



Lesson 12: Introduction to Food Environments

Lesson Plan

Estimated lesson time: 90 minutes

Learning objectives:

- Define and describe a food environment
- Identify factors that influence and shape food environments
- Identify ways in which food environments shape individual and population health
- Be able to map a food environment, and gain skills and tools in engaging community members to participate in asset-mapping activities

Key concepts:

- Food environments are directly linked to health
- Natural, physical, and social factors shape food environments
- Food environments change and are changed by human and environmental factors

Materials:

- Large sheets of paper and writing utensils

Lesson components:

- I. Background (for instructors) – 10 minutes
- II. Icebreaker activities – 15 minutes
- III. Introduction to Food Environments (lecture and activities) – 45 minutes
- IV. Debriefing – 15 minutes