

AquaFood

How much do we really depend on water for our food?

Objective: to identify foods that come from water; to locate the areas in the world that provide aquatic foods.

Background:	<p>Some foods that rely on an aquatic habitat are easily recognizable – fish, lobster, oysters, to name a few. Other foods are not thought of as aquatic – watercress, water chestnuts, grow in the water. Some are used to condition our foods – seaweed derivatives are used in ice cream to keep it smooth and creamy.</p> <p>Even if you live near water, the food you eat may travel across the country or halfway around the world to get to you.</p> <p>This activity addresses both the foods that grow in water and the geographical growing location of the foods. This creates an awareness of our reliance on water and each other for food.</p>
Skills:	The participants should be able to read labels and understand what lives in the water.
Age:	Grades 1 – adult
Materials:	pencil and paper, map of the world
Activity:	<p>Discuss the water as a habitat. Have the participants discuss what lives in the water both animal and plant life. Make a list of all the possible foods that come from water. The habitat is inclusive of everything from ocean to swamp/marsh.</p> <p>Take a trip to a local grocery store. Find all the items that are sold in the store that come from water.</p> <p>NOTE: If you have a large group, make arrangements with the store manager ahead of time. Divide the group into teams of 2-4 persons. Each group can take one aisle and a master list can be compiled.</p> <p>Return home or to your meeting area. Use the map of the world to locate the origins of as many items as possible.</p>
Discussion:	How would any disaster affect their food supply? What if the lakes lost water? If there is an oil spill, could it affect them? What responsibilities do we have to protect this resource? How diverse are the food sources? How far does the food travel before it reaches their store?
Adaptations:	Depending on your location, you may also want to discuss food items that are not found in the store, but are relied on. Ducks and geese rely on ponds and marshes. Muskrats are found in ponds and wetlands. All are food in certain localities.