

Farm to Fork

Curriculum Overview

Designed for:

- Students in culinary arts, food science, or agriculture courses

Length:

The activities in this curriculum take approximately seven hours to complete. With supplemental materials, this curriculum can be adapted to a longer block of time. You can also pick and choose lessons and activities to incorporate into your current lesson plan.

Goal:

The purpose of this curriculum is to provide a one-week unit on farm-to-table principles while incorporating a variety of hands-on activities.

Synopsis:

The curriculum helps participants explore important farm-to-table principles in each step of the process. They will develop their knowledge of the damage field pests can do to crops. Participants will learn how food can become contaminated during processing and the importance of the cold chain process. Additionally, participants will explore ethical dilemmas food producers face as well as ways to meal plan around budgets and dietary restrictions.

Curriculum Components:

- Teacher's guide – complete lessons, including detailed steps of activities, time and materials needed, student worksheets, and instructor information on each lesson
- Student materials
- Assessment tools
- Microsoft PowerPoint presentation slides

Learning Objectives:

Lesson 1 – Production of Goods

- Identify 8 common field insects
- Explain damage done by each insect to common food crops
- Understand the impact these insects can have on total yield

Lesson 2 – Processing Agricultural Products

- Identify environments for food contamination
- Explain the ways contamination occurs when processing food

Lesson 3 – Transporting Food to a Regional Distribution Center

- Understand the importance of temperature when handling perishable food
- Explain the main components of the cold chain process

Lesson 4 – Shipping Produce to Local Retail Stores

- Evaluate multiple viewpoints of shipping, packaging, and pricing scenarios
- Identify the ethical dilemma in each scenario

Lesson 5 – Food Ending Up on Your Plate

- Identify a restricting element of meal planning
- Budget and find recipes to help create a meal plan