

Introduction to Food Security

Part 1: Video Reflection



Ages 15 - 18

Approximate Instructional Time:

60 minutes

Lesson Overview:

Food insecurity has been deemed a “wicked” problem in Canada. That is, a problem that is complex and persistent in public policy ¹. Approximately 4 million Canadians struggle with food insecurity ². In this lesson, learners will explore causes for food insecurity and determine ways they can help to fight it in their communities.

Learning Outcomes:

Students will be able to:

- Explain the terms “food security” and “food insecurity”.
- List factors that threaten food security in Canada.
- Discuss ways they can help to fight food insecurity in their communities.

Materials:

- Projector
- Computer with internet access
- Introduction to Food Security PowerPoint Slides
- Copies of Appendices
 - *Introduction to Food Security* Video Reflection Questions (Appendix 2, 1 copy per student)

LESSON

Activating Discussion:

- Play the video titled *Food Insecurity in Manitoba: Part 1 Experiences* (by Food Matters Manitoba): <https://www.youtube.com/watch?v=65aQ9Uos3xc>
- Ask learners what comes to mind when they hear the term “food security”?
- Have learners Think-Pair-Share to brainstorm ideas before returning to the larger group.

Learning Plan:

1. Set up the projector to present the topic “Introduction to Food Security”:
 - Show PowerPoint presentation (Appendix 1)
2. Play the video [Intro to Food Security](#) (by Meal Exchange)
3. Have learners complete the *Introduction to Food Security* video Reflection Questions (Appendix 2)

Appendices:

- Appendix 1 – ‘*Introduction to Food Security*’ PowerPoint presentation
- Appendix 2 – ‘*Introduction to Food Security*’ Video Reflection Questions

References:

¹ Tarasuk V., Mitchell A. (2020). Household food insecurity in Canada, 2017-18. Toronto: Research to identify policy options to reduce food insecurity (PROOF). Retrieved from <https://proof.utoronto.ca/food-insecurity/>

² Morrison, V. (2013). Wicked Problems and Public Policy. Montréal, Québec: National Collaborating Centre for Healthy Public Policy. Retrieved from http://www.ncchpp.ca/docs/WickedProblems_FactSheet_NCCHPP.pdf