

Topic: Social Change & the Food System

Topic	Detail	Learning Style/Activity	Time	Materials
<p>Learning Objective:</p> <ul style="list-style-type: none"> - names/team building 	<p>Directions:</p> <ul style="list-style-type: none"> - Arrange everyone in a circle, with all participants sitting on something that designates their place, such as a paper plate, blanket, or shoe. (Chairs can be used when inside.) Leave one of the sitting spaces (e.g., plate or chair) vacant. - When the facilitator says, "go", the game begins with a race between the people on either side of the open space trying to move into that space. - The winner who claims the spot then says loudly, "I sit." - The person who had been sitting next to the winner now moves into the space vacated by the winner so that they are sitting next to the winner again. As they sit, they say loudly, "in the grass". - The new vacant space is in turn filled by the person who had been sitting next to the second person who moved. This third person says, "with my friend...", and names someone else in the circle (for instance, Paul). - Paul then gets up and moves to the open place, thereby leaving a new vacant place. - This is the signal to start another short race between the two people sitting on either side of the open space. The winner starts again by saying, "I sit." - Hints: <ul style="list-style-type: none"> - Have everyone in the circle say his or her name once before beginning 	<p>Introduction activity</p> <p>Interactive</p> <p>Movement</p>	<p>5-10 mins</p>	<p>Items to mark individuals places (ie. shoe, piece of paper)</p>

	<ul style="list-style-type: none"> - This game should move very quickly. - Play until everyone's name has been called. 			
<p>Learning objective:</p> <ul style="list-style-type: none"> - teach definition of food system - teach definition of social change - give examples of things that make up food system - and how social change fits into that 	<p>*have teachers present the definitions</p> <p>Food System: the journey of food from seed to stomach</p> <p>Examples: labor, animals, and transportation that goes into a dish such as tres leches</p> <p>Recipe Activity Directions:</p> <p>Provide students with a recipe for Tres Leches. In small groups, the students will think of where each ingredient came from (for example, the milk in the tres leches came from a cow on a dairy farm, which then went to a bottling facility that went to a supermarket). We will ask them to break it down to as many specifics as possible, with some guiding questions such as:</p> <ul style="list-style-type: none"> - Who milked/fed the cows? - Who drove the product from place to place? - What methods of production are necessary to get the product "consumer ready"? <p>Social Change: human interactions and relationships that form in order to change cultural and social institutions</p> <p>Examples: artistic projects that increase visibility of the lives of marginalized populations</p> <p>Quilting Activity Directions:</p> <p>Based off of concepts within the Lake</p>	<p>Small Group Activity</p> <p>Recipe Activity (food system)</p> <p>Quilting Activity (social change)</p>	<p>25 minutes</p>	<p>Paper, markers and staples</p> <p>Print out a copy of the tres leches recipe for each student</p> <p>Recipe for the tres leches on last page of this lesson plan along with questions for activity</p>

	<p>Apopka Farmworker Memorial Quilt Project, the students will each make a “quilt piece” by drawing a special food-related memory or something that represents how the student interacts with the food system (a popular family dish, a cooking memory, farming or planting food, etc.). The pieces of the quilt will then be stapled together to represent the food story of SSYP. Each student will share what their drawing represents, followed by a debrief conversation about why a project like this is impactful in creating social change in the reflective activity.</p>			
<p>Learning Objective:</p> <p>Reflect on what was just learned</p> <p>Solidify concepts of social change and food system</p>	<p>Reflection Part I:</p> <p>Say It Out Loud Game</p> <ol style="list-style-type: none"> 1. Divide large group into small groups of three 2. Have one of the group members read off a prompt (<i>list of speaking prompts can be found below</i>) 3. second person in the group speaks about the prompt for three minutes (time limit can be flexible) 4. The second person in the group tells a summary of what the second person said for about one to two minutes <p>Reflection Part II:</p> <p>Everyone circles up. Each person says a one word description of how they feel in relation to the activities we did and the information we learned. (ie. “I feel...empowered)</p>	<p>Reflective Activity</p> <p>Public Speaking</p>	<p>20-30 mins</p>	<p>Paper for the prompts given to the groups</p> <p>Make copies of the list for groups</p>

Speaking Prompts for Say It Out Loud Activity

1. How is artistic expression important to social change?
2. Should a group of people with more power and privilege help another group that is in need, or should they just let them help themselves?
(How does power and privilege play into the dynamics of someone wanting to help another group?)
3. What's the best way to start social change?
4. How can marginalized groups become more institutionally visible?
5. What are the factors that play into the food system?
6. How could one section of the food system impact others?
7. What is the most important part of the food system? Or are all parts equally important? Why?
8. How could the food system impact each individual person differently?
9. What infrastructure could be included in the food system?
10. What are some ways you can individually make the food system more sustainable?



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Ingredients

1 package butter recipe golden cake or yellow cake mix (regular size)

3 large eggs, room temperature

2/3 cup 2% milk

1/2 cup butter, softened

1 teaspoon vanilla extract

TOPPING:

1 can (14 ounces) sweetened condensed milk

1 can (12 ounces) evaporated milk

1 cup heavy whipping cream

WHIPPED CREAM:

1 cup heavy whipping cream

3 tablespoons confectioners' sugar

1 teaspoon vanilla extract