

Activities to teach:

Food and Drink Workshop or *Where on earth does our food come from?*

Presenter:

Mo Braham – Education Manager Over Farm; Primary teacher

Learning objectives:

Raise awareness of where and how our food is produced;

Consider environmental, economic and ethical issues involved, in particular food miles and climate change;

Encourage buying locally produced food to support local economy and environment.

National Curriculum links:

Geography: 1. a. – d. ask questions, collect, record and analyse evidence;
explain different views

2. c. use maps g. decision-making

3. g. interdependence of people and supply of goods (food)

5. a.b. understand environmental change and
sustainable development

6. Themes- environmental issue eg global warming

Science: 2.b. nutrition and healthy diet

3.4. plants – life processes and classification

5. living things in their environment need protection

PSHE/Citizenship: 2.a. debate topical issues

j. allocation of resources

3. a. healthy eating and making informed choices

5. a. take responsibility

d. make choices and decisions

c. consider social and moral dilemmas

S3 reference: F1 Food and Drink

ECM links: Be healthy Make a positive contribution



Suggested Teaching Activities	Resources
<p><u>Apple earth</u></p> <p>Aim: to realise that there is only a limited amount of land on earth where food can be grown</p> <ol style="list-style-type: none"> 1. Apple = planet earth 2. Cut into 1/4s $\frac{3}{4}$ = sea,(discard as can't grow food here) $\frac{1}{4}$ = land left 3. Cut remaining $\frac{1}{4}$ into half; discard half as this is deserts, mountains etc 4. Peel skin from $\frac{1}{8}$ = land available for farming and feeding 60 billion people. <p>(To continue present lifestyle & use of resources, most people in UK need 2 apples or planet earths, USA 3, India and Africa less than 1 – at the moment.)</p>	<p>1 apple, knife and plate</p> <p>www.bestfootforward.com</p> <p>www.sustainweb.org</p>
<p><u>Guess the veg</u></p> <p>Aim: to familiarise pupils with names of vegetables, develop sensory skills and vocabulary</p> <ol style="list-style-type: none"> 1. Taking turns, 1 child in each group describes hidden veg in bag to rest of group using senses eg shape, feel, colour, smell etc 2. Others guess after 3 descriptions. 3. If not guessed, say how you would eat it, cook it. 4. Swop bags. <p>Variation: 2 children sit back to back, 1 describes a veg or fruit, other draws. Swop.</p>	<p>6 (or how many groups in class) bags with different veg in each – have 1 spare</p> <p>Clipboards and veg.</p>
<p><u>Where on earth has our food come from?</u></p> <p>Aim: to find out where food is produced and consider environmental, ethical and economic issues in transporting food long distances.</p> <p><i>Where do we get our food from?</i> (supermarkets, local shops, petrol stations! farmers' markets, grow own etc)</p> <p><i>Where did it come from before it got to the shop?</i> (grown/produced/reared on farms all over the world)</p> <ol style="list-style-type: none"> 1. Can continue from guess the veg game...child puts veg from bag on table according to where it 	<p>Table with variety of fresh fruit and veg., packaged and tinned foods from UK and abroad.</p> <p>2 labels – UK / abroad</p> <p>Rulers, sticky dots</p> <p>Atlases or A3 copies of world maps (1per pair)...</p>



Additional supporting materials:

Why Farming Matters packs - classroom activities for KS2 Science, Geography and Citizenship (free from FACE)

Relevant websites:

www.yearoffoodandfarming.org.uk

www.face-online.org.uk Farming and Countryside Education – good resources and information, look Buzz sustainability game; updated QCA schemes of work for Y5 and Y2/3 on food, farming and nutrition.

www.teachernet.gov.uk/growingschools

www.nutrition.org.uk excellent food-to-fork on-line games for children

www.britishpotatoes.co.uk

www.grainchain.com healthy eating and wheat to bread resources

www.thinkvegetables.co.uk

www.soilassociation.org - organic farming

www.countrysidefoundation.org.uk

www.bestfootforward.com - measure your ecological and carbon footprint

www.land-education.co.uk

www.farmsforschools.org.uk - visits to farms

www.over-farm-market.com - visit a local farm

Would you like your pupils to know where their food comes from?

Visit Over Farm just outside Gloucester.

Contact Mo Braham 01531 820808 / 07970 619850

Email mo@face-online.org.uk