In groups of 3 you will create a receipt focusing on local ingredients in the current season. The main ingredient in the dish must be a product grown in the current season and be the “star” of the dish.

1. Watch video clip: Why Eat Local & Zero Waste with the whole class
   1. [**https://www.nourishlife.org/2011/03/why-eat-local/**](https://www.nourishlife.org/2011/03/why-eat-local/)
   2. [**https://www.nourishlife.org/2011/03/in-season/**](https://www.nourishlife.org/2011/03/in-season/)
2. Research and answer the following questions & be ready to discuss:
   * 1. Cite your sources
   1. If you were to eat only foods grown less than 150 miles from our town, what foods would you be able to eat?
   2. What foods would you be unable to eat? How would the seasons affect your diet?
   3. How can we implement food practices that are more sustainable? Provide examples.
   4. Do you grow any of your own food?
   5. Have you ever been to a farmers market?
   6. Do you buy food from a CSA (community supported agriculture)?
   7. What are the benefits and disadvantages of eating foods grown close to where you live?
   8. How might time and distance from farm to market affect the taste and nutritional value of food?
3. Look on a map to see how far 150miles (240kms) radius is from THSS
   1. <https://www.freemaptools.com/find-cities-and-towns-inside-radius.htm>
4. Look at the local seasonal guide & on a sheet of paper, note down what’s currently in season AND within 150 miles (240kms) radius of us
   1. <https://bcfarmsandfood.com/whats-in-season/>

**Part B**

1. Using the local & seasonal guide & keeping within the 150 mile radius, choose a main ingredient to create a recipe where that ingredient is the star of your dish.
   1. Incorporate other local and seasonal ingredients into you dish.
2. Write out a recipe for your dish using the attached recipe criteria sheet
   1. Look at a previous recipe provided by the teacher if you want to see an example
3. Find out where you could locally purchase the ingredients in your dish & attach to assignment
   1. Name of company/farm, address, contact information, foods they grow

**Part C**

1. Create a nutrition label for your recipe using the online calculator, print & attach it to your recipe
   1. <https://www.verywellfit.com/recipe-nutrition-analyzer-4157076>
2. Calculate the kilometre breakdown of how far ***each*** ingredient in your recipe travelled to the plate & total kms-attach to assignment

Source of questions: <https://www.nourishlife.org/pdf/Nourish_Curriculum_Guide.pdf>