

LESSON PLAN - DAY 1

Level: 16+ (Advanced High School, College, Adult/Community)

Unit: The Planet and Our Plates

Lesson: Discussion and Video Presentation

Duration: 45 minutes

This unit is intended to be completed in three consecutive 45-minute class periods.

Day 1: Show our video "The Planet and Our Plates" and complete Lesson Plan - Day 1

Day 2: Complete Lesson Plan - Day 2

Day 3: Complete Lesson Plan - Day 3

Materials: "The Planet and Our Plates" video presentation, Guided Notes PDF, Main Topics PDF

Unit Learning Objectives: Students will be able to:

1. Identify food products that use higher levels of resources (land, water, food, and plastic), and understand how those high levels of usage impact society and the planet (food security, health hazards, climate change)
2. Recognize solutions to environmental problems related to food production, including agricultural methods, legislative/NGO projects, and opportunities for individual choices
3. Make food choices that relate to making positive changes for the environment, including how to identify and find more environmentally-friendly products
4. Understand the connection between food production and public health issues by identifying the impacts of industrial agriculture on communities and workers
5. Understand the impact of food waste, global effects of overfishing and fish farming, and industrial agriculture's contribution to climate change

Essential Questions:

How does food production impact the environment, animals, and society?

What can we do as individuals to make more sustainable food choices?

Key Vocabulary:

western diet, industrial farming, CAFOs, feed conversion ratios, deforestation, land degradation, desertification, land restoration projects, synthetic fertilisers, overfishing, bycatch, marine protected areas, aquaculture, eutrophication, carbon sequestration, carbon dioxide, methane, nitrous oxide, indigenous farming methods, restorative aquaculture, organic crop farming, pulses, plant-based meat, cultivated meat, anaerobic lagoons, occupational respiratory diseases, food waste

This is just a sample! Watch "The Planet and Our Plates" and access our complete education package at learnecprogram.org



V05.23.1

ECPROGRAM.ORG

The Planet and Our Plates

LESSON PLAN - DAY 1

Procedure:

1. **Anticipatory Set:** Facilitate a class discussion to encourage students to consider their food choices. Propose the following questions:
 - a. What did you eat for lunch yesterday?
 - b. What processes and resources went into producing these items?
 - c. What waste products are associated with the production of these items?
2. **Direct Instruction:** Watch our video presentation “The Planet and Our Plates” and have students fill out the Guided Notes PDF as they watch.
3. **Guided Practice:** Have students discuss their lunches in small groups or pairs to determine more sustainable food choices.
4. **Independent Practice/Closing:** Ask students to create a menu for an entire day that includes sustainable, environmentally-friendly food choices with minimal waste. The menu should include breakfast, lunch, dinner, and a snack.

Homework: Use Homework: Day 1

This is just a sample! Watch "The Planet and Our Plates" and access our complete education package at learnecprogram.org



V05.23.1