



# Lessons Learned from Lake Apopka:



## The Importance of Sustainable Agriculture for Healthy Living

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### ABSTRACT

Lessons Learned from Lake Apopka is a comprehensive educational curriculum about the benefits of sustainable agriculture for consumer health, the environment, and farmworker safety. As educators, we can teach students to become more aware of the food that they eat and what it took to get it from the ground to their plates, including how to make informed food choices that will have a positive impact on the environment, on their health and, also, on the farmworkers who work the land so that we can have an abundant and dependable food supply. Through this inter-active lesson plan, students will learn through audio/visual case studies, critical thinking exercises, and break-out group discussions.



### TOOLS

We have created this curriculum to be utilized by educators either in its entirety over two class periods (45 minutes each day), or as an 'a la carte' approach to planning their coursework. Each section has been designed to easily fit into a variety of different lesson plans. Included are:

- Videos of case stories
- PowerPoint presentations
- Key term definitions and word match exercise
- Venn diagram exercise
- Group and individual critical thinking activities
- Resource list and links for further study
- Suggested class projects



Photo courtesy Alberto Arriola



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### BACKGROUND

The Farmworker Association of Florida, a statewide organization, has been working for over 30 years to empower farmworkers and rural poor communities to respond to and gain control over the social, political, economic, workplace, health and environmental justice issues that impact their lives.



Photo courtesy Alberto Arriola

### LEARNING OBJECTIVES

- Biological sciences
- Social studies
- Economics
- English language arts
- Environmental education
- Health
- Florida history

### AUDIENCE

Middle to high school



### METHODS

This curriculum was tested with middle and high school classes at two schools in Central Florida. Using feedback from students and teachers, the materials were revised for maximum educational effect and use.

**The Farmworker Association of Florida**

**Building power among Florida's farmworkers for more than 30 years.**

To download all curriculum materials, please visit our website:

[www.fwhealthandsafety.org](http://www.fwhealthandsafety.org)

