



Smithsonian

**SCIENCE**

*for Global Goals*



# FOOD!

COMMUNITY RESEARCH GUIDE

HOW DO WE  
ENSURE GOOD NUTRITION  
FOR ALL?

**SUSTAINABLE DEVELOPMENT GOALS**

developed by



Smithsonian  
*Science Education Center*

in collaboration with

**iap** SCIENCE  
HEALTH  
POLICY  
the interacademy partnership

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**FOOD!****How Do We Ensure Good Nutrition for All?**

Community Research Guide

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## Smithsonian Science Education Center

The Smithsonian Science Education Center (SSEC) is operated by the Smithsonian Institution to improve the teaching and learning of science for students in the United States and throughout the world. The SSEC disseminates information about exemplary teaching resources, develops curriculum materials, supports the professional growth of science teachers and school leaders, and conducts outreach programs of leadership development and technical assistance to help school districts implement inquiry-centered science programs. Its mission is to transform the teaching and learning of science in a world of unprecedented scientific and technological change.

## Smithsonian Institution

The Smithsonian Institution was created by an Act of Congress in 1846 “for the increase and diffusion of knowledge...” This independent federal establishment is the world’s largest museum, education, and research complex and is responsible for public and scholarly activities, exhibitions, and research projects nationwide and overseas. Among the objectives of the Smithsonian is the application of its unique resources to enhance elementary and secondary education.



## Smithsonian Science for Global Goals (SSfGG)

is a freely available curriculum developed by the Smithsonian Science Education Center (SSEC) in collaboration with the InterAcademy Partnership. It uses the United Nations Sustainable Development Goals (SDGs) as a framework to focus on sustainable actions that are student-defined and implemented.

Attempting to empower the next generation of decision makers capable of making the right choices about the complex socio-scientific issues facing human society, **SSfGG** blends together previous practices in Inquiry-Based Science Education (IBSE), Social Studies Education (SSE), Global Citizenship Education (GCE), Social Emotional Learning (SEL), and Education for Sustainable Development (ESD).



## Thank You to our Curriculum Development Team



Smithsonian  
*Arthur M. Sackler Gallery*



Smithsonian  
*Center for Learning and Digital Access*



Smithsonian  
*Folkways Recordings*



Smithsonian  
*National Museum of American History Kenneth E. Behring Center*



Smithsonian  
*National Air and Space Museum*



Smithsonian  
*National Museum of the American Indian*



Smithsonian  
*National Museum of Natural History*



Smithsonian  
*National Zoological Park*



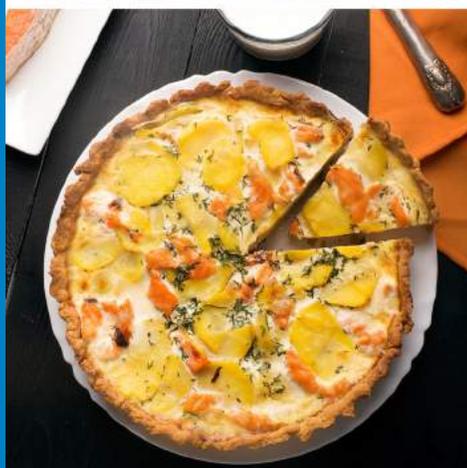
## Thank You to our Funding Partners

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*Johnson & Johnson*



**Look at these pictures.  
What do you See?  
Are you familiar with any of these foods?  
If not, what do you think they might be?  
Share!**



## Welcome to the Team

**Read this together as a team.**

Look at this empty plate. What type of food would you like to see on it? What foods do you like to eat? Are those foods considered healthy? Raise your hand if you know anything about food and health. Quickly share some things you know about food and health. You will have more time later to share what you know about food and health.

As much as we all like food, in many places around the world it is a part of some big problems. It may be part of some problems with people where you live. Or it may be part of some problems far from your home. Or the problems might be coming to you in the future. Does anyone know about some food-related problems? Don't worry if you are not familiar with any problems. We will have more time to talk about those later.

Many of these problems are not easy to understand. There are many things we do not know about food, nutrition, and people. There is also not one single solution for all the problems they create. There are many possible solutions we must consider. Since there are many solutions, there are many decisions to be made. Sometimes, making decisions about what to do is difficult. What do you do when you have to make a difficult decision? Quickly share some ideas as a team.

This is why we are asking you to join a research team. We need your team to help your local community make some decisions. We need your creativity and strength as a team. Your team has a leader who will help guide the research



team. Your team leader is here to help, but does not have all the answers or solutions. The team leader also does not know all the decisions that need to be made. You will have to work as a team to figure these out together.

This may be confusing. But do not worry. The team is here to help. First you must understand some basics of this Community Research Guide. Go over the research storyline as a team on the following pages.

Notes:



# FOOD! Community Research Guide Storyline

1

## Part 1: Problem

In this part, your team will begin defining the research problem. You will also begin setting up your local research plans to study food and nutrition in your community. To do this your team will need to learn more about the team members, different perspectives, and questions you will work to answer during your research on food.

2

## Part 2: Community

In this part, your team will focus on collecting evidence about what the local community thinks and knows about food and nutrition. Your team will also establish your research sites and begin identifying local partners you could potentially work with throughout your research.

3

## Part 3: Building Blocks of Nutrition

In this part, your team will focus on learning about the basic building blocks of food and nutrition. Research will include collecting and comparing food within your research sites, and studying local and global food guidelines and food sources to meet local and global needs.

4

## Part 4: Access and Storage

In this part, the team will focus on researching and exploring where and how food is accessed and stored in the community. Research includes identifying and analyzing different access points for food and researching storage strategies to keep food.

5

## Part 5: Cooking and Preservation

In this part, the team will focus on researching and experimenting with processing, cooking, and preserving various foods to meet local and global needs. You will also conduct research on diverse local and global cooking and preservation techniques, tools, and recipes.

6

## Part 6: Food and Nutritional Security

In this part, the team will focus on exploring a variety of food- and nutrition-related imbalances in the community. Research will focus on imbalances related to nutrition and health and medical issues, diversity of foods eaten, and population or urbanization imbalances that may be present and important to how the food problem is defined locally.

7

## Part 7: Action Plan

In this part, the team will focus on developing a local Community Action Plan. This plan will outline the research that was conducted, the actions the team thinks people need to take in the community, and a communications plan to share the plan with local community members.



## Understanding This Community Research Guide

Read this together as a team.

Each of the seven parts has a list of **tasks** to be completed. Some tasks have two options: FOOD A or FOOD B. Choose the version of the task that works best for your team. FOOD A versions are generally easier. If you are unable to complete a task for any reason, don't worry. Talk as a team, try again, or try the FOOD A version of the task, if it's available. It is okay to change your mind. The tasks in this guide will tell you what to do. Remember, it is okay to change between the FOOD A and FOOD B tasks at any time.

During each task, you will need to look at task resources in the Research Guide task folder. The task folder will be labeled with the task number. This task folder will contain additional resources for that task.



### Research Tip



The Task folders can be found at:

[ssec.si.edu/food](https://ssec.si.edu/food)

When you see this blue arrow you should go to the task folders there. Try it now!



### Research Tip



This green icon is used when you are using an Ask the Team reading.

It will also contain the two versions (FOOD A and FOOD B) of the task, if available. Not all tasks have two versions. These task resources will tell you what to do. The team leader will help read them if you do not understand. Just follow the guide and do not worry.

If you get stuck, talk as a team, try again, or change to the FOOD A version of the task. Getting stuck and trying again is part of doing research. Changing your mind is okay and normal.

When conducting research, there are many unknowns. There are also many things to figure out as a team. You will need to be creative. There will not always be a clear right and wrong answer. Sometimes the team might not agree. This is okay. Just make sure to respect your teammates. Sometimes you might not be sure what decisions you should make. This is normal. The goal of research is to help you talk and think about how to make decisions as a team.

It is normal to be confused. It is normal to get frustrated. It is normal to fail and need to try again. It is normal to change your mind as you learn more. But do not worry. This is all part of doing research. Your team leader and team are here to help one another.

So let's begin!

