

Re-creating Relationships with Local Food through Foraging and Sampling

Michaela Ensweiler, UCLA graduate student, collaborated with Upper Demonstration Teacher Jennifer Williams to co-design a curriculum on local food consumption - discovering the relationships that coexist between Nature, food, and people. Reconnecting with the land that grows our food allows us to move away from wasteful foodways by growing our understanding, closing the human-food gap, and forming a deeper relationship with food.



The goal of our study was to record the changes in attitudes, behaviors, and knowledge with respect to where food comes from, which foods are native, and where uncultivated local foods can be found. Current K-12 school curriculum does not address these issues, which can lead to wasteful consumption and a loss of the appreciation of land for the food that it provides. Our research study examined how curriculum can be embedded both **in** Nature and **with** Nature as a stakeholder and viable facilitator for learning to close the human-food gap.



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