 2 and 3 (see following pages) further describe each activity and its objectives, as well as the subject areas, the broad areas of learning and the cross-curricular competencies that it builds on.

Learning assesment is an integral part of this kit; that is why each activity has an « Integration » section. Moreover, an evaluation quiz (in French only) can be used to furhter measure the learnings once the series of activities proposed per cycle is completed (please see the kit's « Learning Assessment Quizzes » folder).

## Soup's On! : a Fruitful Project

Initiated in 2007, the three year pilot project named *Soup's On! Promoting Responsible Institutional Eating* aims to introduce notions of environment, health, and solidarity in the menus of health and education institutions. By linking institutions with local organic farms, the project helps them and get freshly picked fruits and vegetables for a part of the growing season. Every year, more institutions are invited to join the project. **Soup's On ! Educational Kit** is an integral part of this project.

An array of different tools and activities are offered to participating institutions: informative workshops for staff and parents, two educational kits (one for daycares, the other for elementary and high school teachers), meetings and practical tools for kitchen staff, as well as a responsible eating electronic newsletter produced every other month. A dynamic committee, comprised of members of key education, health and agricultural organizations, also closely follows the project and actively participates in developing collective solutions to make responsible eating more readily accessible throughout the province.

Good news: the vast majority of institutions that participated in *Soup's On !*'s first year renewed their involvement for fall 2008! Moreover, roughly twenty new participants from different regions are joining the project for the second year thus increasing the scope of the project. Many institutions are registered on the project's waiting list and a « How to Start a Soup's On Project? » guide is planned for 2010. Everything seems to indicate that in Quebec, responsible institutional eating has a fruitful future ahead!



## EQUITERRE IN A NUTSHELL

### Mission

Founded in Montreal in 1993, Equiterre helps build a social movement by encouraging individuals, organizations and governments to make ecological and equitable choices, in a spirit of solidarity.

### Programs

Through its programs (4) and its two campaigns (climate change and responsible consumption), Equiterre has developed projects that encourage individuals to take concrete actions that bring about positive change. All of Équiterre's projects are backed by solid expertise, built on the latest developments in the related fields.

- The **Fair Trade** program enables consumers to use their buying power to oppose existing inequalities in international trade and to choose fair trade products such (coffee, tea, sugar, cocoa, etc.).
- Through home visits, the **Energy Efficiency** program helps renters and owners alike lower their energy consumption thus also reducing their environmental impact and their energy bill.
- In order to minimize the impacts of transportation (global climate change, smog, etc.) and to reduce greenhouse gas (GHG) emissions, the **Sustainable Transportation** program helps citizens and employers adopt a combination of more environmentally-friendly modes of transportation (car-pooling, bicycling, walking, public transport, etc.). Equiterre also closely and actively works with citizens in their efforts to curb GHG emissions and with other organizations to positively influence municipal, provincial, national and international governing bodies.
- Reaching more than 30 000 citizens through its progressive projects (organic baskets, *Organic Daycares*, *Soup's On !*, ecological landscaping), the **ecological agriculture** program helps citizens and institutions support local farmers and landscapers that use environmentally-sound techniques and that do not use pesticides or chemical fertilizers.

