



## Lesson 2: Food Systems and Resilience

### Lesson Plan

Estimated lesson time: 120 minutes

Learning objectives:

- Identify and describe the 7 groups of community capital used as a model for community development
- Define resilience
- Identify the 4 components of a resilient system, in the context of food systems and food security
- Understand the value of systems thinking, and describe the relationships among food, public health, and the environment
- Describe individual participation in the food system

Key concepts:

- Systems
- Interdependence
- Inputs and outputs
- Food System
- Resilience

Lesson components:

- I. Background (for instructors) – 5-10 minutes
- II. Icebreaker activities – 15 minutes
- III. A Resilience Approach to Food Systems (lecture and activity) – 45 minutes
- IV. Systems Thinking: A New Vision for the Food System (small group discussion) – 45 minutes
- V. Debriefing – 15 minutes