



## Grade 4-5 Lesson: Organics

---

### Activity 2: Soil for Lunch

*“Did you know, Canadians waste 1/3 of the food we purchase?!”*

#### Introduction

When we send our organic materials to the landfill, we waste valuable nutrients that soils could use to feed our plants. Through composting, we recycle our organic waste and give them back to the soils, feeding billions of microorganisms and bugs. Healthy soils and plants mean healthy people and animals too!

#### Recommended Materials

- Student’s Lunch;
- Note paper; and
- Blank paper and pencil crayons, markers, or crayons.

#### Activity Steps

Let’s dig into your organic waste and food-chains! Start by spreading the contents of the student’s lunch out onto a clean surface. No matter what the student has packed for lunch, ultimately all the foods they are eating came from the soil! Follow the steps below to understand the organic waste’s journey:

- **Step One:** Have the students list all the foods in their lunch on a piece of note paper.
- **Step Two:** Help the students figure out what ingredients were used to create each of their foods. For example, a sandwich with bread, mayonnaise, and pickles. The bread is made from wheat, the mayonnaise is made from eggs, and the pickles came from cucumbers.
- **Step Three:** Trace each food’s origin back to the earth/soil. For example, the wheat came from a field, the eggs that came from a chicken, and the cucumbers came from a garden.
- **Step Four:** For the foods that didn’t trace back to the soil, try to connect what food the bird or mammal would have eaten that came from the soil. For example, the chicken that laid the egg ate grains from a farm that were grown in the soil.
- **Step Five:** Once the student has connected their food back to the soils, ask them to draw an examples of one of their food-chains. For example, wheat field → flour → bakery → bread → sandwich.

