

# BEYOND OUR PLATE

ONLINE WORKSHOP EXPLORING FOOD SECURITY, IMPACTS & SOLUTIONS

## A QUICK BITE

This interactive workshop encourages high-school youth to become civically engaged in the food system.

Using a combination of facilitator and peer-led activities, participants learn about the components of food security and examples of how communities are working to respond to these challenges.

The workshop concludes with a mock youth food council in which students craft and debate interventions to solve identified challenges in their community food system.

This workshop was developed using validated youth programming methods and incorporates topics from the Manitoba curriculum. It is recommended for high-school youth but can be adapted.

Available online in platform of your choice | 2 - 90 minute sessions  
[BOP@foodmattersmanitoba.ca](mailto:BOP@foodmattersmanitoba.ca)




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## LEARNING OUTCOMES

Students...

- Gain understanding of what “food security” means
- Learn to explain 5 conditions of a food secure experience
- Practice critical thinking and use an analytical approach to dissecting issues of food insecurity
- Identify interlocking social, political & economic structures that sustain issues of food insecurity
- Assess responses to food insecurity & identify alternate interventions to challenges in their community
- Consider roles and priorities of decision makers who impact food security and how they influence the system



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## PROGRAM HIGHLIGHTS

A **Food Secure** experience.

When all 5 conditions are met.



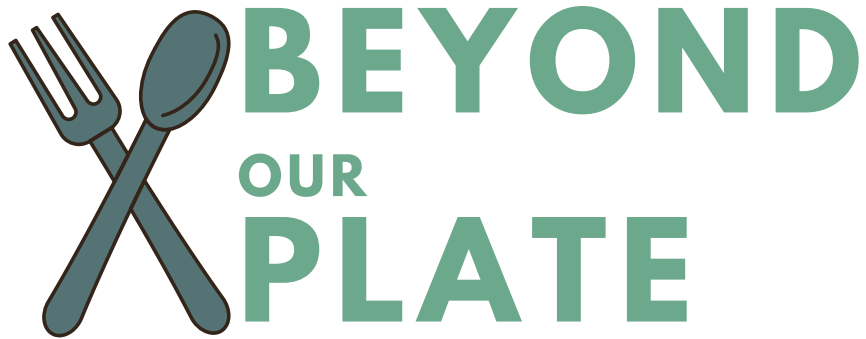
Note: Household Food Insecurity (HFI) occurs when economic or physical access to food is disrupted.

Household Food Insecurity vs. Food Security

Youth Food Council

Evaluate & Analyze common Food Security Interventions

Food Security, Human Rights and the Bigger Picture.



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## CURRICULUM CONNECTIONS

### Grade 9 - Social Studies

3 of 4 social studies clusters are discussed: Diversity and Pluralism in Canada, Canada in the Global Context & Canada Opportunities and Challenges. Highlight connections specific to: "Human Rights", "Living in an Industrialized Consumer Society", & "Social Justice in Canada".

### Grade 10 - Social Studies

Clusters 2-5 are covered: Natural Resources, Food from the Land, Industry and Trade & Urban Places. Highlight connections specific to: "Sustainable Development", "Contemporary Issues Related to Food", "Globalization", & "Environmental and Economic Issues related to Place"

### Grade 11 - History

Develop skills in historical thinking. "Establish historical significance", "Use primary sources as evidence", "Identify continuity and change", "Analyze causes and consequences", "Consider historical perspectives", and "Understand the ethical dimensions of history" through the lenses of Food Justice and Critical Perspectives on Food Insecurity.

### Grade 12 - Global Issues

- All areas of inquiry are explored in the BOP program.