

# **FOOD - RELATED** **LESSONS :**

# **RESOURCES**

*Compiled by Gabriel Epstein for*

***“Classroom Container Gardens”***

*School Districts 61, 62, and 63 ProD for Teachers*

*WestShore Centre for Learning and Training*

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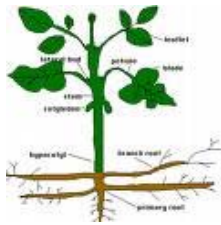
The resource references that follow are, in general, organized into categories that match the ideas put forward in “Food-Related Lessons: Ideas”. The final section below identifies resources that couldn’t easily be contained within one of the other categories. Note, however, that it’s possible that a resource listed in one category may also be applicable to lessons in another category.

To start with, and by way of a context, here’s a link to the BC Ministry of Education site addressing Environmental Education:

- **BC Min of ED: Environmental Learning and Experience**  
BC Green Schools programs ([www.bced.gov.bc.ca/greenschools](http://www.bced.gov.bc.ca/greenschools)) includes, under the category of Environmental Concepts in the Classroom:



1. Sustainability Education Framework ([www.bced.gov.bc.ca/greenschools/sustainability\\_ed.htm](http://www.bced.gov.bc.ca/greenschools/sustainability_ed.htm))
2. Environmental Learning and Experience: An Interdisciplinary Guide and video clips for Teachers (2007) ([www.bced.gov.bc.ca/environment\\_ed](http://www.bced.gov.bc.ca/environment_ed))
3. Environmental Learning and Experience: Curriculum Maps – Environment and Sustainability Across BC’s K-12 Curricula ([www.bced.gov.bc.ca/environment\\_ed/ele\\_curricmaps.htm](http://www.bced.gov.bc.ca/environment_ed/ele_curricmaps.htm))



## 1. Plants and Their Needs

### Curriculum:

- **LiFE** (Linking Food and the Environment) – An Inquiry-based Science and Nutrition Program  
*Center for Food and the Environment, Teachers College, Columbia University, New York*  
[www.tc.edu/life](http://www.tc.edu/life)
- From **Evergreen**, a lesson plan entitled “How Does Our garden Grow?” (Ontario, Grades 1-3)  
[www.evergreen.ca/en/lg/lessons/composting.pdf](http://www.evergreen.ca/en/lg/lessons/composting.pdf)
- From **Seed to Plant**, a lesson plan for Grades 1,2,3 (California) from the **Educators’ Reference Desk** ([www.eduref.org](http://www.eduref.org)):  
<http://www.eduref.org/Virtual/Lessons/Science/Agriculture/AGR0010.html>

### School-related:

- **Kids Gardening:** [www.kidsgardening.com](http://www.kidsgardening.com)
- **The Edible Schoolyard** – Martin Luther King School (Berkeley, California)  
[www.edibleschoolyard.org](http://www.edibleschoolyard.org)
- CITY farmer: Urban Agriculture Notes – **School Gardens** and other topics/links  
[www.cityfarmer.org/schgard15.html](http://www.cityfarmer.org/schgard15.html)

- **BC Agriculture in the Classroom Foundation:** [www.aitc.ca/bc/resources/lesson-ideas/general](http://www.aitc.ca/bc/resources/lesson-ideas/general)
- **The Food Timeline:** “Ever wonder what foods the Vikings ate when they set off to explore the new world? How Thomas Jefferson made his ice cream? What the pioneers cooked along the Oregon Trail? Who invented the potato chip...and why? .... Food history presents a fascinating buffet of popular lore and contradictory facts.” [www.foodtimeline.org](http://www.foodtimeline.org)

**In General:**

- The **Evergreen Native Plant Database** ( [www.evergreen.ca/nativeplants](http://www.evergreen.ca/nativeplants) ) is an easy to use, educational, and interactive project with information about native tree, shrub, wildflower, grass, aquatic and vine species for *all of Canada*. This project was developed for audiences in each of Evergreen's three program areas:
  1. [Learning Grounds](#) (school grounds)
  2. [Common Grounds](#) (public open spaces)
  3. [Home Grounds](#) (home landscapes)
- Vegetable **companion planting guide:**  
[www.gardenguides.com/how-to/tipstechniques/vegetables/vcomp.asp](http://www.gardenguides.com/how-to/tipstechniques/vegetables/vcomp.asp)
- Want to **grow mushrooms**? Contact: Western Biologicals Ltd., PO Box 283, Aldergrove, BC V4W 2T8. 604-856-3339 *or* Justin Napier, a local amateur mycologist, at [thejustinnapier@gmail.com](mailto:thejustinnapier@gmail.com)
- **Hydroponics** and **greenhouse** equipment & supplies can be found at The Indoor Jungle (2624 Quadra Street, Victoria, BC V8T 4E4; 250-388-5611) OR at Evergro Canada (630 Garbally Road, Victoria, BC V8T 2K2; 250-381-2281).

**Local:**

- **Greater Victoria Compost Education Centre:** [www.compost.bc.ca](http://www.compost.bc.ca)
- **The Garden Path** (Carolyn Herriot) – a centre for organic gardening, greater food self-sufficiency, and seed saving: [www.earthfuture.com/gardenpath](http://www.earthfuture.com/gardenpath)
- **Glendale Gardens:** [www.hcp.bc.ca](http://www.hcp.bc.ca)
- **West Coast Seeds** – for seeds and growing guidelines: [www.westcoastseeds.com](http://www.westcoastseeds.com)
- Geoff Johnson at **Cornucopia Nursery** (250) 595-6465 [respectyouralders@yahoo.com](mailto:respectyouralders@yahoo.com)
- **Capital Region Beekeepers Association:** <http://members.shaw.ca/beekeepers/>
- For **soil testing**, contact Integrity Sales and Distributors (2180 Keating X Road, Saanich) at 250-544-2072 *or* MB Research Analytical and Testing Services (2062 West Henry Ave., Sidney) at 250-656-1334 and [www.mblabs.com](http://www.mblabs.com) .
- "West Coast Gardening: **Natural Insect, Weed and Disease Control**" by Linda A. Gilkeson.



## 2. Food Systems over Time

- **The Seed Map:** “We all want to know where our food comes from, but the Seed Map will tell you where it *REALLY* came from by mapping out the ‘Centres of Origin’ of commonly eaten foods. It’s an engaging way to learn about global agriculture and food production.”  
[www.seedmap.org](http://www.seedmap.org)

### Indigenous food systems and wild food:

- **Victoria Native Friendship Centre:** [www.vnfc.ca](http://www.vnfc.ca)
- **Dr. Nancy Turner** (ethnobotany, traditional ecological knowledge, and sustainable resource use), Environmental Studies, UVic. 250-721-6124 [nturner@uvic.ca](mailto:nturner@uvic.ca)
- **Brenda Beckwith**, Environmental Studies, UVic. 250-721-6125 [beckwith@uvic.ca](mailto:beckwith@uvic.ca)
- Aboriginal Education – **Ministry of Education:** [www.bced.gov.bc.ca/abed](http://www.bced.gov.bc.ca/abed)
- Aboriginal education **SD 61:** [www.bced.gov.bc.ca/abed/agreements/sd61.pdf](http://www.bced.gov.bc.ca/abed/agreements/sd61.pdf)
- Aboriginal education **SD 63:** [www.bced.gov.bc.ca/abed/agreements/sd63.pdf](http://www.bced.gov.bc.ca/abed/agreements/sd63.pdf)
- **Turtle Island Native Network:** [www.turtleisland.org/culture/culture-food.htm](http://www.turtleisland.org/culture/culture-food.htm)
- **Wild BC** ([www.wildbc.org](http://www.wildbc.org)) – including:
  1. Forests in Focus: (<http://publications.wildbc.org/products/forests-in-focus> )
  2. Garry Oak Ecosystems: (<http://publications.wildbc.org/products/garry-oak-ecosystems-of-british-columbia-an-educators-guide>)
  3. Carbon Cycles, a climate change game: ( <http://www.wildbc.org/publications-resources/climatechange/carbon-cycles2.pdf> )
- Justin Napier is a local amateur mycologist with a passion for **mushroom foraging**.  
[thejustinnapier@gmail.com](mailto:thejustinnapier@gmail.com)
- “The Basic Essentials of **Edible Wild Plants** and Useful Herbs” – a book by Jim Meuninck

### Permaculture:

- Geoff Johnson at **Cornucopia Nursery** ( 250-595-6465, [respectyouralders@yahoo.com](mailto:respectyouralders@yahoo.com) ) is well versed in Permaculture as a system of food production.
- Matthew Kemshaw ( [growingschools@yahoo.ca](mailto:growingschools@yahoo.ca) ) is part of a local **Urban Permaculture Guild**.
- **Linnaea Farm** on Cortes Island teaches Permaculture as well as other natural farming principles and practices: [www.linnaeafarm.org](http://www.linnaeafarm.org)

### Community Mapping:

- **Common Ground** is a community-based mapping and planning project that provides mapping and learning resources for schools, neighborhoods and communities. Contact them through LifeCycles at: [www.lifecyclesproject.ca/initiatives/common\\_ground/](http://www.lifecyclesproject.ca/initiatives/common_ground/) . The resource guide “Mapping Our Common Ground” (written by Maeve Lydon) provides information on the use of this process in schools (amongst other areas).
- International **Green Map System**: [www.greenmap.org](http://www.greenmap.org)

### In General:

- **City Farmer**, Canada's Office of Urban Agriculture: [www.cityfarmer.org](http://www.cityfarmer.org) and [www.cityfarmer.info](http://www.cityfarmer.info) (The latter site has a large number of links to relevant topics.)
- **Food Secure Canada**: [www.foodsecurecanada.org](http://www.foodsecurecanada.org)
- **Farm Folk / City Folk**: <http://ffcf.bc.ca/index.html>
- **Small Plot Intensive (SPIN) farming**: [www.spinfarming.com](http://www.spinfarming.com)
- **National Farmers Union**: [www.nfu.ca](http://www.nfu.ca)
- **BC Food Systems Network**: [www.fooddemocracy.org](http://www.fooddemocracy.org)
- Vandana Shiva, (indigenous) seed saving, etc.: [www.navdanya.org](http://www.navdanya.org)

### Films, Books, Articles

- “**Guns, Germs and Steel**” by Jared Diamond (amongst many other books) addresses the early domestication of plants and animals.
- **Soil: The Secret Solution To Global Warming** (a video promoting organic farming): [www.quantumshift.tv/v/1181042956/](http://www.quantumshift.tv/v/1181042956/)
- Video animation materials on **factory farming**: <http://www.thematrix1.com/> ; <http://www.thematrix2.com/> ; <http://www.morematrix.com/> These video vignettes deal with factory farming and is similar in approach to the "Diversity Code". (Note the links that appear at the bottom of the screen as the video plays.)
- **Gardens of Destiny** – A documentary about organic food and seeds featuring Dan Jason on Salt Spring Island: [www.walkingthetalk.bc.ca/node/1049](http://www.walkingthetalk.bc.ca/node/1049)
- **The Future of Food** (a film): [www.thefutureoffood.com](http://www.thefutureoffood.com)
- **Highjacked Future** – A Global Currents documentary: [www.hijackedfuture.com](http://www.hijackedfuture.com) . “It all starts with the seed, and the stakes are high... because who controls the seed, controls the food... Who will control the seeds we plant, and the food we put on our tables?”
- “**Animal, Vegetable, Miracle**” – a book by Barbara Kingsolver documenting her family’s year of procuring as much of our food as possible from neighboring farms and their own backyard. See associated website at: [www.animalvegetablemiracle.com](http://www.animalvegetablemiracle.com) .

- ‘**Small is Bountiful**’, and article by George Monbiot. “Peasant farmers offer the best chance of feeding the world.” [www.monbiot.com/archives/2008/06/10/small-is-bountiful/](http://www.monbiot.com/archives/2008/06/10/small-is-bountiful/)
- **Food needs “Fundamental Rethink”**, BBC News, Dec. 2008  
<http://news.bbc.co.uk/2/hi/science/nature/7795652.stm>
- **One Water**, a documentary about the myriad ways water affects lives around the globe:  
[www.onewater.org](http://www.onewater.org)
- The **Story of Stuff**, an animated film about sustainability: [www.storyofstuff.com/](http://www.storyofstuff.com/)



### 3. Food for Health and Wellbeing

#### Curriculum:

- **BC Ministry of Education:**
  1. Healthy Eating and Physical Activity Learning Resource (Grades: K-10)  
[www.bced.gov.bc.ca/health/active\\_living/physical\\_activity\\_learning.htm](http://www.bced.gov.bc.ca/health/active_living/physical_activity_learning.htm)
  2. Home economics: Food and Nutrition 8 to 12 (Integrated Resource Package 2007)  
[www.bced.gov.bc.ca/irp/he\\_foodnutri812.pdf](http://www.bced.gov.bc.ca/irp/he_foodnutri812.pdf)
  3. Health and Career Education (Integrated Resource Packages)  
[www.bced.gov.bc.ca/irp/irp\\_hce.htm](http://www.bced.gov.bc.ca/irp/irp_hce.htm) and [Curriculum Support Materials](#)
- **Rethinking School Lunch: Linking Food, Culture, Health, and the Environment**  
“Discover how an integrated curriculum and enriched school environment link student learning and well-being and enhance student understanding about the natural world.”  
*Center for Ecoliteracy (Berkeley, California)* [www.ecoliteracy.org/programs/rsl.html](http://www.ecoliteracy.org/programs/rsl.html)
- **Canada’s Food Guide to Healthy Living:** [www.nms.on.ca/Elementary/canada.htm](http://www.nms.on.ca/Elementary/canada.htm)

#### Other:

- Justin Napier - **mushrooms in cuisine**. He began growing his first shiitake mushrooms nine years ago. [thejustinnapier@gmail.com](mailto:thejustinnapier@gmail.com)
- **Local food distributors:**
  1. SPUD (Small Potatoes Urban Development) – including recipes, etc.  
<https://www.spud.ca/about/whatsnew.cfm?msg=0> 250-383-1517
  2. FoodRoots ([www.foodroots.ca](http://www.foodroots.ca))
  3. Saanich Organics <http://members.shaw.ca/saanichorganics/home.html> 250-818-5807
  4. Share Organics [www.shareorganics.bc.ca](http://www.shareorganics.bc.ca) 250-595-6729
- **Food Force** – A UN World Food Programme game (a classroom tool for teaching about hunger): [www.food-force.com](http://www.food-force.com)



## 4. Additional Resources

- **LifeCycles Project Society** (a nonprofit organization dedicated to cultivating awareness and initiating action around food, health, and urban sustainability in the Greater Victoria community): [www.lifecyclesproject.ca](http://www.lifecyclesproject.ca) . Their activities and resources include:
  1. Good Food Directory ( sourcing local food):  
[www.localfooddirectory.ca/foodshed/geobrowser/](http://www.localfooddirectory.ca/foodshed/geobrowser/)
  2. Projects such as:
    - [Growing Schools](#)
    - [Sharing Backyards](#)
    - [HomeGrown Gardening](#)
    - [Indigenous Food Sovereignty Project](#)
    - [Fruit Tree Project](#)
    - [Food Miles](#)
  3. Youth Food and Agriculture Work Experience Program:  
[www.lifecyclesproject.ca/initiatives/youth\\_work](http://www.lifecyclesproject.ca/initiatives/youth_work)
  4. Resources for teachers:
    - [Semilla a Mesa](#) - A Sustainable Agriculture & Global Food System Learning Resource
    - [Where in the World Does Your Food Come From?](#) - Our global food system and local food alternatives.
    - [Teacher Gram](#) - Sustainable Agriculture Guides for Secondary Schools
  5. Research Papers:
    - [Maintaining a Bee Average](#) - A LifeCycles Project dedicated to helping Victoria's Native Bee Population find safe habitat in our communities.
    - [Greening Rooftops in the Garden City](#) - This paper examines the potential for increased urban agriculture in Victoria, British Columbia, known as the "Garden City." Specifically, it discusses the potential for rooftop gardens as an important part of the solution to food security issues on Vancouver Island.
  6. Gardening Tips:
    - [Fruit Tree Care](#) - How to Care For Your Fruit Tree
    - [Let Me Tell You 'Bout the Bee](#) - General bee information
    - [Protecting Pollinators](#) - Native bees and pesticides
    - [Our Pollinators Need a Home!](#) - Inviting bees into your own back yard
- For a more extensive **list of local resources**, see the **Victoria Master Gardener Association** list at: [www.vmga.ca/vmga\\_resources/Victoria Area Garden Resource List.pdf](http://www.vmga.ca/vmga_resources/Victoria%20Area%20Garden%20Resource%20List.pdf) )
- **Improving Relationships between Children and Nature:**
  1. (Local) Child Nature Reunion ([www.naturechildreunion.ca](http://www.naturechildreunion.ca) )
  2. (USA) Children and Nature Network ( [www.childrenandnature.org](http://www.childrenandnature.org) )
  3. “Last Child in the Woods”, a book on Nature Deficit Disorder by Richard Louv  
<http://richardlouv.com/>