

Learning for Sustainability Through Food



S3



Name _____ Class _____

Teacher _____

The Journey of food	
Learning Intentions	Success Criteria
What is sustainability Make dishes that are sustainable Learn how to make sustainable food choices know the food logo: Red tractor/Fairtrade/organic/Lion quality Know where food comes from Know when food is in season	Successfully creates dishes using fresh, local, seasonal ingredients and with low food miles Explains factors that could influence choice of food seasonality, sustainability, environmental / ethical issues Explains the benefits of waste management, for example, the 3 'Rs' - ,reduce, reuse, recycle



Watch "A Plastic Wave" a documentary film on plastic pollution. Found on You Tube and lasts for 24.38 mins.

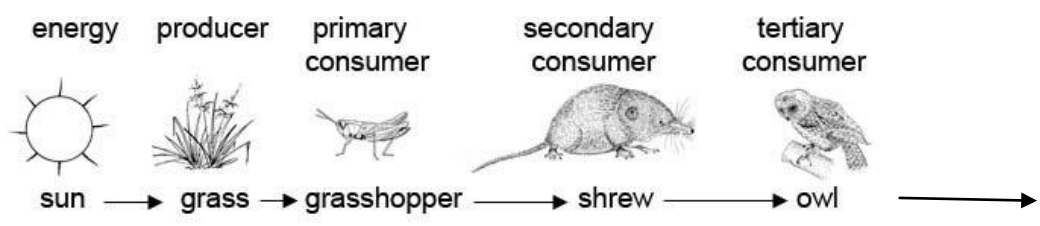
Answer the following questions:

1. Where is the main character finding plastic bottles? _____
2. Give an example of single use plastic items. _____
3. How many bottles do we go through every minute? _____
4. Explain why microplastic (very small bit of plastic) is dangerous.

5. What changes can you do to your lifestyle to reduce plastic waste?

The food cycle describes who eats whom in the wild

A **food chain** shows the feeding relationship between different organisms in a particular environment and/or habitat.



Food chains show how energy is passed from the sun to producers, from producers to consumers, and from consumers to decompose such as fungi. They also show how animals depend on other organisms for food.

Factory Farming - Know your labels.

Look at the following logos:



1. Have you seen these logos before?

Yes

No

2. Where have you seen them? Can you list any food?

A _____

B _____

C _____

3. What do they mean?

Research on your mobile device/ iPad/computer the difference among the type of eggs listed below and write down a definition for each of them:

a. Free range eggs

b. Barn eggs

c. Organic eggs

d. Caged eggs



Watch the video **What Goes On Behind The Red Tractor Scheme**, then fill in the missing words. https://www.youtube.com/watch?v=N_c-uAluEuo



The **Red Tractor** scheme started by UK, food producers and retailers working together to make sure that the food that you buy meets the standards that you expect.

The Red Tractor is a _____ scheme which covers production standards developed by experts on _____ hygiene, animal welfare and the _____ amongst other things.

The **Red Tractor** logo appears on these products:

- meat - _____, lamb, pork, chicken, _____.
- _____ - milk, cheese, cream.
- cereals and _____.
- fruit, vegetables and _____.
- _____.

The standards require that animals are:

- handled with **care and** _____ and checked regularly.
- they are given **medicine** promptly after advice from a _____.
- are fed on **safe** _____ **feeds** and transported in **assured trailers** to minimise stress and risk of hurting the animals.
- are kept in **clean and safe** _____ with animals of a similar size/age and have access to **fresh, clean** _____ at all times.

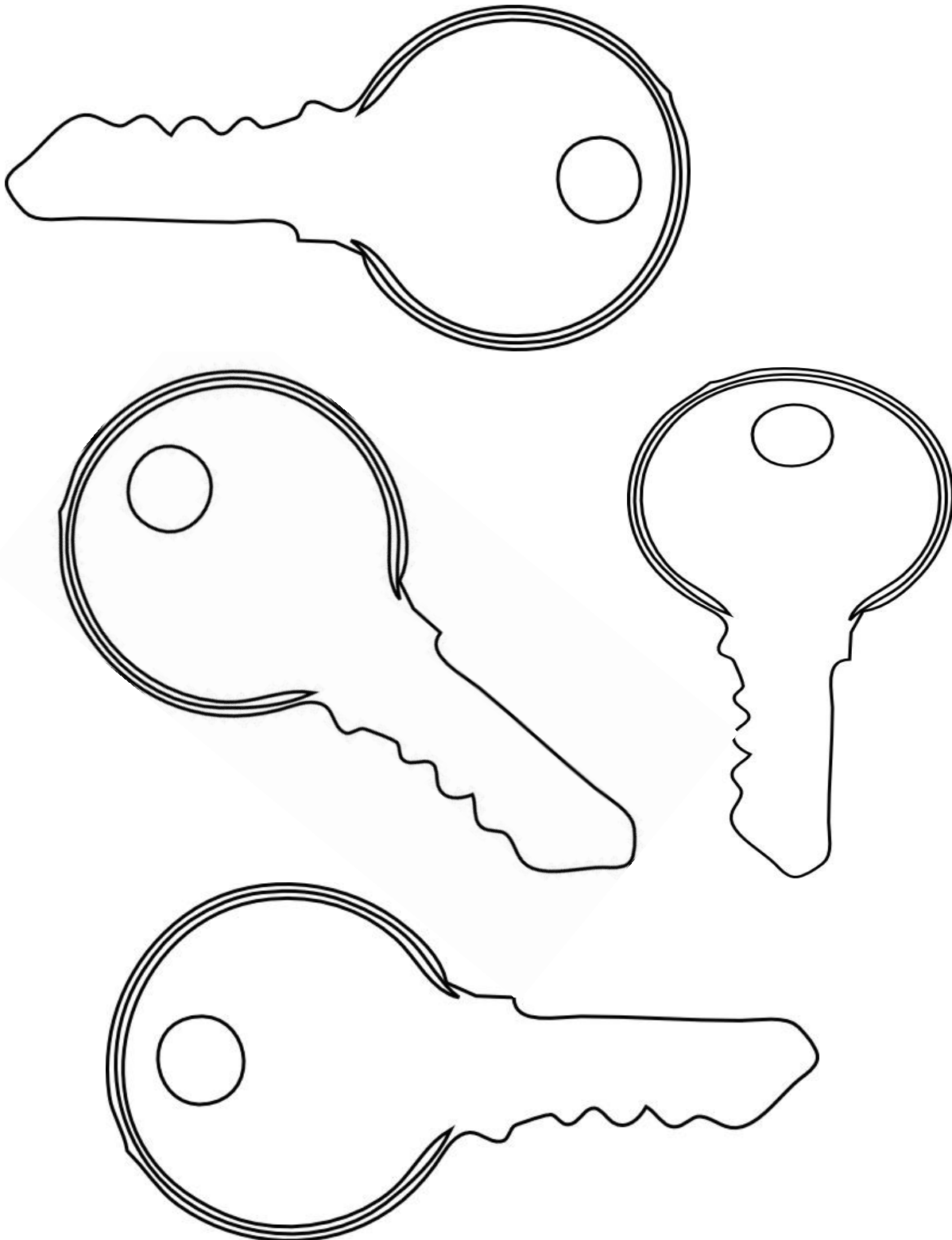
Word bank

farmers, food assurance, dairy, environment, vet, spring water, beef safety, assured, turkey, housing, flour, sugar, salads, compassion



What key messages can you pick up from the video?

https://www.youtube.com/watch?v=N_c-uAluEuo





What Fairtrade products can you name:



What does Fairtrade mean?

Read the following stories:

My name is Ricardo and I am ten years old. I live in northern Brazil with my family in a small shack. There are eight of us all together, so it is a bit crowded in our home.

Our family is very poor and so we all have to help earn money. We earn our money by working on a cocoa plantation. It's very hot and wet among the cocoa trees. Creepy crawlies climb up our legs and our feet sinking into the squelchy mud.

My job is to collect the cocoa pods, I then have to scoop out the sticky pulp and beans from the pods with my hands. Then we dry the beans in the sun until they turn brown, I've heard that the beans are turned into something sweet called chocolate, which people eat. I often wonder what it tastes like.

We can't afford to buy it. My family can't afford to send me to school either, so I can't read or write. The pay is so bad that we often go hungry. We can't even grow our own food because we don't have any land.

Discuss these questions:

Do you think Ricardo would like to learn to read?

Do you think Ricardo story is fair or unfair? Why?

How would you feel if you were Ricardo?

My name is Lameck and I am 12 years old. I live in Ghana with my family. My parents work on a cocoa plantation. Sometimes I help them but usually I'm in school. I'm learning to read and write. I want to work hard at school so that one day I can become a doctor. When we get some more money I'm going to get a new T-shirt and a new pair of trousers.

We are lucky to have more money. My Dad says it's because we joined the Kuapa Kokoo Cooperative. It sells cocoa beans to fair trade organisations.

Many people in rich countries set up fair trade organisations because they were worried that people were not being paid properly for the work they do – work like growing cocoa beans and bananas to send to rich countries.

The fair trade organisations pay us more than other organisations do – £150 more for every tonne of beans. What's more, we actually own a part of the Day Chocolate Company, which sells the chocolate to other countries like the UK and Ireland. So we get a share of the profits. Our cocoa beans are used to make chocolate bars called 'Divine' and 'Dubble'.

Discuss these questions

Why does Lameck think his family is lucky?

How does the Kuapa Kokoo Cooperative help Lameck's family?

Have you tasted Divine or Dubble chocolate?

Do you think Lameck's story is fair or unfair? Why?

How would you feel if you were Lameck?



Fairtrade, who benefits?

Add the following statements in the appropriate box, some of them might be used more than once:



1. Makes more money
2. Effective way to change the world
3. Develops business skills
4. Ethically sourced - they know where products come from and can be sourced back to the producer.
5. Enables people to help take care of themselves
6. More choice
7. Contributes to sustainable development
8. Better or high-quality product leads to increased sales
9. Grows higher quality products
10. Send children to school - increasing opportunities for their futures

The Farmer	Retailer	Consumer



ORGANIC FOODS

What organic foods can you buy in the supermarket?

Give some examples in the box below

What is organic food? Use the words in the word bank to complete the definition below:

friendly produced pest pesticides natural legally animals

The definition of organic food is food that is _____ using environmentally and animal _____ farming methods on organic farms. These methods are _____ defined and any food sold as 'organic' must have been inspected and registered by a certification body.

- Organic food is produced without using _____
- Organic meat, poultry, eggs, and dairy products come from _____ that are not given antibiotics.

Organic farmers use _____ methods to grow food

- Crop rotation - to keep pest free soil
- Use natural _____ control - ladybirds eat greenfly to control their numbers
- Use natural compost to fertilise - they do not use chemicals

How do we know if the food is organic?

Organic foods are governed by a strict set of rules. You can tell if product is organic if the packaging displays the following symbol:



What are the the **advantages** and **disadvantages** to buying organic food.

List some below.

Advantages	Disadvantages

Food Miles & Seasonality

Today our food is travelling increasing distances 'from the plough to the plate.' We refer to these distances as "food miles."



Discuss the advantages and disadvantages of food sourced abroad and food sourced locally.

Write the key points in the comic window





There is an increasing environmental cost associated with food miles.

Comment on the following two points.



Do food miles contribute to climate change?

Should we only use local food products?

Extension:



Try this food miles calculator: <http://www.foodmiles.com/>

Food	Country of Origin	Miles to Edinburgh
Oranges	Kenya	
Asparagus	Argentina	
Strawberries	Egypt	
Bananas	Jamaica	
Carrots	France	



Fill in this British Seasonal calendar using your mobile device to look for seasonal produce.

[Seasonality Table | BBC Good Food](http://www.bbcgoodfood.com/seasonal-calendar)
[www.bbcgoodfood.com > seasonal-calendar > all](http://www.bbcgoodfood.com/seasonal-calendar)



Season	Winter	Spring	Summer	Autumn
Fruit	1 2 3			
Vegetable				
Meat or Fish				



3 R's - Reduce - Reuse - Recycle - Waste Hierarchy

The waste hierarchy it is the order of priority of actions to be taken to reduce the amount of waste generated. It consists of 3 R's as follows:

- Reduce - Reuse - Recycle



Called the "three R's" of waste management, this waste hierarchy is the guidance suggested for creating a sustainable life. You might be wondering as to how you can incorporate these principles in your daily life. They are not hard to implement. All you need is to bring a small change in your daily lifestyle to reduce waste so that less amount of it


What do you think?




Read these questions and answer them as honestly as you can. Food and food waste is different for everyone so there are no right or wrong answers here.

<p>Do you ever think about where food comes from?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Do you ever think about food waste?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Do you ever think about where food goes when it's put in the bin?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Do you throw away food?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>If you do throw food away, what bin do you put it in?</p> <p><input type="checkbox"/> Recycle <input type="checkbox"/> Brown <input type="checkbox"/> General <input type="checkbox"/> Compost</p>	<p>Do you know what happens food if it goes to landfill (the dump)?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>If you don't finish a meal, do you mostly (A) throw it in the bin (B) save it for later (C) something else?</p> <p><input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C</p>	<p>Do you eat leftovers?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Do you think you waste (A) a lot of food, (B) some food or (C) not a lot of food?</p> <p><input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C</p>
<p>Would you say you know where foods are best stored in a kitchen?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Do you know the difference between 'use by' dates and 'best before' dates?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Do you know any way of preserving food at home?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Do you think food waste is (A) a serious problem, (B) not too serious a problem or (C) not really a problem?</p> <p><input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C</p>	<p>Which one of these do you think contributes most to climate change? A. Emissions from cars B. Cutting down rain forests C. Food waste</p> <p><input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C</p>	<p>Do you think your actions could make a difference to the global food waste issue?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>

goes to the landfill that can reduce your carbon footprint

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<i>Recipe</i>	Ingredient	Explain the advantages of using those ingredients instead of ones with no label.	
Cheesy pasta	Red tractor:		
Chocolate chip cookies	Fairtrade:		
Vegetable curry	Organic		
Local Fruit Crumble	Food miles		

Spicy wedges & Tomato Salsa	Seasonality	
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Final Project Review

Evaluation

On your own, using the template of a person carrying a bag carry out the following:



Stick or write on different areas of the body your thoughts about what you've been learning during this project.

Brain	What you have learned
Mouth (speech bubble)	Which ethical issue/issues you will teach people and why.
Heart	What you really loved learning and why
Bag	What information you will take with you/use in your every day life
Under feet	What you didn't enjoy learning and why

