

## ACTIVITY: BUY LOCAL

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### **Food comes from all over the world to arrive on your plate!**

For example, your sugar may have come from India, your bananas may have come from Brazil, and your rice may have come from China!

### **Reflection Questions:**

What do you think can be a bad thing that can happen to food if it travels for a long time from another country?

Hint: Think about the possible environmental effects, as well as the condition of food after a long time

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If food is being delivered to you from another country in the world, do you think it would cost less or more than buying locally grown food in Canada?

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What kinds of foods do you think can be grown here in Canada?

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Why do you think it is good to eat locally grown food?

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Food that can be produced in Canada include:

