



AGRICULTURAL WINTER FAIR

Ontario Curriculum Connections

Grades: 9/10

Subject: Food and Culture

Course Code: HFN 10/20

Features

Curriculum Expectations

Education Ring and Education Centres throughout The Fair including Farm to Table Discovery Zone, The Burnbrae Farms™ Food & Lifestyle Stage, Commercial Vendors, Royal Food Court	A1.1	explore a variety of topics related to food and nutrition Attend Champions Day and try some of the best cheese, jams, honey and discover the secrets that make a Royal Champion. How nutritious is each offering?
	A4.2	use terms relating to food and nutrition correctly Visit the egg education centre and learn why eggs are considered a nutritionally dense food item.
	B1.2	describe diverse foods within each of the food groups as described in Canada's Food Guide. Review the food guide before attending the Fair and ask students to walk around the food vendors and where each diverse food belongs on the Food Guide ex: cricket protein powder belongs in the Meat and Alternatives.
	B1.4	identify key nutrients, their sources and functions, and the food groups in which they can be found. Ask the Dairy Farmers the key nutrients in a glass of milk.
	B1.6	interpret the information on the labels of a variety of packaged foods Look for a packaged product being sold by a vendor and ask students to interpret the label and determine if the food is nutritionally dense with vitamins, and minerals or not.
	B2.1	explain the differences between nutrient dense foods and empty-calorie foods and their effects on health. Find 3 examples of nutrient dense foods and empty-calorie foods at the Fair.
	B2.3	describe the role of healthy snacking in achieving and

		maintaining optimal health (e.g., meeting nutrient needs, satisfying hunger between meals, providing energy) What foods have you seen at the fair would be a good and healthy choice to eat for a snack.
	C2.1	identify different factors that influence people's food choices (e.g., nutritional, cultural, emotional, environmental, religious, social, ethical, economic). What factors influence people's food choices when they visit the Royal Winter Fair? (ex: budget, proximity, food preferences/ restrictions)
	C2.4	analyse how social situations influence food choices Ask students how attending the Royal Winter fair with their peers affected their food choices for the day. If they purchased food did they feel pressured to eat what the group ate?
	C3.1	describe how various media are used to promote the consumption of different types of foods Analyze a promotional flyer for a food product sold by one of the vendors. How effective is it in gaining your attention?
	C3.2	analyse techniques that are commonly used to promote food products what techniques do vendors at the Royal use to entice you to buy their products.
	D1.1	identify the different types of foods produced in Canada (e.g., fish, meat and poultry, dairy products, grains, vegetables, fruit) Visit the Food and Discovery Zone and see all the food produced in Ontario.
	D1.2	explain how various factors affect the availability of local foods Ask the farmers in the Grain Farmers of Ontario booth the farming issues that they have to overcome.
	D2.2	assess programs and practices that reduce the impact of food production and consumption on the environment Ask Live Green Toronto the positive environmental impact that community gardens in urban areas have.