

Student name \_\_\_\_\_

## **How did that get into my lunchbox? – Investigations!!**

You can be an investigative reporter and learn how your food gets into your lunch box! Select one (or more) of these options and as a class, small group, or individual do your own investigation. The bullet points give you some investigative ideas – but you can certainly add more! When you have researched and collected the information, report to the rest of the class by using a PowerPoint presentation, poster, oral report, bulletin board display or method of sharing.

### **Option #1 – Interview your schools food service workers**

- Where do they buy the food?
- Is it obtained locally?
- Who decides the menu?
- What else can they share with you?

### **Option #2 – Tour the school kitchen**

- What food safety handling procedures are followed?
- How do they cook or prepare the food?
- What is done with the waste and leftover food?
- How are items labeled and stored?
- What else can they share with you?

### **Option #3 – Invite a Wisconsin Dairy Council Regional Program Manager (RPM) to your class or school**

- Find your RPM by visiting [http://www.wmmb.com/wdc/wmmb\\_contacts.aspx](http://www.wmmb.com/wdc/wmmb_contacts.aspx)
- What programs do they offer classrooms?
- How do they work with food service programs?
- Ask them to present one of their programs so your class can learn how to make healthy food choices

### **Option #4 – Students that bring their lunches from home**

- Where do the foods in your lunches come from?
- Are any of the foods grown locally? In your garden? From a farmer's market or CSA?
- How did you or your parent decide what to put in your lunch?
- Are all the parts of MyPlate considered when deciding what to bring for lunch?

### **Option #5 – What happens to the leftovers and food waste?**

- Food service provided lunches
  - Where does the food that isn't served go?
  - Where does food that comes back on trays go?
  - Is the food composted?
- Lunches brought from home
  - Where does the food that isn't eaten go?
  - If you got some food from your garden, CSA or farmers market- where did the plant tops and trimmings go
  - Do you compost at home