

# NEAT Lesson Plan- MS/HS

## "Locally grown foods"

Session time needed- 15 minutes

Introduction- 2 minutes

Lesson Plans (Part 1 and 2) - 13minutes

Behavioral Objectives	Materials Needed
<ul style="list-style-type: none"><li>Understand the definitions of locally grown foods and what a "Locavore" is.</li></ul>	
<ul style="list-style-type: none"><li>Recognize some of the products that are grown in Georgia and understand the importance of eating locally.</li></ul>	<ul style="list-style-type: none"><li>Photos of a Farmers market vs a big corporation (Publix).</li></ul>

### Introduction

A locally grown food is a product that has been raised, produced, distributed and transported within 400 miles of its origin. A "Locavore" is someone who goes out of their way to purchase and eat locally grown foods. They may frequent local farmers markets and choose restaurants that serve locally grown foods. We happen to live in a state with a rich tradition of great agriculture!

Ask: Is anyone in the room a "Locavore"?

### Lesson – Part 1

Ask: Does anyone know what products are grown right here in Georgia?

Answers will vary.

Say: Georgia is actually the number one producer of: peanuts, pecans, eggs, and poultry.

Ask: Does anyone know what Georgia's state vegetable is? For example, Florida's state fruit is the orange.

Answers will vary.

Say: Georgia's state vegetable is the Vidalia onion- which is a sweet onion. Georgia's other top vegetables include: watermelon, tomatoes, sweet corn and bell peppers.

### Lesson Part 2.

Ask: Why do you think it is important to eat locally?

Answers will vary.

Say:

- Locally grown food tastes better - Eating local also means eating seasonally, so you get the freshest product.
- Small farms tend to use fewer chemicals to protect their crops from insects.
- Eating locally grown foods supports our Georgia farmers and provides them with an outlet for their products.

Say: Locally grown foods can be found many places, but most commonly at Farmer's Markets. If you are shopping at major grocery store chains, look at the label on the produce to see where it is from. Most of the time it will be from out of state or even out of the county, but when certain Georgia fruits and veggies are in season, you can find them at your neighborhood grocery store too!