

F E B R U A R Y

## Food and farming



The way we currently produce and consume food is causing a lot of damage to the planet, to others, and to our health.

Food production creates 1/3 of global greenhouse gas emissions, whilst deforestation and poisonous pesticides used to produce our food are destroying ecosystems. We also waste a lot of the food we grow.

What we eat, and how we grow it, has a big impact on our health and on the health of our planet.

The best thing we can do for our health, and for the health of the planet, is to eat more locally-grown, unprocessed, plant-based food. This helps to reduce waste, hunger, energy and transportation costs, and is also better for our bodies.

### Conversation starter

How do your food choices affect other people and the planet?

### Class activity

In pairs, give the class 2 minutes to brainstorm as many items of food as they can think of.

Ask the question: "what makes food good?".

Explain that "good food" is not just about whether something tastes nice. Draw the Venn Diagram (on the following page) on the board or print off copies to distribute to the class.

Ask each class member to choose one of the foods on their list, and encourage the class to work out where in or outside of the Venn Diagram they think it should go. It is OK if they're unsure - debate and discussion should be encouraged here.

Questions they might want to consider are:

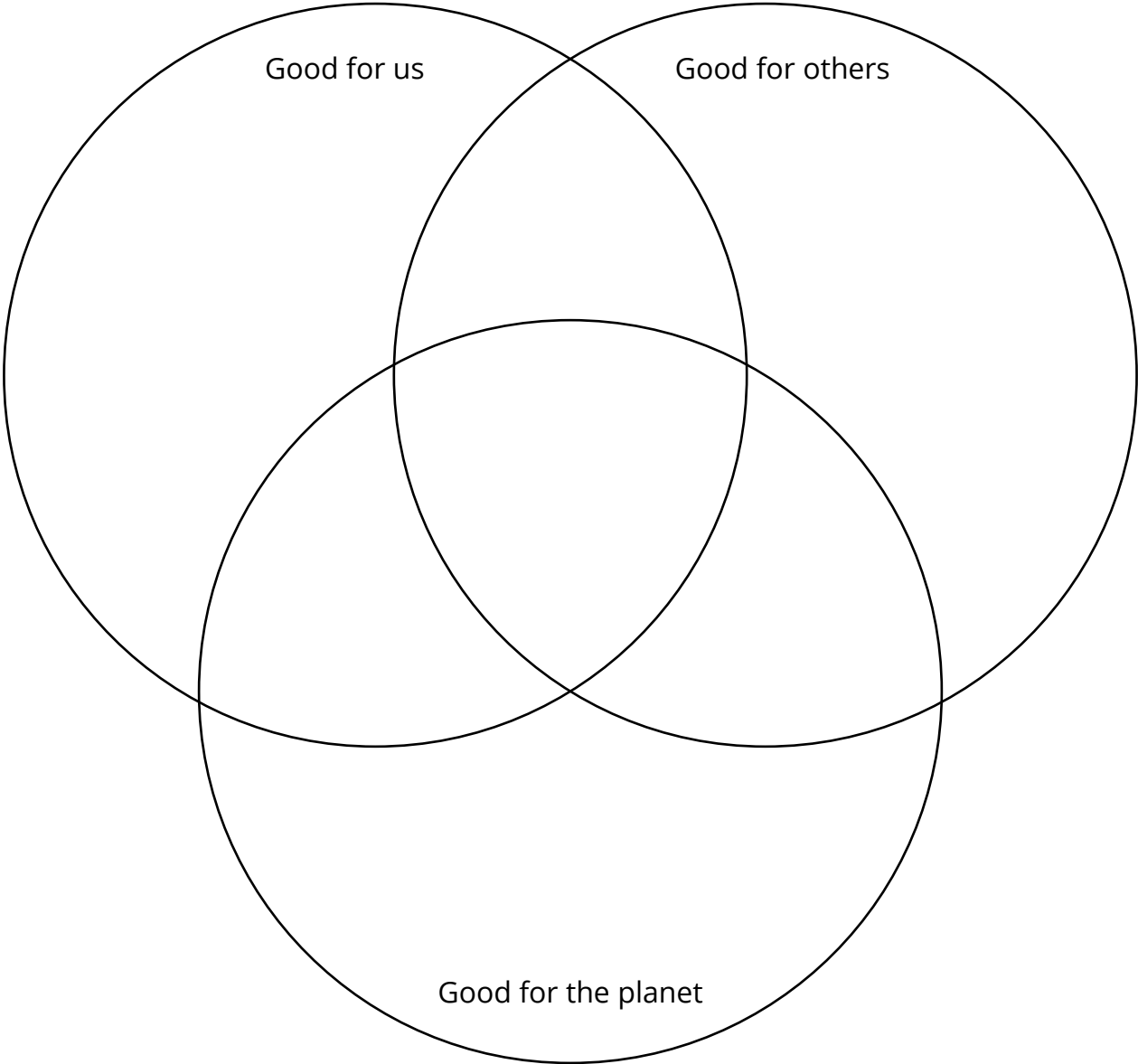
- Where is the food/its ingredients grown? Do they have to be transported far?
- Are the food producers usually paid a fair wage?
- Does it involve cutting down forests to grow/produce?

Extension:

Divide the class into groups of three or four and ask them to research the impact of five food items of their choice, before placing them in the Venn Diagram.

WORKSHEET

Good Food



## THIS MONTH'S CHALLENGES

### Food and Farming

Complete one or more of the challenges below as a whole class, or choose 2 or 3 pupils to complete one each month over the course of the year.

#### Creative challenge

##### **Food packaging sculpture**

Collect any clean food packaging that is discarded in your home over the course of one week.

Use it (and any other craft materials you need) to create a sculpture of a piece of food. Write a short paragraph about your piece of art, explaining what it's called, what it represents, and why.

#### Research challenge

##### **Carbon footprint of foods**

Look online for a carbon footprint calculator for food, such as [this one](#) from the BBC. Draw a graph of five of the food items in your cupboards or fridge, comparing their carbon footprints.

#### Action challenge

##### **Make a meal from your leftovers**

Around a third of the food bought by UK households ends up in the bin. This creates more greenhouse gases, because food releases methane when it breaks down in landfill, without any oxygen.

Create something delicious with your leftovers using one of Love Food, Hate Waste's [recipes](#), and share it with your family, friends, or classmates.