



U2L2A1 | Food wants and needs sort sheet

overview

In this activity you will begin to think about food and food choice. To activate learning around food, you will start by dividing cards of foods into piles. This activity is to help you distinguish between foods that you need and foods that you want.

learning goal

- To reflect on food choices in regards to wants and needs.

success criteria

- Completion of food sort into food needs and food wants.

Inquiry question

- What is the difference between food needs and food wants?

Step 1: Explore food wants and needs sort sheet

Using the worksheet located in U2L2P2 cut out and divide the cards into two groups: (this may be done singly or in pairs)

- Foods that they need
- Foods that they don't necessarily need but want

Step 2: Group Discussion

As a group discuss how you sorted your cards. Consider how different people would define food wants and needs differently. Look at the piles of foods and see if there is anything that stands out...

- Which pile is more costly?
- Which pile creates more waste?
- Which pile is from a local source?

If you have time...

- Regroup the cards into a pile that you think makes the most money.
- Regroup the cards into a pile that you think is best on the environment.
- Regroup the cards into a pile that you should eat. This may link into the Government of Canada website on Eating Well with Canada's Food Guide. healthycanadians.gc.ca/eating-nutrition/food-guide-aliment/index-eng.php

As a group discuss your food "needs" verses "wants." Were there foods that you felt were missing? Were there foods that fell into needs but were more wants? What makes a food want verses a food need?

Step 3: Wrap Up

In your own words define the difference between a food want and a food need. A want is something you would like and a need is something you can't do without.