

Where Do You Land?

Advance Preparation:

- Prepare 2 posters, one saying “I am confident about this” and the other saying “I have no idea!” Place them at opposite ends of the room, so that the youth can form a straight line between them. (You may want to draw a chalk line between them, or use a piece of string or tape to demarcate the line.)

Overview (talk about):

Systems, food systems, where our food comes from...issues related to how food is grown.... So much information! So many opinions!

There is no way that any of us know it all! In addition, we don't have to, since collaboration and working with others allows for our strengths to shine, and others' to inform the areas we're less confident in. This activity is intended to surface the primary areas of confusion for each of us, and help figure out where we would appreciate more learning, which ultimately helps inform our actions.

Activity Instructions:

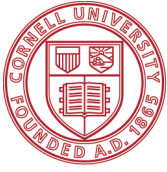
- Explain that you are going to read out a series of statements with which students may agree to a greater or lesser extent.
- Point out the two extreme positions - the posters stating “I am confident” and “I have no idea!” Emphasize that this is aimed at being helpful, and planting ourselves at the confident status for each question simply sets us up to fool ourselves – no benefit in that. In addition, owning where we need to learn more is an act of courage and humility – important qualities in any food system leader.
- You may occupy any point along the spectrum of the imaginary line based on your current understandings – whether you ‘kinda know,’ etc.
- Stimulate reflection and discussion (suggestions follow). When you have gone through the statements, bring the group back together for the debriefing and where to go from here.

Statements

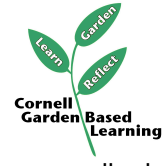
- I have a pretty decent handle on what ‘food system’ means.
- Whether I live in a rural, suburban or urban area, I have a good idea of where the food sources are in my community.
- I understand the relationship between gardening and healthy food.
- I know what the term ‘local foods’ means.

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- I know who grows my food.
- I am aware of my eating habits and where my food comes from.
- I am aware of where the food in my school cafeteria comes from.
- I understand the dialogue related to organic food.
- I am aware that there are differences in costs of certain foods, depending on the food and its source.
- I have a pretty good understanding of hunger, its causes, and who it impacts.
- I am aware of the opportunities to inspire others and serve as as a youth leader in my community.

Debriefing:

Begin by reviewing the activity itself and then go on to discuss what students discovered.

- Were there any questions that students found difficult to answer - either because it was difficult to make up their own mind, or because the question was badly phrased?
- Are there some which are hazier for all of us? Why? E.g., might there be a lack of general information available? Or are certain things somewhat hidden, such as where certain foods come from?
- How might we learn more?
- Were students surprised any range of confusion?
- Did the questions spark any discussion to picked up later?
- What can we do as a team to move forward in finding answers?

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