

**SECOND GRADE**  
**LESSON: Local Food**  
**SC STANDARD: 2.FSS.1.1**



It's your world.

## LOCAL FOOD

### OBJECTIVES:

- Recognize that food is a global market
- Understand what it means for food to be local
- Explore farmers' markets and what it means to eat local

### LET'S GET STARTED! (10 MINUTES):

- Review the global nature of food and explain what it means for food to be local
- Discuss where to find local food and how it helps the community
- Discuss grocery stores and farmers' markets

### ACTIVITY (15 MINUTES):

- Locate geographic features on a map using written directions
- Describe geographic features on a map using the cardinal directions

### WRAPPING UP (5 MINUTES):

- Remind students where to find local foods
- Hand out Boss' Backpack Bulletin sheet and explain the weekly task

### SC STANDARDS:

- 2.FSS.1.1 Identify on a map the location of places and geographic features of the local community (e.g., landforms, bodies of water, parks) using the legend and the cardinal directions.

### MATERIALS:

- Geography of South Carolina Map Activity Worksheets
- Boss' Backpack Bulletin Handout

## LET'S GET STARTED!

- This week we are going to talk about local foods! Review the geography of food and how food is a global market. Talk about grocery stores having food from all over the world.

### DIALOGUE BOX

- Today we are going to talk about local foods! Do you remember when we talked about different foods growing in different places?
- The climate and geography of different places in the world allows them to grow certain types of food better than others. Because of cars, planes, boats, and trains, though, we can all enjoy foods from far off places, even if we can't grow them ourselves!
- Grocery stores have a wide variety of food. They get shipments of foods from many different places so that when we go shopping, we can go to only one place and buy food from all over the world! The bananas you get from the store probably come from a different place than the strawberries, which come from a different place than the tomatoes, which come from a different place than the broccoli.
- Introduce the idea of local food. Explain what it means for food to be local. Explain that not all food can be local due to geography and climate.

### DIALOGUE BOX

- Although we can get food from all over the world, we can also grow and produce a lot of it ourselves. Local food is food that comes from our own community. Buying food from the farmers within your own community is considered buying locally.
- Sometimes the grocery stores have local food, like fruits and vegetables grown here in South Carolina. More often you can find local food at something called a farmers' market.
- Has anyone heard of or been to a farmers' market?
- Farmers' markets are where farmers who live in the community meet and sell their food. The markets are usually open on the weekends in the morning.
- If you go to your local farmers' market, you may be surprised to see how much food is grown or raised right in your own community! You can find fruits, vegetables, bread, eggs, and sometimes even dairy and meat.
- Farmers' markets are a great way to find out what grows in your area as well. You may find things you didn't even know could grow in your area!
- Of course, there are some things that you won't be able to find at your local farmers' market simply because your area can't produce it. For example, if you don't live near a body of water, you won't find anyone selling fish at your local farmers' market!

- Explain that farmers' markets are helpful to the community. Introduce the idea of gardening as another way to eat local.

### DIALOGUE BOX

- Farmers' markets are also good for the community- they support the farmers and provide local food!
- Another way you can eat local is by growing food yourself! Does anyone have a garden?
- Gardening can be fun and rewarding! It feels great to eat food that you grew yourself. You can be creative and try growing all sorts of fruits and vegetables right in your own backyard!

### ACTIVITY

- Distribute the map of South Carolina and the worksheet. Students will color the map according to the directions and answer questions about geographic locations.

### DIALOGUE BOX

- Use the directions to color the map of South Carolina. Then answer the questions about different geographic areas by explaining their location using the cardinal directions.
- Review the worksheet. Ask students to locate geographic features not mentioned on the worksheet. Point out the county they live in and ask students to describe it in relation to other destinations using the cardinal directions.

### WRAPPING UP

- Encourage students to eat local by going to a farmers' market or starting a mini garden of their own!
- Distribute the Boss' Backpack Bulletin with the weekly goal.

### BOSS' FUN FACT

Eating local can mean stopping by a farmers' market, or even starting your own mini garden! Here are some vegetables that grow great in South Carolina backyard gardens:

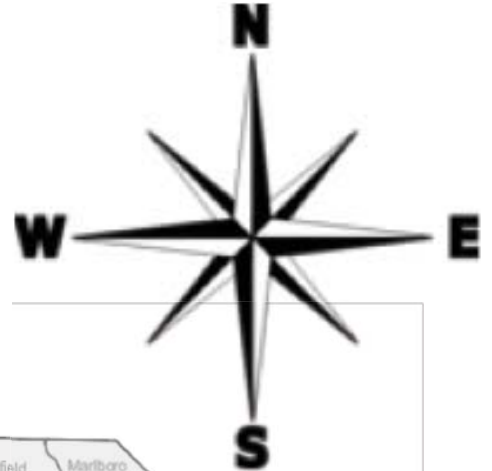
- Tomatoes
- Corn
- Beans
- Squash
- Carrots
- Cucumber
- Potatoes

# GEOGRAPHY OF SOUTH CAROLINA

## MAP ACTIVITY

Use the state map to help you answer the following questions about the geography of South Carolina. Fill in each blank with a cardinal direction that correctly describes each location.

1. Lake Marion is \_\_\_\_\_ of Lake Moultrie.
2. The Saluda River is \_\_\_\_\_ of the Lynches River.
3. Little Pee Dee River is \_\_\_\_\_ of Great Pee Dee River.
4. Lake Keowee is \_\_\_\_\_ of St. Helena Sound.
5. Lake Murray is \_\_\_\_\_ of Lake Greenwood.
6. The Pacolet River is \_\_\_\_\_ of South Fork.

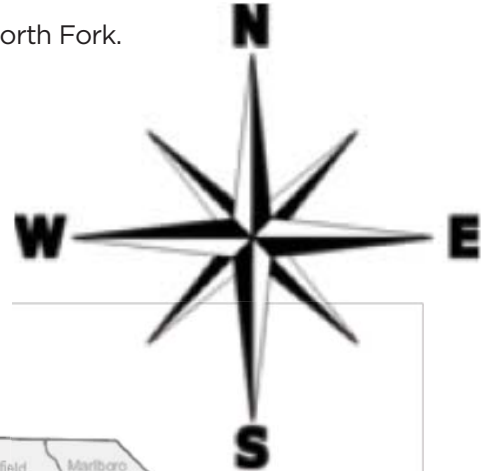


# GEOGRAPHY OF SOUTH CAROLINA

## MAP ACTIVITY

Use the directions to color the geographic features of South Carolina on the map below.

1. Color Lake Moultrie green.
2. Circle Port Royal Sound.
3. Trace the Pacolet River in red.
4. Draw a square around North Fork.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# BOSS' BACKPACK BULLETIN

Your goal for this week is to pick out 6 foods that you ate this week, draw a picture of each food, and then write down the amount of carbs that are in that food! Remember, you can find the amount of carbs in a food on the food label!



<b>Food 1</b>	<b>Food 2</b>	<b>Food 3</b>
Total Carbs _____	Total Carbs _____	Total Carbs _____
<b>Food 4</b>	<b>Food 5</b>	<b>Food 6</b>
Total Carbs _____	Total Carbs _____	Total Carbs _____