

Fridge Fiasco

PURPOSE: By considering their own experience with food, students will engage in a discussion that introduces them to the concept of a disturbed food chain and how it impacts those that rely on it.

TIME: 15 minutes

MATERIALS: 10 slips of scrap paper

PROCEDURE:

1. Tell students that “today” is grocery shopping day. Ask them to generate a list of their 10 favourite food items covering all 4 food groups. As suggestions are made, print them on the blackboard and each on a slip of paper. Place the slips of paper in a container.
2. Explain: A family of greedy gluttons has moved into the neighbourhood. They have a huge appetite and wads of cash. They get to the grocery store ahead of you and buy out all but three of the food items.
3. Have students draw seven of the food items from the container of slips and cross these items off of your blackboard grocery list. As the items generated are student favourites, have fun and make a big deal out of removing the items from the list.
4. Explain: As the greedy glutton family have moved in for good, it looks as though these 3 items will be all that you can eat from now on. (Note: There are no other grocery stores in your community!) You buy the items that are left.
5. Ask students: *How do you feel about eating the food that remains? How would you feel in two weeks? One year?*
6. Explain: The grocery store runs out of two items and you are now left with only one.
7. Draw two more items from the container and scratch them off the list. You are now left with only one item. *What could happen to your body over time if you ate only this one item?* Remind students about the 4 food groups, if necessary (unbalanced diet and poor nutrition, hunger, lethargy and starvation, for example). *How would this diet affect your schoolwork? Relationships? Family and school life?*
8. Explain: Two new members are added to your family, however, the amount and type of food available from the store remains the same. Ask: *How does this impact you and your relatives?*
9. Explain: This situation is one that native species can experience when new, stronger, invasive species enter the food chain and devour their food. The impact on the native species, its community and habitat can be severe.

ENSURING UNDERSTANDINGS: Understanding concepts related to healthy habitats.

EXPECTATIONS: 4S4, 4S18

NOTE TO TEACHERS: Ensure you phrase this activity in a manner that does not highlight students who may have limited access to appropriate quantities of food on a daily basis. Do not ask for example: What do you have in *your* fridge? What did *you* have for lunch?