

WebQuest

Title: How easy is it for you to access healthy, clean and fair Food?

Introduction: At times, we often talk about healthy food and its importance. This is important to avoid weight problems and leads to quality of life and wellbeing. From a global perspective, it is also important to investigate **how the food is produced**, and if the farmer is **being fairly compensated for his work**. This means clean and fair food is important as it takes in consideration the **direct impact** on the **environment** and **health** as well as respect for the people involved in food production.



Objectives of the WebQuest:

For students to **understand the meaning of healthy, clean and fair food**.

For students to **learn more** about the **farmer and appreciate his work**.

For students to learn to **make responsible food choices** that reflect healthy, clean and fair food.

For students to take action for advocacy.

Main Text – Refer to pdf attachment re food allowed in schools

Task



Refer to the document in the main text, from the healthy options that are permissible in schools, **find which foods can be found clean and fair in Malta**. Most supermarkets have the option of online shopping - check them out and see which ones have this option available.

- i. Present your answer in table format. What difficulties did you find in this task?
- ii. Compare the price of this 'responsible' food with other options. What can you note?
- iii. Following your study, how accessible is healthy, clean and fair food in Malta?
- iv. What actions can you take individually or collectively to raise public awareness and bring about positive change?

Suggestions for action



You are going to transform yourself into an investigative journalist, you will base your research on the following.

Main difficulties encountered:-

- Is clean food easily available?
- Is it same price as the “normal” food?
- Is there enough awareness to the consumer on what is clean and what is not?
- Is food labelling easily understandable?

After conducting your research and evaluating the sources, you will write either a newspaper article, blog, or report to showcase your findings.

- i. The reality of our choice as consumers.
- ii. Highlight the difficulties a consumer encounters. What can be done to allievate such difficulties?

Process



- i. You will be part of a group.
- ii. You will be responsible for researching by reading all the links and attachments provided.
- iii. You will be carrying out an online local investigation.
- iv. Once you have read all the links, you will meet with other classmates who have researched you will discuss the issue and compare results.
- v. You can amend your conclusions if necessary.
- vi. Finally, you will share your conclusions with the rest of the group.

Resources

<https://www.foodinsight.org/sites/default/files/2017%20Food%20and%20Health%20Survey%20-%20Final%20Report.pdf>

<https://www.foodpolitics.com/2017/09/weekend-reading-healthy-and-sustainable-diets-for-europe/>

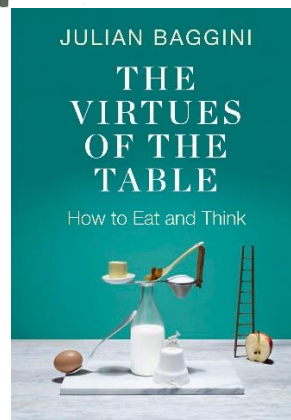
<http://www.slowfoodusa.org/files/files/sfusa-school-garden-manual-chapter4-curriculum.pdf>

<https://www.slowfoodusa.org/contents/sdownload/4753/file/Slow-Food-USA-Clean-Curriculum-Low-Res.pdf>

<https://www.youtube.com/watch?v=UnuP4vrLvc4>

https://www.slowfood.com/about_us/img_sito/pdf/Companion08_ENG.pdf

Photographs



VIDEO

<https://www.youtube.com/watch?v=6hJNayG6dxk>

<http://www.foodchoicesmovie.com/>

<https://www.youtube.com/watch?v=Q8QoCSDkIn0>

Learning Outcomes

- Identify what is clean, fair and healthy food.
- Develop learners' understanding on and of the foods they eat.
- Read and understand food labels.
- Increase the willingness to buy from local farmers and outline the appreciation of the farmers work in food system.
- Draw the relationship between their diet, bodies, and health.

Conclusion:

- How might this Web Quest change your thoughts and/or habits regarding your food choices?

- What marketing strategies is food industry doing to market access healthy, clean and fair food?
- What further questions do you have about this topic?

Evaluation

Acquired competences	Social Skills	Knowledge
<ol style="list-style-type: none"> 1. Research online and collect data; 2. Select the necessary online information and share with peers. 	<ol style="list-style-type: none"> 1. Knowing how to cooperate, listening to other points of view, and reach a common goal. 	<ol style="list-style-type: none"> 1. Know about the latest documents published by local authorities regarding permissible food at school; 2. Know the reality of what is around locally and carry out a price comparison 3. Know the consequences in choosing the right foods; 4. Know the statistical data on the subject.

