



## **Institute Title**

*Food for Thought: Global Food Literacy and Citizenship*

*A look at Food Literacy through the lenses of nutrition, environmental health and socio-cultural perspectives, both within and between global communities*

## **Instructor(s)**

Sarah Copeland

Program Director

TASTE Global Food Literacy Program

Catherine Copeland

Director

Global EDGEducation

*It is becoming increasingly critical for the world's students to learn food literacy in school, not just to address the health issues ballooning in our societies, but to give them the understanding required to become mindful food citizens necessary for the sustainability of our cultures, environments and global food systems.*

*Providing students with opportunities to become literate about food in a nutritional, environmental and socio-cultural sense gives them the capacities to make better decisions when purchasing or consuming food. Moreover, participating and experiencing how to grow, taste and cook food will enhance their health and well being. In defining Global Citizenship, we must address Global Food Literacy as an integral element of cross disciplinary study.*

*This institute will explore Global Food Literacy topics through interactive and experiential exercises designed to inspire educators towards effective integration of Global Food Literacy themes into their existing school curriculum and programs. Delving into these topics will provide the attendee a deeper understanding of key issues and a plan for action in their own educational setting.*

## **Target Audience**

Educators and Administrators connected to Primary, Secondary and Tertiary Education, Health and Wellness, Environmental Studies, Global Citizenship, Service and Learning, Humanities, Social Studies, Science

## **Learning Objectives**

- to inspire creative ways to integrate food literacy and food citizenship ideals into existing curricula and programs
- to discuss the four key areas of Global Food Literacy
- to develop a deeper understanding of the complex environmental and social components of the food systems in our world
- to understand and explore the importance of Taste Education as a critical aspect of learning about food
- to gain insight into the current research on food as an important educational theme in ecological and citizenship studies
- to share effective practice in this field
- to investigate and discuss how our consumer choices are affecting the stability of our society and ecosystems
- to create strategies to integrate Global Food Literacy into cross disciplinary studies

## **Participants will leave with institute with...**

- a co-created action plan to integrate Global Food Literacy into their own educational programs
- a resource pack with links to valuable information and resources for program development
- a summary of ideas for effective practice
- ideas for how to use food literacy as a valuable tool for enacting citizenship and reinforcing citizenship values