Local vs. Industrial: Strawberry Milkshake

Grade Level: 8th

Season: Fall/Winter

Larger IGS Unit: Farms, Nutrition

Essential Question: What does it mean to eat local? How do our food choices affect the world around us?

Objective: Students will compare local and industrial food systems by tracing food items along the path of seed to fork.

Materials:
- Strawberry Milkshake ingredient cards
- Ingredients for strawberry milkshake
  - (Local) Yogurt
  - (Local) Milk
  - (Local) Strawberries
  - (Local) Honey
  - Ice
- Blender
- Small tasting cups

Introduction:
Pass out Strawberry Milkshake ingredient cards (1-2 per person, depending on the size of the class). Invite each student to read their card aloud. Mispronunciations are welcome!
Ask students, “What do you think you just read?” Hint: These are ingredients to a certain food item. Second hint: It is a dessert.
After several guesses, explain to students that these are the ingredients to a MacDonald’s strawberry milkshake.

Activity
Ask students, “What are some ingredients you would expect to find in there?”
  - Milk?
  - Strawberries?
Where do you think this milkshake was made? In a home kitchen? Can you find these ingredients in your home pantry?
Discussion: What does this tell us about the modern industrial food system?

Invite students to write down their own recipe for a strawberry milkshake. Challenge: they have to be able to pronounce all of the ingredients!
Students share their recipes. Using one of the student recipes, demonstrate how to make a local strawberry milkshake. Hand out tastings to each student.

Discussion:
What does this tell us about the local food system?

Explain that by tracing our ingredients, from seed to fork, we can tell a story about the health of the plants, the soil, and us. Our next activity will be tracing...French fries!

Wrap up/ Assessment:
- Written recipe for homemade strawberry milkshake
- Short write-up comparing local and industrial food systems

Extensions:
- Trace the French Fry
- Local vs. Industrial debate
- Food Rules