

臺中市西屯區上石國小

國際教育雙語課程

# Eating Global? Eating Local?

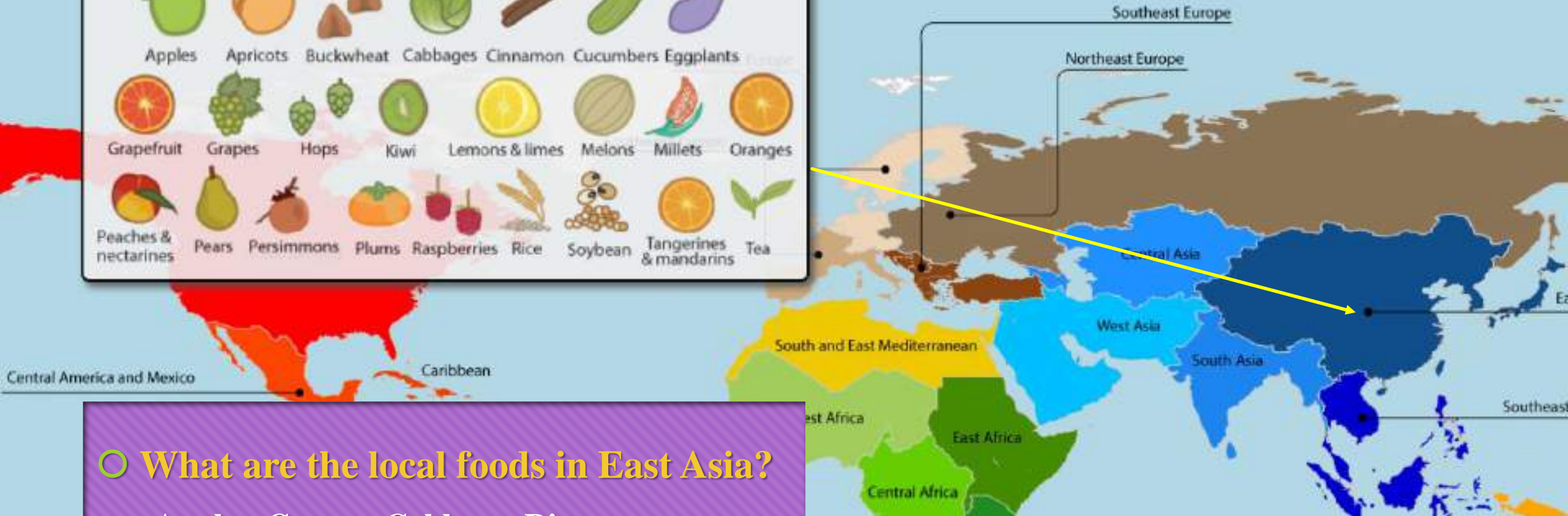
**Analysis student lunches in various countries**

教師周百瑩

## East Asia



# Food around the World



○ What are the local foods in East Asia?

Apples, Grapes, Cabbage, Rice.

○ Where does the \_\_\_(food) come from?

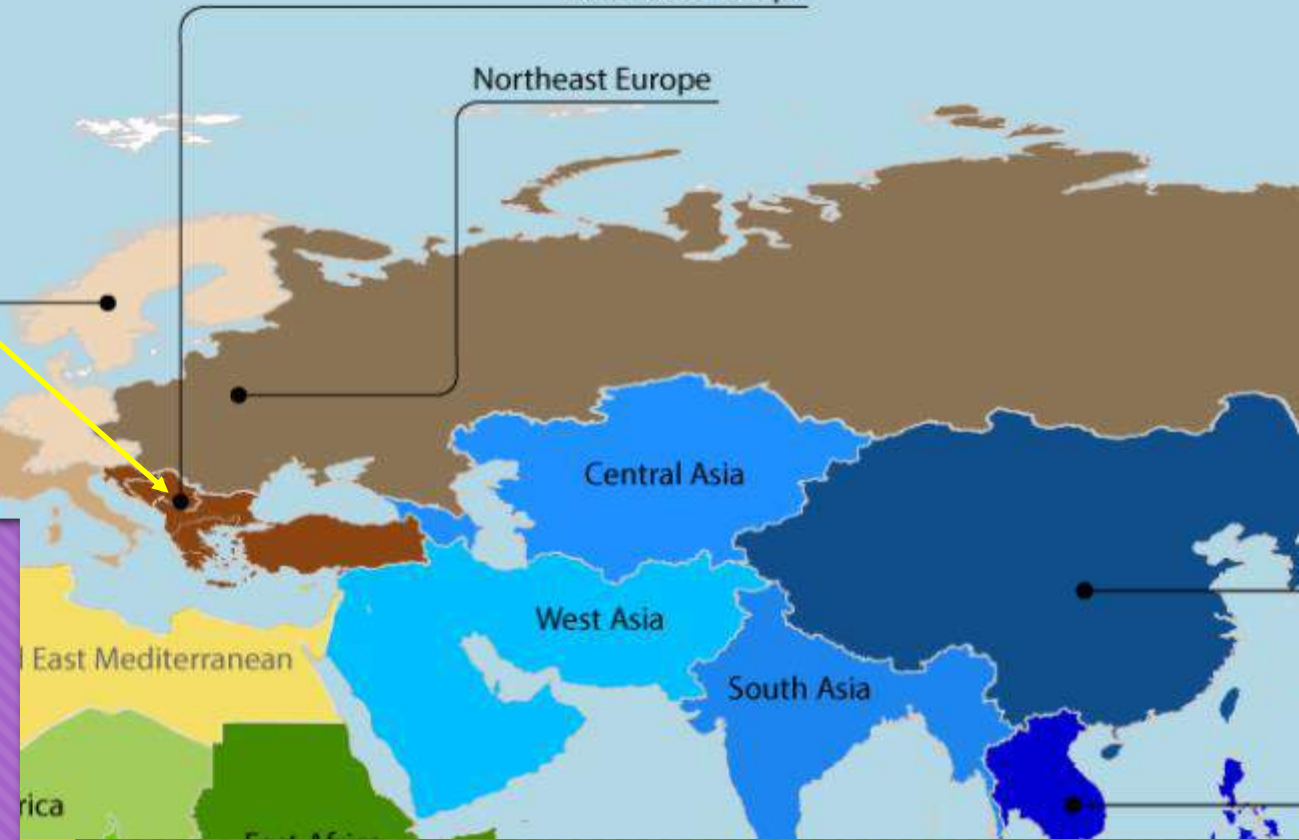
It comes from \_\_\_ East Asia.

This shows the place that crops originates

Let's play on the interactive maps

# Food around the World

## South and East Mediterranean



- **What are the local foods in Southeast Europe?**  
Grapes, Olives, Cabbages, Wheat.
- **Where does the \_\_\_(food) come from?**  
It comes from Southeast Europe.

This shows the place that crops originates

Let's play on the interactive maps

# Food around the World

## North America



Blueberries



Cranberries



Grapes



Pumpkins & gourds



Raspberries



Strawberries



Sunflower

○ What are the local foods in North America?

Blueberries, Grapes, Pumpkins.

○ Where does the \_\_\_(food) come from?

It comes from North America.

This shows the place that crops originates

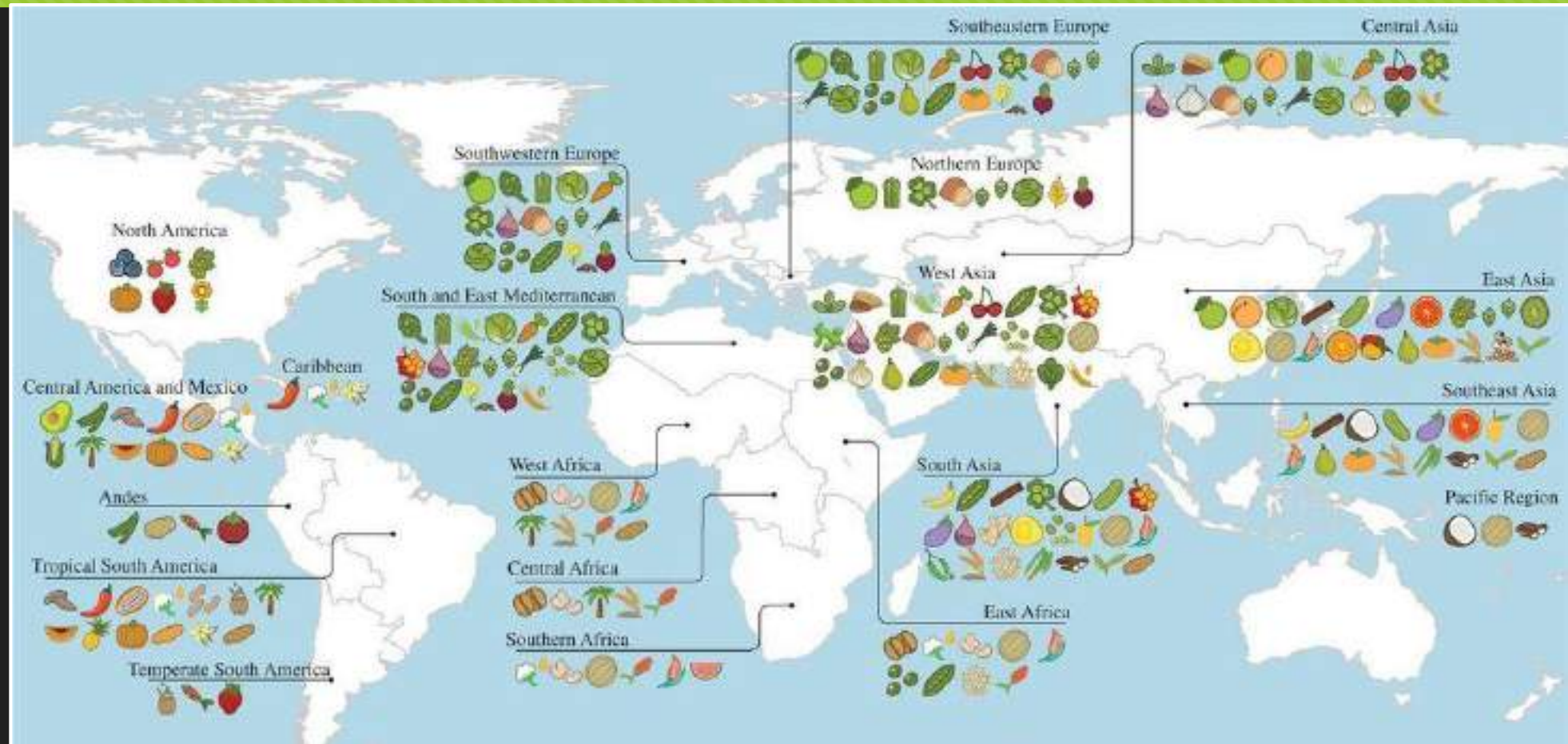
Let's play on the interactive maps

# A Map Of Where Our Food Originated

Which crops do we have in common?

Apples? Melons? Grapes? Rice ?

Wheat ?Potatoes? Peas? Cabbages?



Primary regions of diversity of selected major agricultural crops worldwide. Note that some crops possess more than one primary region of diversity (e.g., wheat is listed in Central Asia, West Asia, and the South and East Mediterranean).

# Globalization in our food supply



- Most of the foods that we commonly eat today are the product of globalization.
- **More than two-thirds of the crops that underpin national diets originally came from somewhere else — often far away.**

# Food miles

The long-traveling food requires

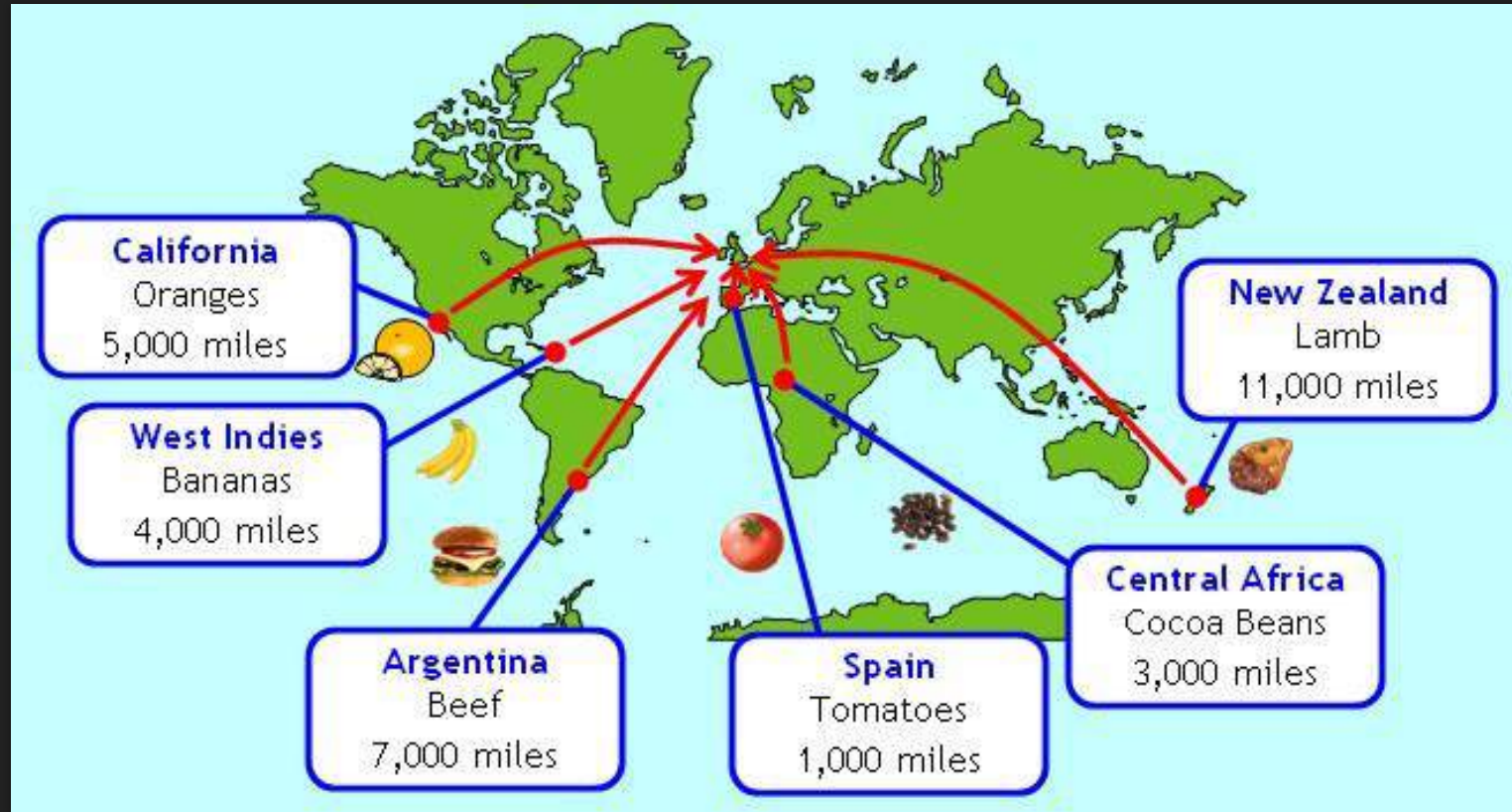
**more packaging,  
refrigeration, and  
fuel**

—all of which produce larger  
amounts of pollution and waste.

To travel long distances many  
foods depend on

**preservatives  
and additives.**

**Food miles** is the distance food is transported from the time of its making until it reaches the consumer. Food miles are one factor used when testing the environmental impact of food



# Is globalization good for food?

- The good is the sharing of food.
- The bad is the spread of an unhealthy diet.





Home / Best Diets / Best Diets for Healthy Eating

# Best Diets for Healthy Eating



Let's see some good diets.

35 Diets [Clear Filters](#) [Ranking: Best Diets for Healthy Eating](#) x

SORT BY: Ranking ▾

FIND A DIET ^

Choose Diet ▾

DIETS BY RANKING ^

- All Diets
- Best Diets Overall
- Best Weight-Loss Diets
- Best Commercial Diet Plans
- Best Diabetes Diets
- Best Diets for Healthy Eating
- Best Fast Weight-Loss



**DASH Diet**

🏆 #1 in Best Diets for Healthy Eating (tie)

DASH fights high blood pressure and was praised for its nutritional completeness, safety, ability to prevent or control diabetes, and role in supporting heart health. [READ MORE »](#)

[See Do's and Don'ts](#)

OVERALL SCORE

**4.1/5**

WEIGHT LOSS

**3.1/5**

HEALTHY

**4.8/5**



**Mediterranean Diet**

🏆 #1 in Best Diets for Healthy Eating (tie)

With its emphasis on fruits, vegetables, olive oil, fish and other healthy fare, the Mediterranean diet is eminently sensible. [READ MORE »](#)

OVERALL SCORE

**4.2/5**

WEIGHT LOSS

**3/5**

HEALTHY

# Eating Local

## An Overview of **Mediterranean Diet**



- Including fruits and vegetables at every meal.
- **They eat food grown in their own backyards, and many varieties of fruits and vegetables flourish in the Mediterranean climate.**

# 歐盟諸國「地方生產的農產品，地方優先消費」



義大利午餐看起來很豐盛：意大利麵、法國麵包、沙拉、芝麻菜+魚肉、葡萄

近幾年來歐盟諸國以「地方生產的農產品，地方優先消費」為主的有機食材，供做學童營養午餐食材使用的政策。

此政策，較受注目的現象為：

- 奧地利的農業部，鼓勵生產有機農產品的農家接受學童到農家與農場參訪。
- 義大利的部分地區，推廣地產地消的有機農產品供做學童營養午餐的食材。

# 歐洲典範 法國小城學童營養午餐 100%有機，70%食材是在地生產。



- 法國南部小城慕昂沙圖早在2012年，這裡的小學營養午餐就達到100%有機。
- 營養午餐裡的蔬果約85%產自市府擁有的農園，很少需要向外採購。
- 他說，廚房裡的食材不只全有機，還是全天然，意即都是從蔬果和肉類的原貌開始料理，不用現成市售食品，而且70%食材是在地生產。

法國的部分地區訂定「2020年符合地產地消的學童有機營養午餐食材使用量提高到90%」的政策目標，舉辦以有機農產品為食材的學童料理比賽。



## Eating Local Washoku, Japan Diet

It reflects a respect for nature,

using natural,  
locally sourced  
ingredients such as

rice, fish, vegetables and  
edible wild plants.

The food is fresh, simple and  
produced with such incredible  
attention to detail.

# 日本「活用地方物產，我們學校的拿手料理」

## 競賽作品冠軍

用的全是當地食材，擺脫了都市無法地產地消的印象



- 是秋田縣藤里町學校給食中心。白神山地孕育的米和味噌做成的鄉土料理「米棒」，還使用了秋田的毛豆、舞菇、天山雪蓮、豆腐、山葡萄（全國學校給食甲子園提供）。

# 日本「活用地方物產，我們學校的拿手料理」

## 競賽作品亞軍

用的全是當地食材，擺脫了都市無法地產地消的印象



- 是東京都青柳小學校，淺草海苔飯、奧多摩山女燒、千草拌菜、東京牛奶、東京奇異果，無一不是難得的東京在地食材（全國學校給食甲子園提供）

# Eating Local

## A view of America Student Lunch

- 奧斯汀西南部的坎寧安小學已經擁有了自己的農場，現在，作為跨課程烹飪教育計劃的一部分，它正在建立一個教學廚房。
- 2020年完工後，學校的學生將收穫蔬菜和水果-西蘭花，綠色食品，地瓜，無論季節如何，都可到廚房學習洗滌，剁碎和炒香的課程。

奧斯汀  
坎寧安小學





What the Mediterranean diet  
and the Japanese diet have in common?



# Eating Local !

- The key word in describing the health benefit of locally grown is

# fresh

## Please describe locally grown food

Locally grown food is

**fresher.**

Locally grown food has more

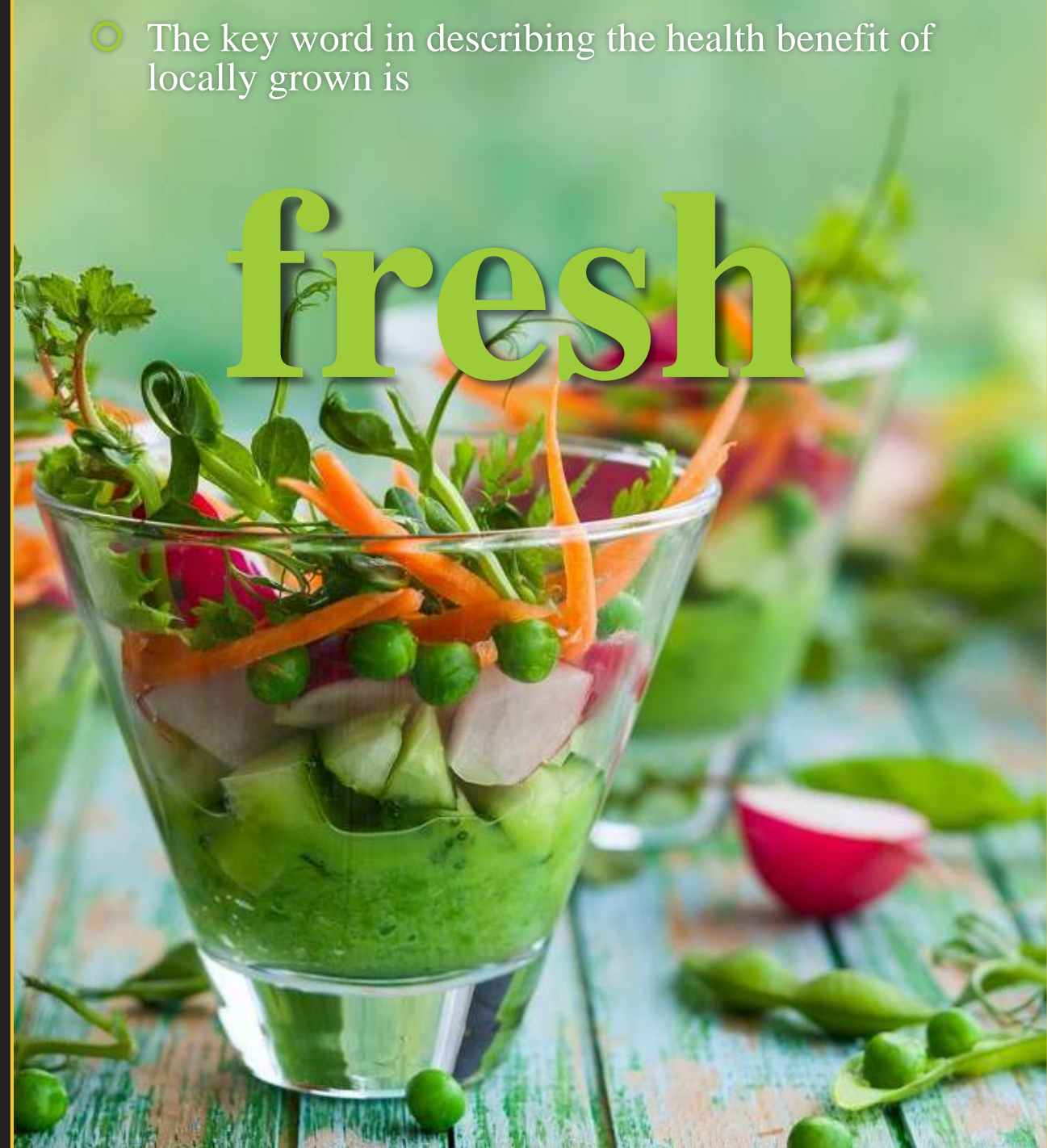
**flavor.**

Locally grown food is more

**nutritious.**

- The key word in describing the health benefit of locally grown is

**fresh**



# Top Reasons to Eat Local Foods

- **Locally grown food is full of flavor.**
- **Eating local food is eating seasonally.**
- **Local food has more nutrients.**
- **Local food supports the local economy.**
- **Local food benefits the environment.**
- **Local foods promote a safer food supply.**



# Design your Local Food Lunch Menu and Actions

# 幸福臺灣味

## 臺灣在地好食材



Let's play on the interactive web

Let's Eat, the Taiwan Way

運用臺灣當季好食材  
製作午餐食譜

天下雜誌介紹臺灣當地60好食材

# 60 好食材

Taiwan's Best Ingredients

哪個地方產的瓜果時蔬、魚蝦蟹貝、雞鴨牛豬，是台灣拿得出手的世界級驕傲？

全部

北部

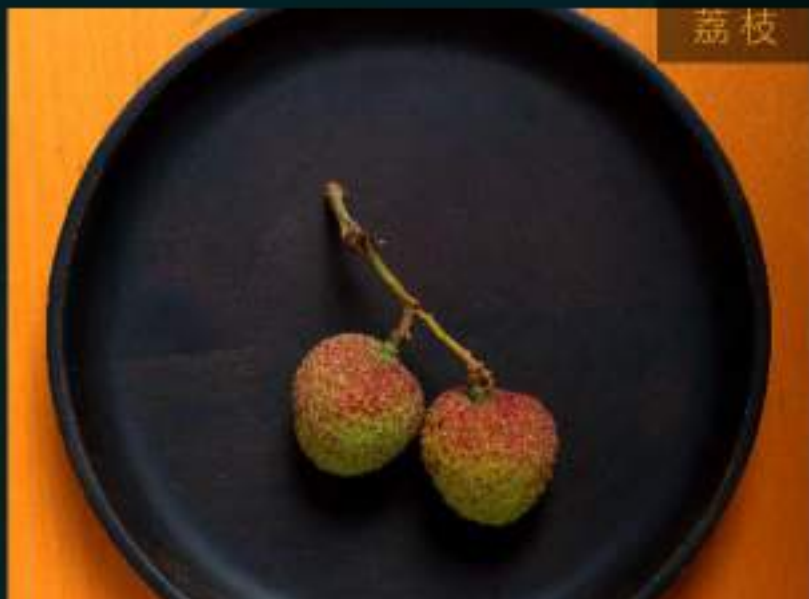
中部

南部

東部

離島









# 鴨

Duck

台灣養印加黑羽紅面番鴨超過300年，更養出了台灣冬令進補的風俗習慣，以及獨特的肉鴨市場... [more >](#)

水塘、鴨群、呱呱叫聲，黑羽紅面番鴨悠游於池塘邊是台灣傳統農村常見的景象，但牠的老祖宗竟然來自印加帝國。



- 推薦產地：雲林
- 最佳食用季節：冬季





原來一隻鴨子背後有這麼多故事，所以下一次品嚐鴨子的美味時，不妨回味一下台灣這段鴨子與農村發展歷程而產生的獨特養鴨、吃鴨文化。（責任編輯：李郁欣）

分享



其他



AA



### 主要產地

雲林



### 最佳食用季節

冬季



### 你可能不知道

台灣菜市場一般稱白羽土番鴨為盧鴨，其實是英文Mule（騾）鴨的同音字，因為這隻鴨經歷一段相當複雜的育種過程，總共使用了北京鴨、褐鴨（蛋鴨）與番鴨等不同鴨系，產生了白色羽毛的土番鴨，卻像騾子一樣失去繁殖能力，因而被命名為騾鴨。

Share

# 高麗菜

Cabbage



甜脆多水份的高麗菜，最常出現在台灣人餐桌，是名副其實的國民蔬菜，但你可知道，它其實不是來自高麗？[more >](#)

- 推薦產地：彰化、雲林
- 最佳食用季節：冬季



分享



其他



AA

為了讓夏天的平地也能種出美味高麗菜，台中區農改場研發多年。風味不輸「初秋」的新品種耐熱高麗菜「台中2號」，在彰化一帶，夏天栽種面積已達上百公頃。（責任編輯：黃韻庭）



### 主要產地

彰化、雲林



### 最佳食用季節

冬季



### 你可能不知道

甘藍在台灣為什麼叫「高麗菜」？因為它的拉丁名「Caulis」，念來很像台語的「高麗」。

Share

# 柳丁

Orange



台灣人嗜甜，同在這塊土地種出來的柳丁，更是外國香吉士沒得比、扎扎实實的甜美... [more >](#)

- 推薦產地：雲林古坑、南投中寮、嘉義梅山、台南東山
- 最佳食用季節：冬天



分享



其他



AA

一年之中最美好的時光，莫過於橙黃橘綠的初冬景致。而整整一年生長期的柳丁，就是人們最甘甜的冬季美味。（責任編輯：李郁欣）



### 主要產地

雲林古坑、南投中寮、嘉義梅山、台南東山



### 最佳食用季節

冬天



### 你可能不知道

柳丁即是柳橙，為什麼會叫「柳丁」？據說因為「橙」和「燈」字形相似，閩南語的「丁」和「燈」又同音，因此，誤讀之下，柳橙就變柳丁啦。

Share



# Taiwan Local Food Lunch Menu Design

1. Where is the food produced?

The middle of Taiwan.

2. When is the food produced?

In Winter.



# Design your Local Food Lunch Menu and Actions



- **What is the food for your local food lunch menu?**  
They are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.  
You may answer rice, duck, cabbage, and rice.
- **Where does it come from?**  
It comes from the \_\_\_\_\_ (East, West, North, South) of Taiwan.

• Draw or paste the local food.



## • How to Eat local?

- Shop at Farmer's Markets
- Visit Your Local Farms Directly
- Grow Your Own Food
- Learn What's in Season



# The Ways to Eat Local

- 1. Shop at Farmer's Markets
- 2. Visit Your Local Farms Directly
- 3. Join a Community Supported Agriculture (CSA)
- 4. Learn What's in Season
- 5. Get Ultra-Local: Grow Your Own Food



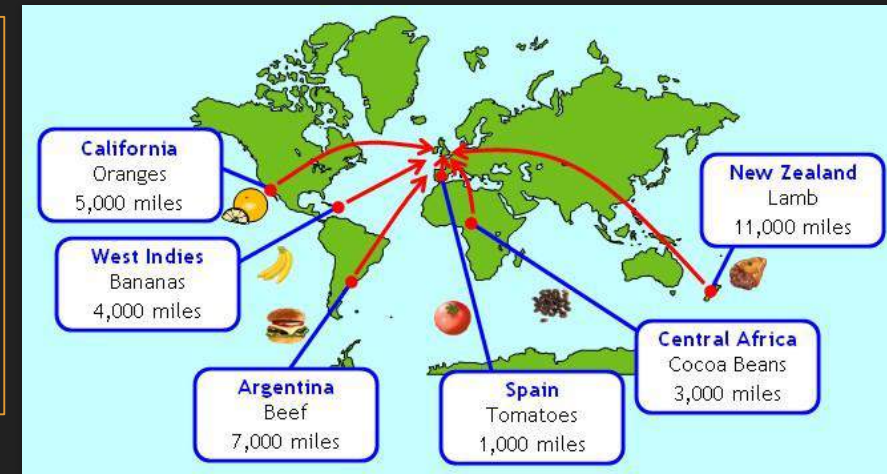
# The Reasons & Ways to Eat Local



## Food miles

is the distance food is transported from the time of its making until it reaches the consumer. Food miles are one factor used when testing the environmental impact of food

- The long-traveling food requires more packaging, refrigeration, and fuel—all of which produce larger amounts of pollution and waste.
- To travel long distances many foods depend on preservatives and additives.



## Reasons to Eat Local

- Locally grown food is full of flavor.
- Eating local food is eating seasonally.
- Local food has more nutrients.
- Local food supports the local economy.
- Local food benefits the environment.
- Local foods promote a safer food supply.

## Ways to Eat Local

1. Shop at Farmer's Markets
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4. Learn What's in Season
5. Get Ultra-Local: Grow Your Own Food



# Summary

- 1. Many countries devoted to eat local.
- 2. To improve health, we had better eat natural foods.
- 3. To improve health, we had better eat local foods.
- 4. Students can take actions to improve the quality of school lunch.



# Reference 參考資料

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- <https://topic.cw.com.tw/anniversary/2017/> 天下雜誌幸福台灣味