



Cook what you love, love what you eat
HUNGRY FOR KNOWLEDGE

Grades 7 - 9
Week 1



Stop! Have you watched our training video yet? This workshop series covers subject matter that requires basic knowledge of anti-oppression and anti-racist concepts. Facilitation of these workshops must be undertaken with thoughtful consideration of the content. Before you start, make sure you've watched our training video and read through the lesson plan in its entirety.

Learning objective:

Participants will engage in conversations about the landscape of hunger in Canada, unpacking common myths and misconceptions about its prevalence, causes, and impacts.



Workshop length: 2 hours



Recipe: Mile-high veggie lasagna



Curriculum links: Health and Physical Education; Language



Topics covered

- Setting guidelines for working together
- Prevalence of hunger in Canada
- Context of hunger in Canada
- Broader impacts of hunger on people's lives



Workshop materials

- Painting/masking tape
- Sharpies or other markers
- Chart paper
- Sticky notes



Cooking materials

Tools

- Cutting boards
- Knives
- Large saucepan (2)
- Casserole dish (2)
- Box grater
- Mixing bowls

Ingredients

- Refer to **supporting documents** for recipe details.

Workshop updated September 2020.

If you require this information in an accessible format, please contact brooke@foodshare.net.



Key Reminders



Group & Land Acknowledgement

FoodShare acknowledges that the sacred land in which we operate is situated upon the traditional territories of the Wendat, Haudenosaunee (Ho-den-oh-sho-nee), the Anishinabeg (Ah-nish-in-nah-beg), and the Mississaugas of the Credit. This territory is covered by the Dish With One Spoon Wampum Belt Covenant, an agreement between the Anishinabeg and Haudenosaunee allied nations to peaceably share and care for the lands around the Great Lakes. FoodShare recognizes the many Nations of Indigenous People, who presently live on this land, those who have spent time here and the ancestors who have hunted and gathered on this land known as Turtle Island.



Equity, Diversity & Social Justice

Notes:

Brainstorm ways in which you can avoid marginalization due to participants' race, ethnicity, sex, age, physical or mental ability, culture, ancestry, language, religious beliefs, sexual orientation, gender identity, socioeconomic background or due to stereotypes. How can you make space for all learners?

Key Terms

Hunger – An uneasy, uncomfortable, or painful physical feeling resulting from lack of food. *In week 2, we'll discuss hunger as an outcome of the larger issue at hand – food insecurity.*

UN Declaration of Human Rights – Document accepted by the UN in 1948 that establishes a common set of principles for the rights of individuals across the world.

Right to food – The UN Declaration of Human Rights recognizes the right to food as a part of the right to an adequate standard of living: *“Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.”*

Plant-based eating – Plant-based eating choices focus on foods primarily from plants, including fruits and vegetables, as well as nuts, seeds, oils, whole grains, legumes, and beans.

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Introduction (5 min):

Begin with a brief introductory chat about the “Cook what you love, love what you eat” workshop series. Talking points should include:

- **What exactly is it?** A series of workshops focused on food! We’ll be cooking, eating, and creating together, all while learning about food and our food system here in Canada.
- **How long is it?** 7 sessions over 7 weeks - each session will be about 2 hours long.
- **Anything else I should know?** There will be weekly online Kahoot games for you to complete at the end of each session (this can be done during the session time *or* with the teacher as a follow-up activity) - this is a fun quick way for us to check in about what you’re learning during the workshops.

Hand out the pre-workshop survey. Have participants fill out this survey prior to jumping into the workshop session. Explain that we will be doing a pre-survey (today) and a post-survey (at the end of the 7 weeks) to evaluate the series. A couple of reasons we do this are:

1. To hear about what they liked about the workshops series.
2. To hear about what they think could make the series better.
3. To gauge how much they learned about food justice.

Please forward the results from your group’s pre-surveys to us at FoodShare. This will help us measure the impact of these workshops, and guide us in shaping future lesson plans. Results can be emailed to Brooke, our Community Food Programs Manager at brooke@foodshare.net



Writing a community agreement (10 min)

- Introduce the purpose of this activity - to set some guidelines for working together.
- Ask participants to work in small groups to brainstorm ideas they think will make the workshop series a positive experience for everyone.
- Bring the group back together, inviting groups to each share three concepts to add to our collective ‘[community agreement](#).’
- Compile these into a list on chart paper.
- Some examples of community agreement statements:
 - Impact vs. intent – recognize that even if a comment wasn't intended to be hurtful, it's important to take responsibility for its impact.
 - “I” statements – speak from your own perspective and experiences.
 - Self-care is key – that means if you need to leave the room or get a drink or give yourself some space, feel free to!
 - “Don’t yuck my yum” – recognize that people have different tastes and interests.

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Let's cook! (1 hour)

Refer to supporting documents for “Mile-high veggie lasagna” ingredient lists and recipes.

Once in the kitchen, review any safety rules that apply to that space:

- Hairnets/gloves;
- Handwashing;
- Knife handling;
- Cross-contamination;
- And, how to use stovetops, ovens, and other appliances.

Divide class into small teams. Hand out the recipe and show each team their prep station. Ask participants to organize who will complete each prep duty and help by demonstrating. Duties could include: reading the recipe, measuring, washing, cutting, mixing, etc.

Tip: Hand out a sign-up sheet for cleaning duties now to expedite the clean-up at the end.

Why did we pick this recipe for today? **Talking points for lasagna recipe include:**

Lasagna involves a lot of teamwork - delegating different tasks to each member of the group, working as a team to layer and assemble the dish.

- Today's session is about learning how this group will work together over the next 10 weeks - think of building the lasagna as a team bonding activity.

It's a good entry point into trying plant-based versions of dishes.

- Get the group thinking about how you can swap out meat for other sources of protein and nutrients.
- Reminder: plant-based foods are not always an option for a number of reasons (i.e.: cultural practices and traditions, budget, buying power in the household), so try to avoid language that reinforces value (“plant-based options are better”) when you're engaging in this discussion.
- Fun facts about plant-based foods:
 - Plant-based options are often more affordable than meats (i.e.: lentils or chickpeas vs. beef or chicken).
 - They also have a smaller carbon footprint than meat options, which makes them environment-friendly.

Knife skills are life skills! - Today's recipe involves chopping, slicing, dicing, and peeling lots of veggies.

- It's important that we all learn how to safely handle and use a knife – this is important for our own safety and the safety of others, but it also helps us be a more efficient cook!
- *If you know the basic knife skills and techniques, you can demo them during the workshop. If you want a refresher, you can refer to the video found in the resources at the end of this outline.*

Ask: If you were to invent another version of plant-based lasagna, what would you add or substitute? What are some other flavour combinations you'd want to try out?

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Shifting perspectives (20 min)

- While the lasagna is baking and cooling, get the group engaged with this activity.
 - The purpose of ‘shifting perspectives’ is to develop a sense of participants’ awareness of hunger and food access in Canada, and to begin to explore the beliefs they have around the issue. This activity was adapted from a food justice activity developed by [Soul Fire Farm](#).
- Create a continuum on the floor with tape, writing “strongly agree” at one end, and “strongly disagree” at the other.
 - **Modification:** If participants have access to laptops, phones, or tablets, this activity could be facilitated through an online platform like Kahoot or Menti. This would be useful if there are any participants with mobility concerns.
 - You could also do this seated using hand voting – have participants sit with their hands up, using the 1-5 finger scale to respond to each statement (5 fingers – strongly agree; 1 finger – strongly disagree).
- Read the following statements to the group about food insecurity in Canada. After each statement, participants will be asked to move to a spot on the continuum to indicate how they feel about the statement.
 - Hunger isn’t a problem here in Toronto.
 - Everyone in Canada has a right to food.
 - There is not enough food in Toronto to go around.
 - Hunger wouldn’t be a problem if people got jobs.
 - Hunger doesn’t impact other parts of people’s lives.
 - There will always be hunger and poverty.
- After each statement, ask participants about why they moved to a certain spot on the continuum.
- Use this activity to open up a discussion about hunger and food access in Canada.
 - Talk about each of the statements. Provide some more information or statistics to give the group more background (*see supporting document for talking points*).



Conclusion and consolidation:

Enjoy your meal together! Serve the lasagna family-style for participants to help themselves. Set up a space where everyone can eat together and chat during the meal. To prompt conversation while you eat, you could ask:

- How do you like the lasagna? Which version do you prefer?
- Have you ever made lasagna before? What kind?
- Would you make this again? If you did, would you make any changes or substitutions?
- What was your favourite part of being in the kitchen today?

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Food justice brainstorm (5 min)

- Once everyone is finishing up their food, you can facilitate this quick wrap-up activity.
- On a sheet of chart paper, write “food justice” in large block letters; pass out sticky notes and pens/pencils to participants.
- Invite them to jot down ideas that come to mind when they hear the term “food justice.”
 - **Ask:** What do you think food justice means? What other words do you associate with “food justice?”
 - Let them know that there are no wrong responses here - we’re all going to learn more about food justice together over the next 6 weeks, this activity is a jumping off point.
- Once they’re ready, participants can post their sticky notes onto the chart paper sheet.
- After everyone has posted their ideas, save the chart paper to revisit in the final week of the series.

Take-home messages:

- End the session with a quick group debrief. You can either do this as a large group (popcorn style) or in smaller teams (with reporting back).
- Ask participants to list the three most important or interesting things they learned during the session, and then invite them to share this with the group.
- Review responses as a large group, adding in any key take-home messages from below that might have been left out:
 - Hunger is not just a problem in other countries, it affects us here in Canada.
 - Everyone in Canada has the right to food.
 - Hunger impacts people’s mental and physical health.
 - Hunger is not an individual problem, but is connected to broader problems of poverty.
- **Option:** have participants complete the [Kahoot quiz](#) now, or provide them with the link to complete after the session.

Clean up! Using the sign-up sheet handed out at the beginning of cooking, have everyone help out with the basic cleaning duties (clearing tables and plates, loading the dishwasher, putting food stuff away).



RESOURCES

Resource:

[Daily Bread Food Bank 'Who's Hungry?' Report Graphics](#)

Infographics with statistics from Daily Bread's 2019 Toronto-wide report on food bank usage.

Resource:

['Don't Yuck My Yum' Song](#)

Fun song about respecting people's tastes and preferences when it comes to food.

Resource:

[Knife Skills Demo](#)

Tasty video demonstrating basic knife handling and safety, and basic knife skills for chopping most vegetables.