Connecting Math to Our Lives and Communities

Let's Talk Lunch

Introduction

How often have you visited a grocery store or market with your family, pushed a cart around, and seen the variety of available food on the shelves? Maybe you have helped select the best fruits and vegetables from the stacks or picked your favourite meat and dairy products from the refrigerated displays. While doing these things have you ever stopped to think about how all of this food got there? Every human needs food and it is important to ensure that this food is available, accessible, nutritious, affordable, and stable for everyone. Achieving this standard of community nutrition and well-being without harming the environment is encompassed in the Mi'kmaq word Netukulimk.

To learn more about the term Netukulimk check out our website to find a video filmed by the Unamaki Institute of Natural Resources where Elder Albert Marshall explains what Netukmulink means to him.

Math Connections

- Distance
- Logical Reasoning
- Portioning

Activity

For this activity you will plan a meal that includes vegetables, protein (meat, fish, legumes, etc.), grains (bread, rice, pasta, etc.), and a drink. For your first meal be sure that all of the ingredients are available within driving distance of your home.

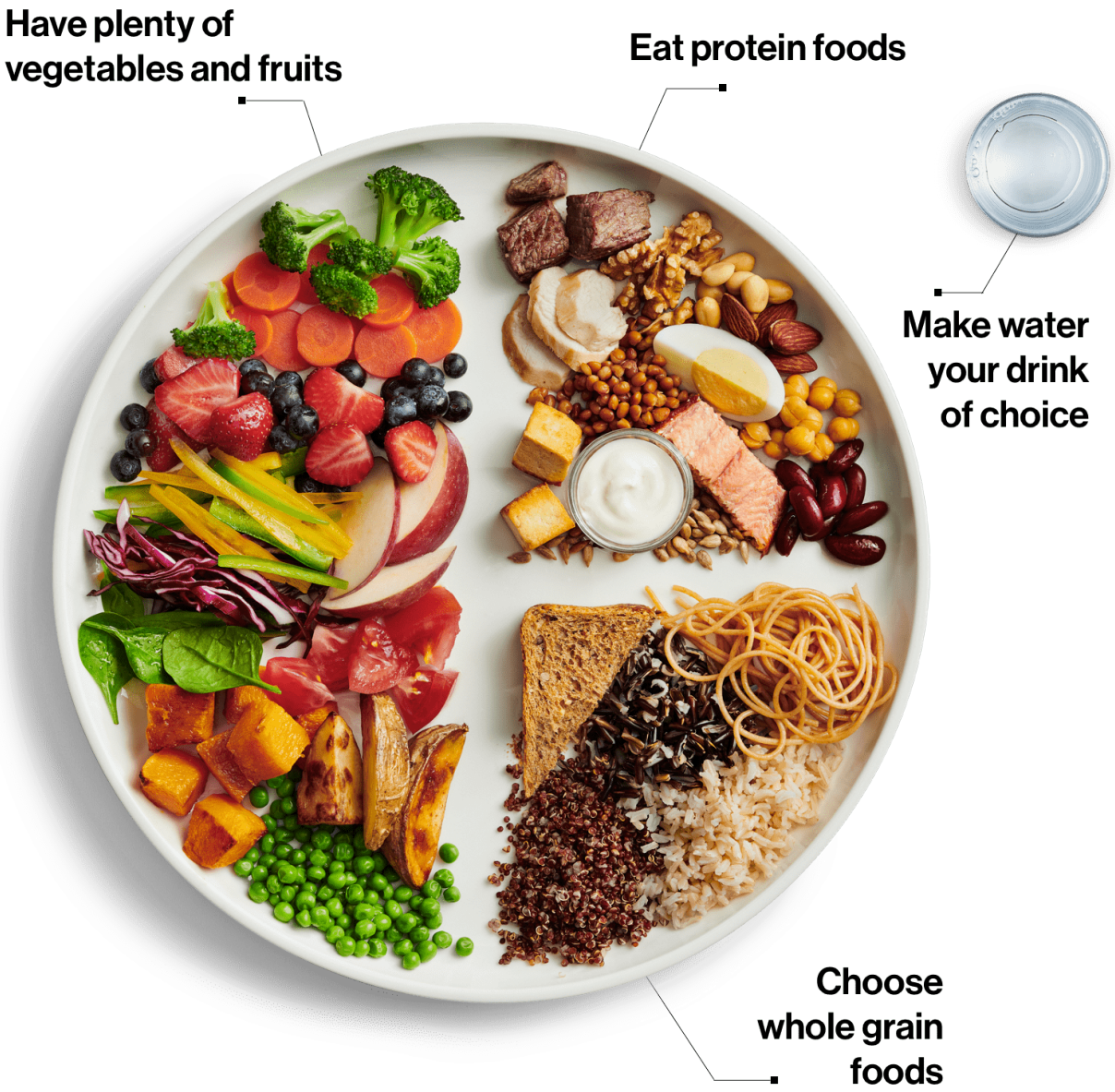
- Was this challenging? Did all of the ingredients require driving to purchase/collect? Were you able to use all of the ingredients and food items that you had wanted?

Now that you have the hang of planning a meal, we will try the same activity but this time when planning your meal be sure that all of the ingredients are available within biking distance of your home.

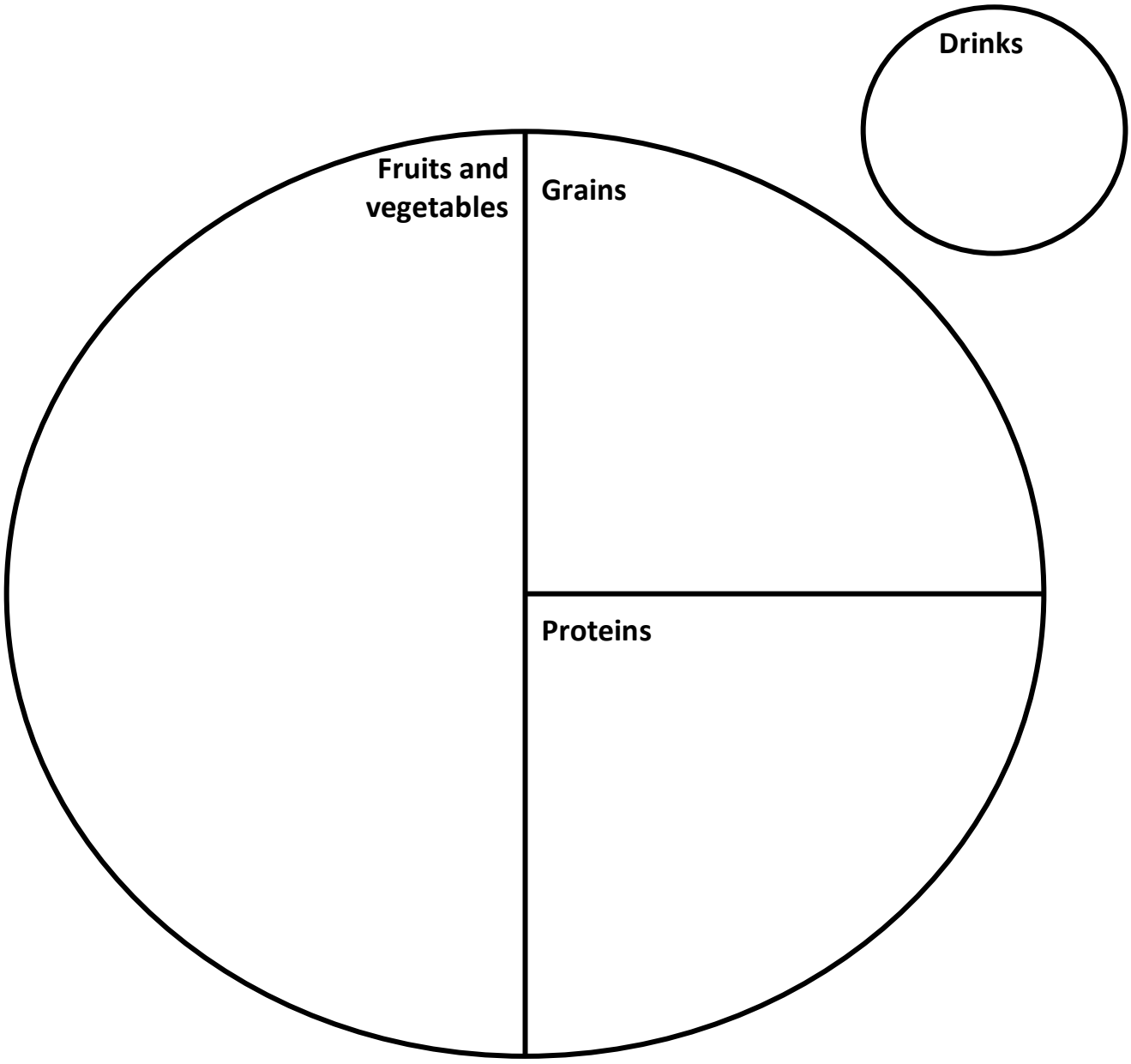
- Was this a little more difficult? What are some of the limitations you thought of when finding food within biking distance?

Let's do this one more time! This time when planning your meal be sure that all of the ingredients are available within walking distance of your home.

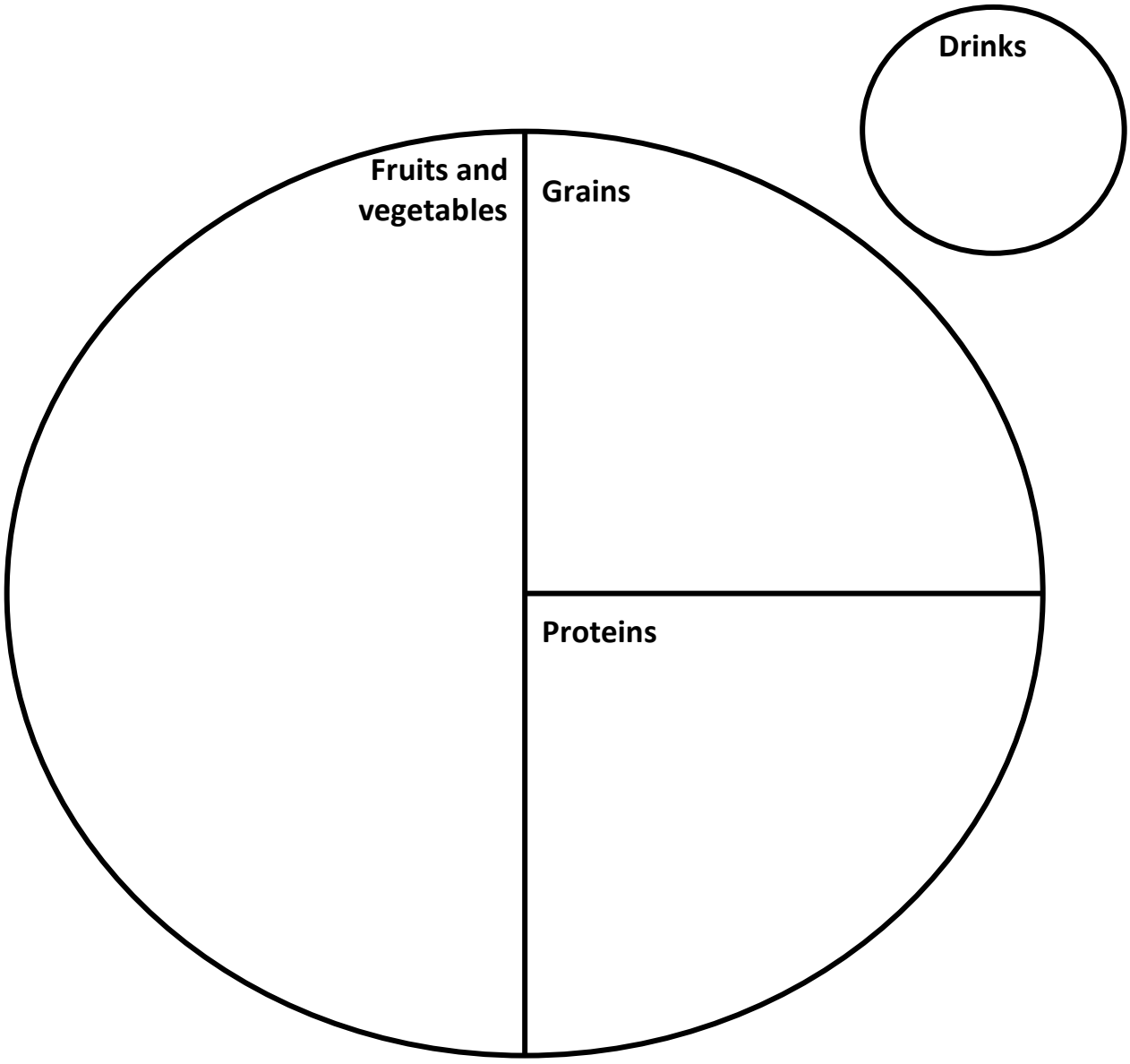
- What challenges exist when you need to find food within walking distance of your home? Were you able to walk to a grocery store? How would you carry your food back to your house?



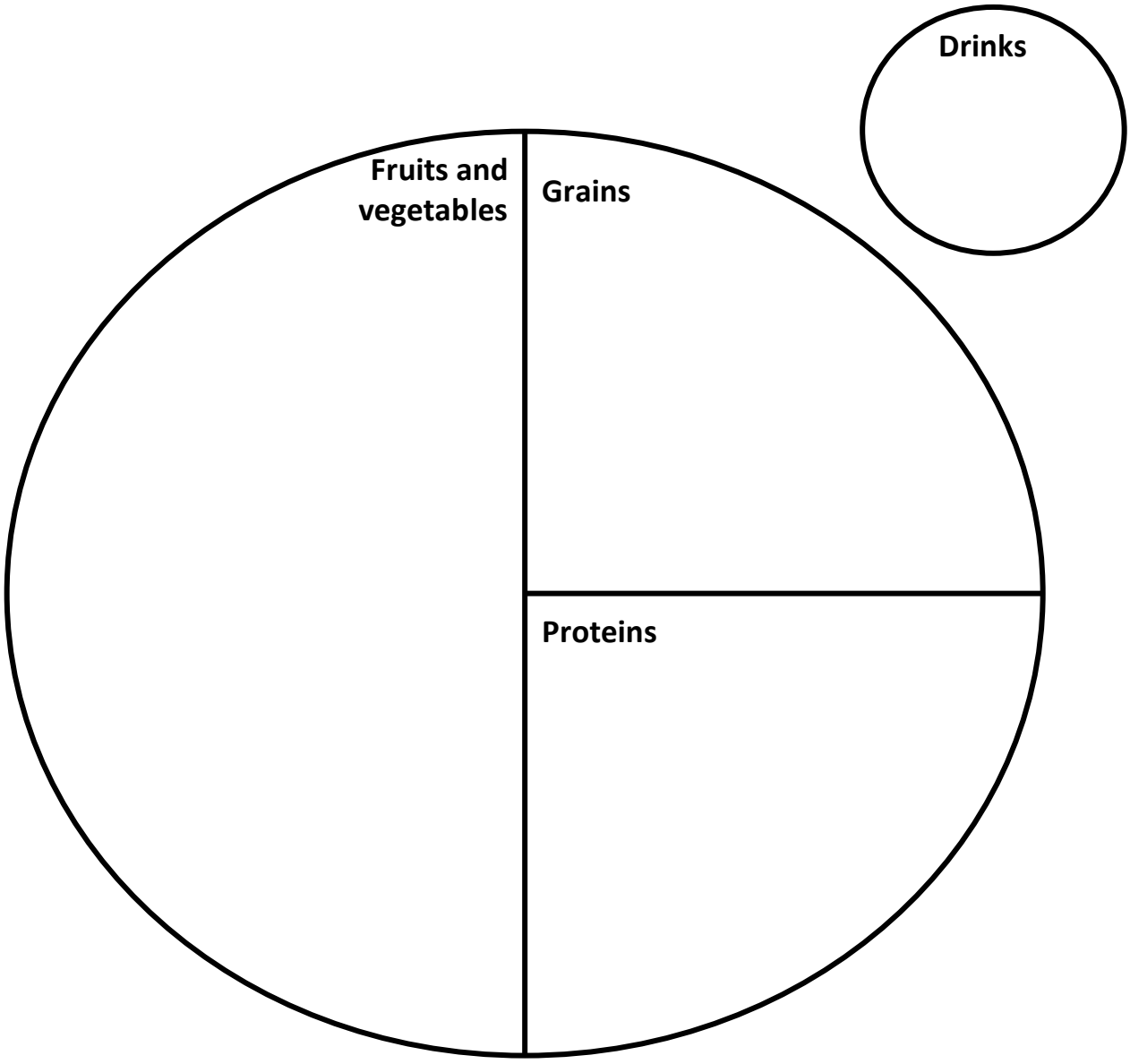
Meal #1: Driving Distance



Meal #2: Biking Distance



Meal #3: Walking Distance



Send us a photo of your three meals at Connecting Math to Our Lives and Communities email (*cmtolcstfx@gmail.com*)!