



FOOD-AWARE Project
“Training materials and visual learning tools for early education on environmental sustainability and responsible food consumption”

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I. Syllabus

Number and name of the module: Module 1 Local Food Production	
A module description	The aim of module is to give learner information what local food production is, and why it is healthier for people and so important for local environment to produce food locally. In this part learner will know what a local food system is and why is it important for environment and society. The module will be also focus on: the impact of local food production on the environment, characteristics of local food production systems, and the advantages and challenges of local food production.
Intended learning outcomes¹	On completion of this module you should be able to: <ul style="list-style-type: none"> • E.g. understand the importance and benefits of digital skills of teachers
Learning activities	<ul style="list-style-type: none"> • watching 1 presentation video and additional videos • exploring, obligatory and optional 1 reading material • doing 1 exercise
Estimated duration	Total workload is x hours including: <ul style="list-style-type: none"> • 5 minutes for watching videos • 5 minutes for exploring obligatory reading material • 5 minutes for exercises

¹ Intended learning outcomes address what a learner should be able to do after engaging this module. Use one verb (or at most two) for each outcome. (Cf. **curriculum and make amendments you find necessary**)



II. Learning content

Introduction

Local food production is the idea of producing food in regional scale (within 150-650 km). Due to the different definitions of the term, some governments harmonized the definition of "local food". The main criteria were the distance for example for France it is 50 km of producing and selling the food. for USA it is 644 km range (also include production and selling within the same state in which it is marketed.), for Canada the definition contains selling products within approximately 50 km of the provincial borders.

The local food production is one of the main principles of **sustainability**. In other words, "locally grown" means that food and other agricultural products are produced, processed, grown sold within a certain area.

So **local food** is nutritious nutrients that are grown/produced near your home on local farms. It is important to eat local food because the human body is adapted to eat food from either plants or animals.

Depending on latitude locally grown/produced food can be:

- fruits (apples growing in the centre of Poland; bananas in Ecuador),
- vegetables,
- honey,
- dairy products,
- sea food,
- cereals/ grain,
- meat,
- processed food (olive oil from Greece).



When analyzing **local food systems**, it is important to consider:

- how food is produced,
- how it affects health,
- the impact on economy and the environment.

When talking about the **local food system**, it is important to connect this with other terms and concepts such as "food security" and "food economy. The food systems we can divide into: biological (refers to the food production process or food production method), economic and political refers to institutional moderation of various interest groups and food system control) and socio-cultural elements (include personal relationships, social values and cultural relationships that affect people consuming food).

To grow local food is important to remember about periods of the year when a given type food is at its peak (ripe/ready to eat), either in terms of harvest or its flavor. It is called "seasonality of food". Growing and eating seasonally food has a lot of benefits:

- You know that food grown closer to you, so it doesn't spoil during transport, has less preservative chemicals.
- Corps are harvested at the peak of freshness to ensure dense nutrient content.
- You support local agriculture and farmers who choose to farm sustainably.
- You also care about environment which is less damaged.
- Your diet includes a wider range of foods that are easier for your body to absorb.
- You save the money because seasonal food is cheaper to produce and often cheaper to buy when they are in season as well.



There is no one specific definition for **local food production**, but a characteristic feature of this type of production is that crops or breeding cover up customers to 350 km. The idea is nothing new, because for our grandparents used to buy their food from local markets and shops. That time there wasn't malls or big shops where You could buy products from whole over the world.

Generally, this is the idea of producing food in regional scale. Depending on the adopted definitions, two types of local food are distinguished food that grown in your region or in your country.

This is one of the main principles of sustainability. This idea is in opposition to the ideas of global agriculture.

So **locally grown** means that food and other agricultural products are produced, processed, grown sold within a certain area. This idea is very cost-effective for both the



environment and public health. When we buy locally, the energy costs is safe and products are more healthy because there no need to protect them through long journey.

Locally grown means that food and other agricultural products are within a certain area and includes one of the elements:



What is included in **local food** depends on the latitude, seasons, climate, natural conditions, or land resources (water, fertile soil) that favor the cultivation of individual products. Generally local food.

The Food Processing Center found out that the main reasons that Americans purchase locally grown food include:

- higher/better quality,
- fresher products,
- opportunity to purchase unique/ special products,
- positive relationships with producers.²

² Food Processing Center. 2003. Approaching Foodservice Establishments With Locally Grown Products. University of Nebraska-Institute of Agriculture and Natural Resources, Lincoln, NE.



Other studies conducted by Food Marketing Institute in 2009 has conducted national study, and asked: why Americans buy local food? The study results indicated that the three most common responses concerned:

- freshness (82%),
- supporting the local economy (75%),
- knowing where the product came from (58%).

Speaking about local food this is always connected with **seasonality of food**. This means that there are periods of the year when a given type food is at its peak (ripe/ready to eat), either in terms of harvest or its flavour. In all countries there is specific calendar that shows when is the best time for starts the growing season.³



³ Food Marketing Institute. 2009. U.S. Grocery Shopper Trends. Food Marketing Institute: Arlington, VA



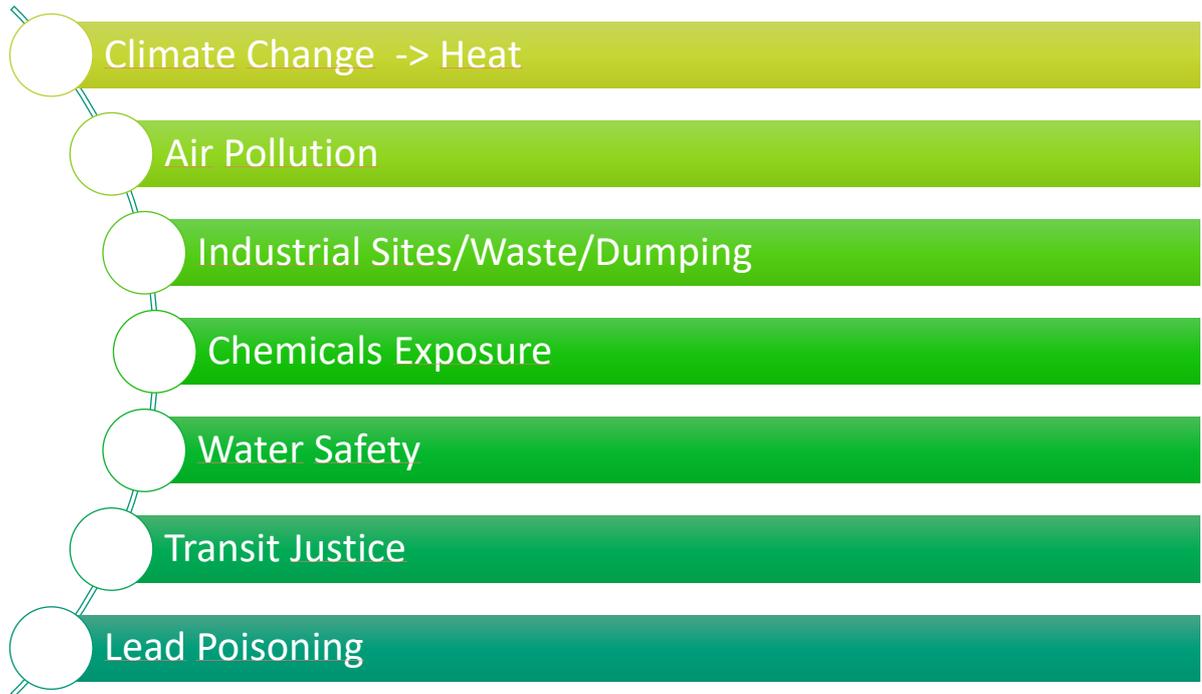
Why seasonal food is important for health and environmental? Below You will find the most important benefits of eating seasonally:

- You help preserve local and small- scale farmland.
- You know that food grown closer to you, so it doesn't spoil during transport.
- Local food has fewer preservative chemicals.
- Corps are harvested at the peak of freshness to ensure dense nutrient content.
- You support local agriculture and farmers who choose to farm sustainably.
- You also care about environment which is less damaged.
- Your diet includes a wider range of foods that are easier for your body to absorb.
- You save the money because seasonal food is cheaper to produce and often cheaper to buy when they are in season as well.

Also, it is particularly important that **local food** shouldn't contain hormone injections or crop engineering to improve the structure and best before date. Besides nutrients in local products start to replenish once they are harvested so it is better when the distance from farm to Your plate is short. More advantages of local food are that to grow fruits or vegetables farmers use less pesticides and preservation substances (ex. wax for cover the fruits) and short farm-to-table time lapse – more natural and fresh products, so You will have full sensory experience of eating from taste to touch to smell, fresh food boost happiness!



It is worth emphasizing that growing food not in a local perspective has high impact on the environment, especially in areas:

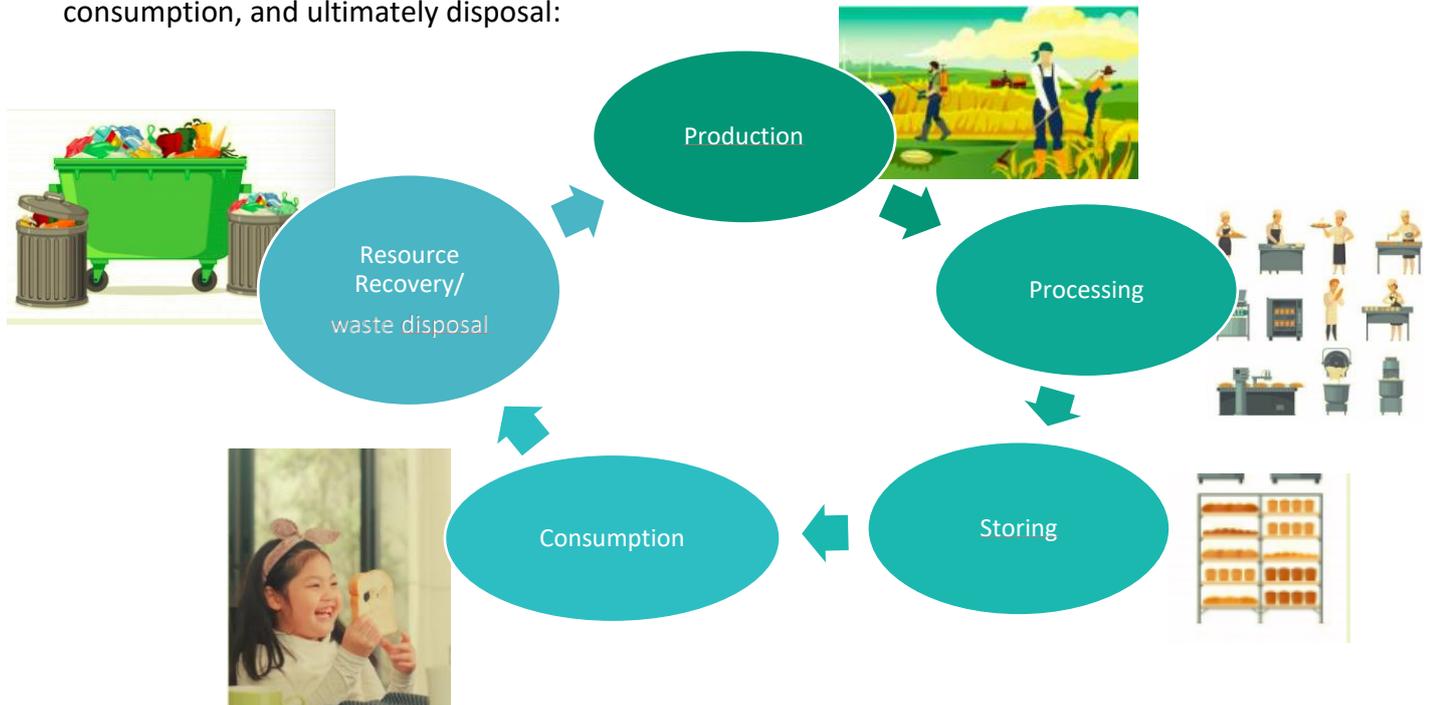


On the other side growing local food contributes to:

1. **Supporting Diet-Related Conditions:** people who has sensitive body or health problems with have a problem with hormonal metabolism, absorption of chemical substances should try locally grown food. It can help balance the body and reduce the consumption of food that contains preservative chemicals.
2. **Encourages Eating a Well-Balanced Diet:** local food contains more healthy proteins, vitamins or other elements that improve your health and lifestyle.
3. **Improves Food Safety:** it refers to a food's level of contamination risk. With imported food, it can pass through several different hands before it reaches your kitchen, increasing the chance of contamination.



Every local production create specific **local food system**, which is a process, that connects the spectrum of food production to food processing, transporting, storing, consumption, and ultimately disposal:



In conclusion, it is worth summarizing the advantages of local food production:

- **Less Pesticide in the neighborhoods:** more local food producers than large-scale, choose to use natural or organic techniques to preserve the health of the food they distribute.
- **Preservative Free:** local food does not require long distance to be transported across the country until they reach their final destination. Food does not need to preserve for long period of time, so no chemicals added (to keep it fresh during transit)!
- **Improved Nutrition:** local food has more nutrient content, because the crop is harvested then the products are ripening. So ripe, fresh products hit the market 😊
- **Seasonally eating:** eating food which has ripened within its natural season, it is good for Your health and environment!
- **Supports Diet-Related Conditions:** people who has sensitive body or health problems with have a problem with hormonal metabolism, absorption of chemical substances



should try locally grown food. It can help balance the body and reduce the consumption of food that contains preservative chemicals.

- **Encourages Eating a Well-Balanced Diet:** local food contains more healthy proteins, vitamins or other elements that improve your health and lifestyle.
- **Improves Food Safety:** it refers to a food's level of contamination risk. With imported food, it can pass through several different hands before it reaches your kitchen, increasing the chance of contamination.



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IV. Examples of inspiring explainer videos

Video 1	Farm On: Sustainable Food Production
Video Description	The movie shows where local food is produced and why is so important to follow the rules of Sustainable Food Production
Link	https://www.youtube.com/watch?v=pk1d7vBBvnE

Video 2	How Do Bananas Grow and End Up in the Store?
Video Description	The example shows the world's largest exporter of bananas – Ecuador. During the film learners will know in what conditions bananas grow, in what countries (ex. Ecuador), and how long it takes for bananas to grow to their full size.
Link	https://www.youtube.com/watch?v=SgFKfVfghpg

Video 3	OLIVE OIL How is it Made?
Video Description	The example shows how to make one of the most world's known precessed food: olive oil and how olive trees are grown. The movie shows process from harvesting to milling.
Link	https://www.youtube.com/watch?v=dnzSoMqOWDY



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