

Making a Meal of It

Lesson plan 2: Where does our food come from?

Age group: 7 - 11

Aims:

To encourage children to start to think about where their food comes from.

To appreciate that in the UK most people have to buy their food from shops, and that they need money to do so.

What to do:

Photocopy the **worksheet: Where does our food come from?** (below) so that you have one for each pupil. Divide the children into groups and ask each group to discuss some of the ways in which they and their families get food, and to write these in the left-hand column. Ask them to discuss as a group what they think the cheapest way of getting food is and what they think is the most expensive. Ask them to put a ring round the way of getting food they think is the most expensive and a tick by that which they think is the cheapest. Discuss their suggestions as a whole class.

Many of the children will probably say that their families drive to a supermarket to shop and that someone in the family works to earn money to pay for shopping. Why is it cheaper to go to a supermarket than to a corner shop or to a cafe or restaurant? What about people who are unable to afford cars and cannot get to a supermarket? Why do not many people grow their own food these days, even though it is a very cheap way of getting food?

Then, using the photos as prompts (you could put them up around the classroom and ask the children to walk round and look at them), ask the groups to fill in the other side of the worksheet with ideas of other ways in which people may get food. Suggestions might include: they grow food to eat; they shop in markets; they catch fish to eat; they keep hens; they buy fast food. Discuss these suggestions as a whole class.

Points for discussion could include: if you don't have money for food, what do you need in order to feed yourself? Suggestions might include: land to grow your own food or to keep animals on; access to the sea and a boat to fish.

Curriculum links:

England	Scotland	Wales
<p>English:</p> <ul style="list-style-type: none"> - Make contributions relevant to the topic and take turns in discussion; qualify or justify what they think after listening to others' questions or accounts. <p>Science:</p> <ul style="list-style-type: none"> - Life processes and living things - nutrition; health. <p>Citizenship/PSHE:</p> <ul style="list-style-type: none"> - Developing a healthier, safer lifestyle. 	<p>English:</p> <ul style="list-style-type: none"> - Listening in groups. - Talking in groups. <p>Science:</p> <ul style="list-style-type: none"> - Living things and the processes of life - own health and safety. 	<p>English:</p> <ul style="list-style-type: none"> - Make contributions relevant to the topic and take turns in discussion; qualify or justify what they think after listening to others' questions or accounts. <p>Science:</p> <ul style="list-style-type: none"> - Life processes and living things - nutrition; health. <p>PSE:</p> <ul style="list-style-type: none"> - Physical aspect - need for a variety of food.

Making a Meal of It

Worksheet: Where does our food come from?

We get food by....	You can also get food by....